

Interps & Guidelines 2.2.1: ACTIVITY SEASONS

- A. *The playing or competition season shall end with the last state meet for any of the classifications or tournament in that activity. UHSAA jurisdiction for seniors shall end at that time. No meets nor competitions will be sanctioned after the UHSAA state championships. Exceptions: All-Star games sponsored by coaches associations for seniors only may be sanctioned upon request.*
- B. *The alumni are to be considered as an outside team. Alumni games may be played against only the member school's alumni. The game must count towards the contest limitations for that sport and certified officials must be used. Schools may not play their alumni in a UHSAA endowment game. Statistics from alumni games will not be accepted as UHSAA state records.*
- C. *From the beginning practice and team selection date to the competition start date, there can be no competition with other schools. This includes scrimmages and practices.*
- D. *Purposes for establishing starting dates are as follows:*
 1. *To provide a “**level playing field**” (parity) between schools so that one set of students is not placed at a disadvantage to others with whom they compete.*
 2. *To create **definable seasons of competition** which allow students to participate in various activities without coaches feeling the need to “compete” with each other for athletes within their own school.*
 3. *To discourage **specialization** in the sense that students are not deprived of a variety of extracurricular experiences which the high school “exploratory” life stage provides.*
 4. *To create a corridor which protects some **personal time** for students between activities.*
 5. *To provide opportunity for families to **clearly define times** for vacations and other family functions.*
 6. *To prevent the exploitation and “**burn out**” of participant athletes and coaches*

Interps & Guidelines 2.2.2: CONTEST LIMITATIONS

- A. *Definitions:*
 1. *Contest: Any meet, game or competitive activity (including practices and scrimmages) in which one or more students participate, and at least one of whom is not a member of the student-body or the school sponsored program, counts toward the contest limitations listed below for that activity.*
 2. *Tournament: Competition among four or more schools.*
- B. *The following contest limitations apply from the starting date of competition until the first day of the state tournament in each classification. This applies to all levels of competition (i.e., varsity, j.v., sophomore and freshmen). State qualifying tournaments do NOT count in the contest limitation totals for cross country, golf, swimming, tennis, track, wrestling, and speech/debate.*
 1. *Baseball: 25 games. **Each game played counts as one game.***
 2. *Basketball: 23 games, at all levels, if no region post-season is held. 21 games, at all levels, if post-season tournament is held. **Each game played counts as one game.***
 3. *Cross Country: 10 meets per individual. The UIAAA Cross Country Meet does not count toward the contest limitations.*
 4. *Drill Team: 4 qualifying competitions. The four competitions includes a region competition if held. The live practicum does not count toward the contest limitations.*
 5. *Football: 9 games. One additional varsity contest is allowed for an approved endowment game but schools may not play alumni teams in a UHSAA endowment game. **Each game played counts as one game.***
 6. *Golf: 10 meets. One (1) multi-day event may count as one (1) meet.*
 7. *Lacrosse: 16 games. Each game played counts as one game. Each team can attend one tournament where they may choose one of three options: 1) Teams may play tournaments where two regulation-length games count as one (1) game, (2-for-1), with each game afterwards counting as one game, or 2) Teams may play tournaments where either four, five or six (4-6) shortened-length games count as two (2) games, (6-for-2), with each game afterwards counting as one (1) game. 3) Teams may play in a tournament where the play up to three shortened length games that count as one (3-for-1), with each game afterwards counting as one (1) game. Teams may only use one (1) of the tournament exemptions in each season.*

8. *Boys Soccer: 14 games (until further notice). Each game played counts as one game. Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count "one for one" against contest limitations.*
9. *Girls Soccer: 16 games. Each game played counts as one game. Each team is allowed to attend one tournament where they may play up to three games and count it as two contests toward the contest limit. A tournament must be sanctioned as per UHSAA guidelines and occur on consecutive days (excluding Sunday). If the tournament exceeds three games, any additional games would count "one for one" against contest limitations.*
10. *Softball: 22 games. Each game played counts as one game, except for the games played under the two tournament exemption rule which allows schools two tournaments, at least one must be a non-school single day tournament, where all games played count as a single game (a maximum of four games may be played) and one multi-day tournament, where all games played count as two games (a maximum of eight games may be played in a multiple day tournament). If the maximum number of games is exceeded, in either tournament, each additional game would count "one for one" against contest limitations*
11. *Swimming: 14 meets per individual. Region & State Championships do not count as part of the 14-meet limit.*
12. *Tennis: 16 matches per individual. The number of matches counted for a tennis tournament (competition among four or more schools) shall be equal to the number of days scheduled for the tournament; e.g., a one-day tournament shall count as one match, a two-day tournament shall count as two matches, etc.*
13. *Track: 12 meets per individual. An individual may participate in no more than eight (8) qualifying meets in addition to the region meet.*
14. *Boys Volleyball: 28 matches. Each match played counts as one match. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three days in length.*
15. *Girls Volleyball: One of the following three options may be chosen: 18 matches and 0 tournaments, 17 matches and 1 tournament, 16 matches and 2 tournaments. The following guidelines pertain to Varsity tournaments: No more than 8 total matches in a tournament and no more than 4 matches in a single day. Guidelines for Sub-Varsity Tournaments: (2 out of 3 matches): No more than 9 total matches in a tournament and no more than 7 matches in a single day. Tournaments may not exceed three days in length.*
16. *Boys Wrestling: Each high school team will be able to utilize 16 contact points. Each dual meet will count as one contact point. Each tournament will count as one contact point. Teams will not be able to compete in more than 10 duals and 6 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 3 dual meet style tournaments.*
17. *Girls Wrestling: Each high school team will be able to utilize 16 contact points. Each dual meet will count as one contact point. Each tournament will count as one contact point. Teams will not be able to compete in more than 8 duals and 8 tournaments before the post-season qualifying and state tournaments. Teams may not compete in more than 4 dual meet style tournaments.*
18. *Music: 3 contests per category.*
19. *Speech: 10 meets per individual.*

- C. *Per UHSAA Executive Committee ruling, teams must participate in a determined minimum number of contests to be eligible for the postseason. **Baseball 15; Basketball 12; Football 6; Lacrosse 10; Soccer 10; Softball 13; Volleyball 11.***

Interps & Guidelines 2.2.3: COMPETITION DATES

All Association activities are to be played on the dates designated on the calendar unless another day is mutually agreed upon by the schools involved and cleared through the Activities Association office.

Interps & Guidelines 2.2.4: ATHLETIC PERIODS

No Students interested in their prospective sport may play or practice that sport during an athletic period, except after the official beginning practice date or the beginning competition date, if no beginning practice date is established. Teaching proper stroke mechanics will be allowed prior to the start date in swimming to allow for the safety and education of individual participants and not the coaching and competitive training of teams.

Q&A: Athletic Periods

- Q. *Can a student-athlete whose prospective sport is basketball play or practice basketball, during an athletic period, prior to the start of the sports season?*
- A. *No. The athletic period may be used for conditioning, strength training or study hall.*

Interps & Guidelines 2.2.5: PRACTICE LIMITATIONS

A 20-hour practice limit is in effect for all UHSAA sponsored sports from August 1 to June 1, and for all UHSAA sponsored activities (music, speech/debate, theater) from September 1 to June 1. The practice limit includes one (1) day off each week (Monday-Sunday). Competition days, including travel, will count as three (3) hours. Practice limitations include anytime a team is together which includes, but is not limited to: team practice, team dinners, film time, weight training, individual instruction, etc. Restrictions include any meeting of the team and/or individual sport-related contact with the coach.

Q&A: Practice Limitations

- Q1. *If a team has to travel six (6) hours to a location on the day of the tournament, and then competes in the tournament, which could be eight (8) hours, does that mean the team has used 14 hours in one day?*
- A1. *No. The competition day is three (3) hours total, which includes travel time.*
- Q2. *If a team travels 5 (five) hours the day before a contest, and they stop to do a one (1) hour walk through/practice, does that count for 6 (six) hours?*
- A2. *No. The travel is part of the competition day (3 hours), but the walk through/practice would be included in the 20 hours.*
- Q3. *Does time during an athletic period or the watching of film during the school day (including lunch time) count towards the 20- hour practice limitation?*
- A3. *Yes. Anytime the team meets counts towards the 20-hour practice limitation. An exception is time used for study hall, if the focus of the study hall is academics, and the majority of the student athletes are using the time as a study hall.*
- Q4. *Does a weight lifting class count towards the 20 hours?*
- A4. *If the weight lifting class is not open to all students, then the time spent in class would count. If the majority of the class belongs to one specific team, but other students have the opportunity to be in the class as well, the time does not count.*