

**BOYS 2015-2016 CIAC GAME LIMITATIONS AND PRACTICE DATES**

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 27	Sept. 11	14	4	2	Oct. 29	Class Oct. 31; Open Nov. 6; NE Nov. 14
Football	See below (Conditioning – See below)	Sept. 11	10	8	1	Nov. 26	Quarters Dec. 1; Semis Dec. 6, 7; Finals Dec. 12
Soccer	Aug. 27	Sept. 11	16	10	2 *	Nov. 5	Begin Nov. 9; Finals Nov. 20, 21
Basketball	Dec. 5	Dec. 19	20	12	2 *	Mar. 1	Begin Mar. 7; Finals Mar. 19, 20
Ice Hockey	Dec. 5	Dec. 19	20	12	2 *	Mar. 3	Begin Mar. 7; Finals Mar. 18, 19
Indoor Track	Dec. 5	Dec. 19	14	1	2	Feb. 8	Class Feb. 11, 12, 13; Open Feb. 20; NE Feb. 26 or 27
Swimming	Dec. 5	Dec. 19	18	4	2 *	Mar. 5	Qual. Mar. 12; Class Mar. 15, 16, Open Mar. 19
Wrestling	Nov. 30	Dec. 14	18 ** (* * 8 of 18 may be multi-meets)	8	2	Feb. 10	Class Feb. 19, 20; Open Feb. 26, 27; NE Mar. 4, 5
Baseball	Mar. 19 (Conditioning Mar. 14)	Apr. 2	20	12	3	May 26	Begin May 31; Finals June 10, 11
Golf	Mar. 19	Apr. 2	16	10	3	June 1	All classes June 6, 7 or 8, NE June 20
Lacrosse	Mar. 19	Apr. 2	16	10	2 *	May 25	Begin May 31; Finals June 11
Tennis	Mar. 19	Apr. 2	20	10	3	May 26	Classes May 28, 31, June 1, 2; Open June 4, 6, 7
Track	Mar. 19	Apr. 2	16	1	2	May 25	Class May 31, June 1, 2; Open June 6; NE June 11, Decathlon June 14, 15
Volleyball	Mar. 19	Apr. 2	20** (* * 2 of 20 may be non-counting Multi-team tournaments)	12	3	May 26	Begin May 31; Finals June 10

Important Holidays

Labor Day – September 7, 2015 / Thanksgiving Day -- November 26, 2015 / Memorial Day – May 30, 2016

WHEN PLAY DOWN GAMES ARE NECESSARY, THESE GAMES WILL BE SCHEDULED PRIOR TO THE FIRST TOURNAMENT DATE LISTED ABOVE.

\* Exception: May schedule three (3) contests in a week four (4) times during the regular season.

Required practice days – **Team** – 10 days / **Individual** – 10 days -- **Sunday practices may be counted to fulfill the 10 day requirement.**

**All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practices before the date of the first scheduled competition. No team/athlete shall practice more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy. (Effective winter season 2016)**

**Spring Football Practice** -- To start no earlier than the Friday before Memorial Day to extend for a maximum of ten (10) days.

**FOOTBALL CONDITIONING / FIRST PRACTICE DATE / SPRING FOOTBALL** (Refer to Section 4.29.D. in the CIAC handbook for the rules and regulations governing spring football, conditioning week, and the practice options.)

Conditioning week (NO spring practice) – **Mon., August 17** / First contact practice – **Sat., August 22**

Conditioning week (HELD spring practice) – **Fri., August 21** / First contact practice – **Thurs., August 27**

**GIRLS 2015-2016 CIAC GAME LIMITATIONS AND PRACTICE DATES**

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 27	Sept. 11	14	4	2	Oct. 29	Class Oct. 31; Open Nov. 6; NE Nov. 14
Field Hockey	Aug. 27	Sept. 11	16	10	2 *	Nov. 5	Begin Nov. 9; Finals Nov. 21
Soccer	Aug. 27	Sept. 11	16	10	2 *	Nov. 5	Begin Nov. 9; Finals Nov. 20, 21
Swimming	Aug. 27	Sept. 11	18	4	2 *	Nov. 7	Qual Nov. 14; Class Nov. 17, 18; Open Nov. 21
Volleyball	Aug. 27	Sept. 11	20 ** (*2 of 20 may be non-counting Multi-team tournaments)	12	3	Nov.5	Begin Nov. 9; Finals Nov. 20, 21
Basketball	Nov. 30	Dec. 14	20	12	2 *	Feb. 23	Begin Feb. 29; Finals Mar 19, 20
Gymnastics	Dec. 5	Dec. 19	14	6	2	Feb. 22	Team/Ind. Feb. 27; Open Mar 5; NE Mar 12
Indoor Track	Dec. 5	Dec. 19	14	1	2	Feb. 8	Class Feb. 11, 12, 13; Open Feb. 20; NE Feb. 26 or 27
Golf	Mar. 19	Apr. 2	16	10	3	June 1	June 6, 7 or 8; NE June 20
Lacrosse	Mar. 19	Apr. 2	16	10	2 *	May 25	Begin May 31; Finals June 11
Softball	Mar. 19	Apr. 2	20	12	3	May 26	Begin May 31; Finals June 10, 11
Tennis	Mar. 19	Apr. 2	20	10	3	May 26	Class May 28, 31, June 1, 2; Ind June 4, 6, 7
Track	Mar. 19	Apr. 2	16	1	2	May 25	Class May 31, June 1, 2; Open June 6; NE June 11, Heptathlon June 14, 15

Important Holidays

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