



NSSAF

START-UP DATES/END OF SEASON/LIMITS

REGULATION 7.12

7.12.1 The start-up date means that NO organized team try-out, team practice or game may be held until the first day approved by the NSSAF. This does not preclude activities open to all students in the school. It is directed at team functions.

Prior to the start-up date, schools may not conduct team activity sessions or organize any team or individual event, which is part of the selection process. On the start-up date, it is understood that all eligible students shall have a meaningful opportunity to try out.

	TRY-OUT/PRACTICES NO EARLIER THAN:	1ST GAME/COMPETITION NO EARLIER THAN:	LIMIT
Football	August 15th	3rd day of school	12 Games
Soccer	August 15th	3rd day of school	18 Games
Baseball	August 15th	3 rd day of school	10 Days of Competition
Cross Country	3rd day of school	2nd Friday September	8 Days of Competition
Golf	3rd day of school	2nd Friday September	8 Days of Competition
Volleyball	3rd day of school	3rd Friday September	22 Days of Competition
Hockey	2nd Friday September	2nd Friday October	42 Games
Basketball	3rd Friday October	2nd Friday November	32 Games
Cheerleading	November 1st	1st Friday January	8 Days of Competition
Curling	November 1st	2nd Friday November	8 Days of Competition
Wrestling	November 1st	3rd Friday November	15 Days of Competition
Skiing	December 1st	1st Friday January	8 Days of Competition
Snowboarding	December 1st	1st Friday January	8 Days of Competition
Badminton	February 1st	3rd Friday February	12 Days of Competition
Rugby	February 1st	1st Friday April	16 Games
Table Tennis	February 1st	3rd Friday February	10 Days of Competition
Track & Field	March 1st	3rd Friday April	12 Days of Competition
Softball	March 1st	3rd Friday April	14 Days of Competition

Game Limits

Count all games or days of competition prior to NSSAF Regional play-downs.

Note: Tournament play involving three or more schools shall be counted as one game for each day of competition to a maximum of three.

7.12.2 Schools found to be in violation of the Start-up Dates/Game Limits/End of Season Regulation shall be declared ineligible for NSSAF play-offs.

7.12.3 Jamborees may be conducted one week prior to 1st game date. These are to be one-day events conducted as training sessions, not games or tournaments. Principals must submit the Sport Jamboree Form 30 days prior to the event.

REGULATION 7.13

Once the N.S.S.A.F. Champion has been declared, all school sponsored representative teams in that sport shall be terminated until the following school year. The school shall not organize tryouts, practices, games or provide funds, uniforms, referees or transportation as any such support shall be considered to constitute sponsorship.

This is not intended to interfere with intramural programs in any way.