

Winter Sports

A Closer Look at the New Playing Season Model



OVERALL STRUCTURE

114 days (OR 144 DAYS FOR INDOOR AND OUTDOOR TRACK AND FIELD).

THE SEASON

Sept. 7*, or the institution's first day of classes for the fall term → NCAA selections
WHICHEVER IS EARLIER. *SEE BELOW FOR CERTAIN SPORTS!

Up to 8 days may be used outside of the season.

ABOUT THOSE 8 DAYS

1) Do count toward your 114/144; (2) May not be used before your first day of classes; (3) May not be used 5 weekdays before an exam period, through the exam period or during summer vacation; and (4) May not be used more than 3 times during any 7-day period.
And, yes - ice hockey teams may be on ice.

BASKETBALL, BOWLING, ICE HOCKEY, SKIING OR WRESTLING?

2023-11 did not change your start dates for the season. That means ...

Basketball	Oct. 15
Bowling	Oct. 1
Ice Hockey	1st Monday in October (off ice); 2nd Monday in October (on ice)
Skiing	Oct. 15 (thru April 5 or US National Championships, whichever is later)
Wrestling	Oct. 10

NCAA OR NATIONAL COLLEGIATE SELECTIONS

Sport	2023-24	2024-25	2025-26
Basketball	Feb. 25	March 2	March 1
Bowling	March 24	March 23	March 22
Fencing	Feb. 19	Feb. 24	Feb. 23
Men's Gymnastics	April 7	April 6	April 5
Women's Gymnastics	March 25	March 24	March 23
Ice Hockey	March 3	March 9	March 8
Indoor Track and Field	March 3	March 2	March 8
Rifle	Feb. 20	Feb. 25	Feb. 24
Swimming and Diving	March 2	March 1	Feb. 28
Wrestling	March 3	March 2	March 1
Sports without an NCAA Championship	March 3	March 9	March 8



“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 <i>Except for swimming and diving and track and field - Bylaw 17.1.4.1 remains intact. For those teams: although student-athletes may have different days off, a team will only be charged a maximum of 6 days per 7-day period.</i>	✓	
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 Contest** → **Last Contest**

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 days. 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.

