

Spring Sports

A Closer Look at the New Playing Season Model



Baseball



Lacrosse



Softball



Outdoor Track and Field



Beach Volleyball



Men's Volleyball



Women's Water Polo

OVERALL STRUCTURE

Start and end date during the spring **+** 24 days during the fall
114 DAYS IF YOU SPONSOR ONLY OUTDOOR TRACK AND FIELD

FALL NONTRADITIONAL SEGMENT

Sept. 7 or first day of classes **→** 5 weekdays before fall finals
(WHICHEVER IS EARLIER)

24 DAYS, INCLUDING ONE DATE OF COMPETITION. NO MORE THAN 4 PER 7-DAY PERIOD.

SPRING TRADITIONAL SEGMENT

15 weeks before NCAA selections **→** NCAA selections
(MAY USE UP TO 12 OF THE 24 DAYS BEFORE THIS DATE)

USING SOME DAYS BEFORE THE SPRING SEASON?

If your team elects to use up to 12 of its 24 days immediately before the start of the spring segment, those days are **not** held to the nontraditional segment limitations outlined above.

NCAA SELECTIONS AND 15-WEEK START DATES

Sport	2023-24	15 Weeks	2024-25	15 Weeks	2025-26	15 Weeks
Baseball	May 13	Jan. 29	May 12	Jan. 27	May 11	Jan. 26
Lacrosse	May 5	Jan. 21	May 4	Jan. 19	May 3	Jan. 18
Softball	May 13	Jan. 29	May 12	Jan. 27	May 11	Jan. 26
Outdoor Track and Field*	May 19	Feb. 4	May 18	Feb. 2	May 17	Feb. 1
Beach Volleyball	April 27	Jan. 13	April 26	Jan. 11	April 25	Jan. 10
Men's Volleyball	April 14	Dec. 31	April 13	Dec. 29	April 12	Dec. 28
W. Water Polo	April 28	Jan. 14	April 27	Jan. 12	April 26	Jan. 11
Sports without an NCAA Championship	May 19	Feb. 4	May 18	Feb. 4	May 17	Feb. 4

** If you sponsor only outdoor track and field*



“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 **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.

