Period Sports

A Closer Look at the New Playing Season Model

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	*2026-27*	*2027-28*	*2028-29*
Men's Golf	May 10	May 1	May 7
Women's Golf	May 3	May 8	April 30
Rowing	May 10	May 8	May 7
Tennis	May 10	May 8	May 7

"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 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.

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