# 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*** | ***2026-27*** | ***2027-28*** | ***2028-29*** |
| Cross Country | Nov. 15 | Nov. 14 | Nov. 12 |
| Field Hockey | Nov. 8 | Nov. 7 | Nov. 5 |
| Soccer | Nov. 9 | Nov. 8 | Nov. 6 |
| Women's Volleyball | Nov. 16 | Nov. 15 | Nov. 13 |
| Men's Water Polo | Nov. 23 | Nov. 22 | Nov. 20 |
| Sports without an NCAA Championship | Nov. 16 | Nov. 15 | Nov. 13 |

## "A DAY" OR "NOT A DAY"

| | *A DAY* | *NOT A DAY* |
|---|---|---|
| Any athletically related activities (Bylaw **17.02.1.1**) by any members of a team | ✓ | |
| Meetings, like those listed in Bylaw **17.02.1.1.1** | | ✓ |
| Fundraising, as outlined in Bylaw **17.02.1.1.2** | | ✓ |
| Observing activities, such as those in Bylaw **17.02.1.1.3** | | ✓ |
| Voluntary strength and conditioning activities, like the ones in Bylaw **17.02.1.1.4** | | ✓ |
| Coach interacting with a student-athlete's social media post about voluntary workouts | ✓ | |
| Voluntary leadership programming, as defined in Bylaw **17.02.1.1.5** | | ✓ |
| 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.*


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