

Period Sports

A Closer Look at the New Playing Season Model



Golf



Rowing



Tennis

OVERALL STRUCTURE

114 days

PRACTICE AND COMPETITION DURING FALL PERIOD

Existing 16-unit practice formula → 5 weekdays before fall finals
(USING THE FIRST PERMISSIBLE CONTEST DATE)

PRACTICE AND COMPETITION SPRING PERIOD

Jan. 15 → NCAA selections

FIRST COMPETITION DURING THE FALL PERIOD?

Golf and Tennis: Sept. 1 (or the preceding Friday if Sept. 1 is a Saturday, Sunday or Monday) or the first day of classes – whichever is earlier.

Rowing: Sept. 7 or the first day of classes – whichever is earlier.

NCAA SELECTIONS

Sport	2023-24	2024-25	2025-26
Men's Golf	May 6	May 12	May 4
Women's Golf	May 13	May 5	May 11
Rowing	May 13	May 12	May 11
Tennis	May 6	May 5	May 4



“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 17.02.1.1.1.1		✓
Fundraising, as outlined in Bylaw 17.02.1.1.1.2		✓
Observing activities, such as those in Bylaw 17.02.1.1.1.3		✓
Voluntary strength and conditioning activities, like the ones in Bylaw 17.02.1.1.1.4		✓
Coach interacting with a student-athlete's social media post about voluntary workouts	✓	
Voluntary leadership programming, as defined in Bylaw 17.02.1.1.1.5		✓
Team building or team bonding activities	✓	

OUTSIDE COMPETITION?

Student-athletes cannot compete on an outside team from First practice → Last practice in each period.

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 and days do not count against 114. 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.

