

# Fall Sports

## A Closer Look at the New Playing Season Model



Cross  
Country



Field  
Hockey



Soccer



Women's  
Volleyball



Men's Water  
Polo

### OVERALL STRUCTURE

Start and end date during the fall + 24 days during the spring

### FALL TRADITIONAL SEGMENT

Existing 16-unit practice formula → NCAA selections  
(USING THE FIRST PERMISSIBLE CONTEST DATE)

### SPRING NONTRADITIONAL SEGMENT

First class date after Jan. 1 → 5 weekdays before spring finals  
24 DAYS, INCLUDING ONE DATE OF COMPETITION. NO MORE THAN 4 DAYS PER WEEK.

### DO YOU HAVE FOOTBALL?

**2023-11** did not change anything about the football playing season, **but NC-2024-2 DID!**  
Now, to be consistent with other fall sports, football must also wrap up its spring period at least 5 weekdays before spring finals.

#### NCAA SELECTIONS

Sport	2023-24	2024-25	2025-26
Cross Country	Nov. 12	Nov. 17	Nov. 16
Field Hockey	Nov. 5	Nov. 10	Nov. 9
Soccer	Nov. 5	Nov. 10	Nov. 9
Women's Volleyball	Nov. 12	Nov. 17	Nov. 16
Men's Water Polo	Nov. 19	Nov. 24	Nov. 23
Sports without an NCAA Championship	Nov. 12	Nov. 17	Nov. 16

## “A DAY” OR “NOT A DAY”

	A DAY	NOT A DAY
Any athletically related activities (Bylaw <b>17.02.1.1</b> ) by any members of a team	✓	
Meetings, like those listed in Bylaw <b>17.02.1.1.1.1</b>		✓
Fundraising, as outlined in Bylaw <b>17.02.1.1.1.2</b>		✓
Observing activities, such as those in Bylaw <b>17.02.1.1.1.3</b>		✓
Voluntary strength and conditioning activities, like the ones in Bylaw <b>17.02.1.1.1.4</b>		✓
Coach interacting with a student-athlete's social media post about voluntary workouts	✓	
Voluntary leadership programming, as defined in Bylaw <b>17.02.1.1.1.5</b>		✓
Team building or team bonding activities	✓	

## OUTSIDE COMPETITION?

*Student-athletes cannot compete on an outside team from **Start** → **Finish** of the traditional segment.*

## DAYS OFF?

*Still required at least once per 7-day period.*

*Plus: Multisport SAs still need **one full day off per 7-day period**.*

## WHAT ABOUT ...

**Preparation for, and participation in, NCAA championships ... or in a non-NCAA season-ending championship like ECAC's?**

*Permissible outside of the declared season. See Bylaw 17.1.3.*

**A team's annual contest exemptions?**

*No change there! More details in Bylaw 17.1.4.5.*

**Preparation for, and participation in, a foreign tour?**

*Foreign tours are still separate from the declared season. Head to Bylaw 17.31.*

## HAVE MORE QUESTIONS?

*Contact the Division III AMA Staff Through RSRO.*

