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Monthly Compliance Webinar

Spring Cleaning: Playing & Practice Seasons

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Game Plan.

- Starting With The Start Date.
- Winter Season Structure.
- Days Off.
- Classifying Contests.
- Questions.



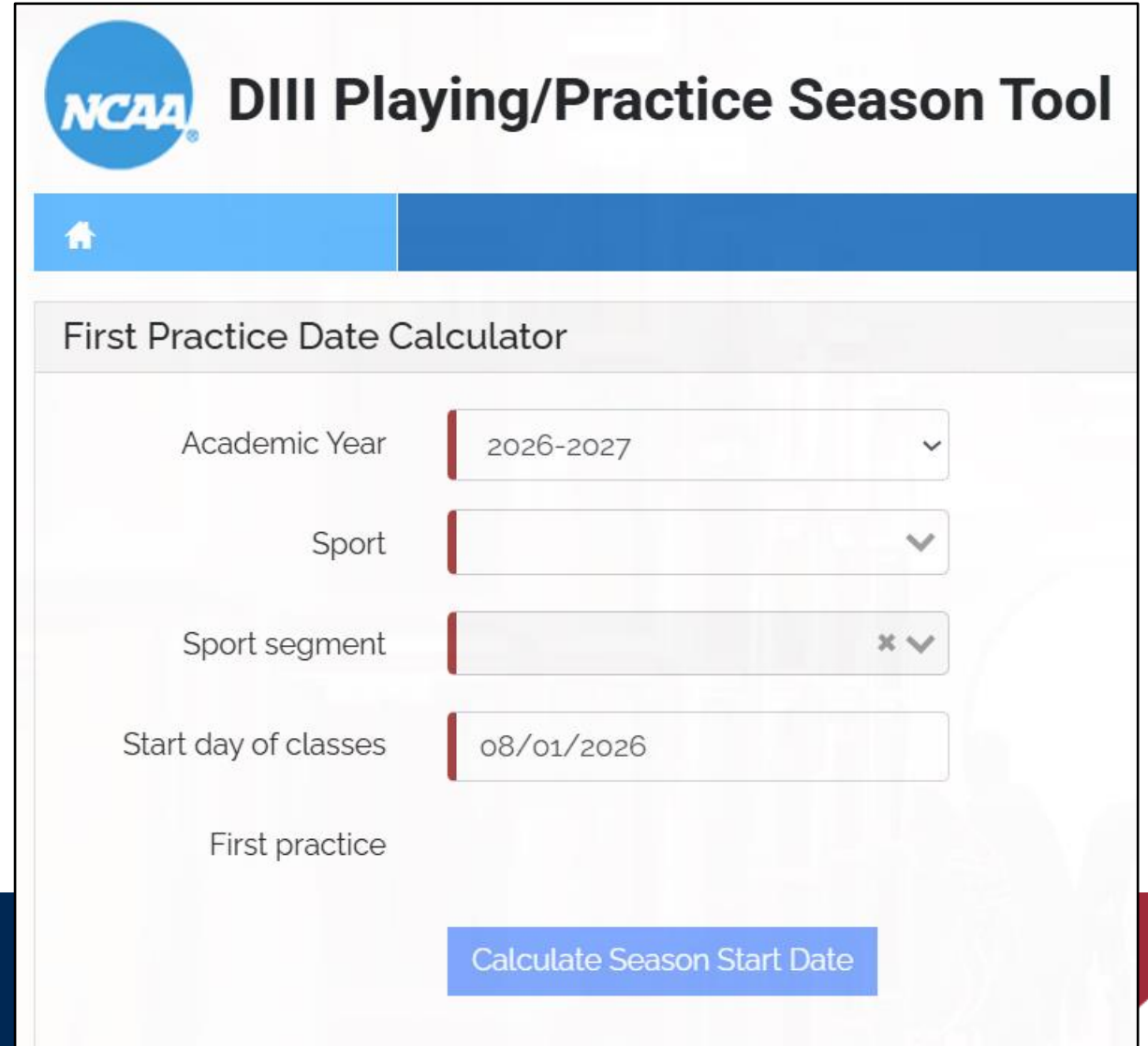
Starting With The Start Date.



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The Calculator.

- On the **compliance page** of ncaa.org.
- Really only useful for **fall** and **period** sports.
(winter and spring sport start dates are legislated!)
- *Not* the only way to figure out start dates!



The screenshot shows the NCAA DIII Playing/Practice Season Tool interface. At the top left is the NCAA logo. The title is "DIII Playing/Practice Season Tool". Below the title is a blue navigation bar with a home icon. The main content area is titled "First Practice Date Calculator". It contains five input fields: "Academic Year" (dropdown menu showing "2026-2027"), "Sport" (dropdown menu), "Sport segment" (dropdown menu with a close button), "Start day of classes" (text input field showing "08/01/2026"), and "First practice" (text input field). At the bottom right is a blue button labeled "Calculate Season Start Date".



The Formula.

Bylaw 17.02.12.2 outlines the formula you can use to calculate a team's practice date *by hand*!

The formula simply helps you **count**.

- It doesn't dictate how you conduct practice or how many practices you conduct on a given day.
- While Sundays do not “count” in the formula, you can still practice on a Sunday.



The Counting.

Skip Sundays when counting the units.

Skip any preseason day when the dorms are closed, you cannot be on campus and no practice takes place.

First 6 Units: Count **one unit** each on the six calendar days that lead up to the first *permitted* contest date (remember: skip Sundays).

- Do not count back from a preseason scrimmage/exhibition.
- Count starting the first permissible date, even if you don't have a contest scheduled until later.

Remaining 10 Units:

- Assign **one unit** to each day on or after the first day of classes.
- Assign **two units** to each day before the first day of classes.

Stop when the counting adds up to 16 units. This is the start day.



Show Me A Start Date!

First day of class **before** first permitted contest date.

August & September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
	XX	XX	XX	First Day of Class X	X	X
SKIP	X	X	X	X	X	X
SKIP	X	1	2	3	4	5
		First Permissible Contest				



Show Me Another Start Date!

First day of class **after** first permitted contest date.

August & September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Calendar details: The date August 19, 2026 (Wednesday) is circled in red and contains the text "XX". August 23, 2026 (Sunday) is labeled "SKIP". August 24, 2026 (Monday) is labeled "XX". August 25, 2026 (Tuesday) is labeled "X". August 26, 2026 (Wednesday) is labeled "X". August 27, 2026 (Thursday) is labeled "X". August 28, 2026 (Friday) is labeled "X". August 29, 2026 (Saturday) is labeled "X". August 30, 2026 (Sunday) is labeled "SKIP". August 31, 2026 (Monday) is labeled "X". August 31, 2026 (Monday) is labeled "First Permissible Contest". September 1, 2026 (Tuesday) is labeled "First Day of Class".



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Winter Season Structure.



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To Day or Not To Day.

Bylaw 17.1.2.2 (b)(2) outlines how your winter sport teams can choose to use (up to) eight days “outside of the season.”

- The days **can't** be used before the first day of classes;
- The days **can't** be used five weekdays before an exam period through the exam period;
- The days **can't** be used during the summer vacation period; and
- No more than **three days** can be used per week.



Does My Team Have To Save Days To Use Outside Of The Season?

No!

Each winter sport team may choose how to use its 114 days each academic year. For example...

- Use all 114 days “during” the season.
- Use 106 days “during” the season and save 8 to use “outside”.
- Use 110 days “during” the season and save 4 to use “outside”.



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What If My Team Uses Fewer Days “During” The Season...Do We Get More Days To Use On The Outside?

No!

Whether your team chooses to use everything “during” the season or it chooses to “save” days to use on the outside, you’re still maxed out at **114 days total**.



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Days Off.



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Days Off.

Bylaw 17.1.4.1 requires all teams to have at least one calendar day off per defined week during the declared season, except:

- During participation in NCAA championships;
- Between academic terms when classes are not in session, or during the institution's preseason practice that occurs before the first day of classes; or
- During a week that includes an official vacation period, provided classes are not in session during any portion of that week.



Days Off: Fun Fact #1.

Bylaw 17.1.4.1.1: Swimming & Diving and Track & Field.

- Different student-athletes can have **different** days off each week.
- Even if coaches are conducting practice seven days a week, the team is only docked **six** from its 114- or 144-day total.

		M	T	W	Th	F	Sa	Su
SA 1	Shotput	X	X	X	Off	X	X	X
SA 2	Hurdles	X	Sick	X	X	Off	X	X
SA 3	Pole Vault	X	X	Exam	X	X	X	Off



Days Off: Fun Fact #2.

While **Bylaw 17.1.4.1** requires all teams to have at least one calendar day off per defined week during the declared season, that day **does not** have to be the same day each week.

Let's say a team defines its week as Wednesday thru Thursday...

- The team takes the “first” day of their week off each week (Wednesday).
- The team takes the “last” day of the week off next week (a week from Tuesday).
- The team will participate in athletically related activities for 12 straight days.



Classifying Contests.



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Classifying Contests.

You want to call it a **contest**, but your opponent wants to call it a **scrimmage**...is that okay?

Who are you playing?

DIII + DIII =



DIII + non-DIII =



February 25, 2016, official interpretation



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All Of The Contests.

Each sport's section in Bylaw 17 outlines the **maximum** number of contests or dates of competition that both student-athletes and institutional teams may participate in each year.

Contests, scrimmages, exhibitions and **joint practices** against outside teams all count toward those maximums, unless they are **exempted**.

Each team has a set of annual exemptions it can use, outlined in **Bylaw 17.1.4.5.1**.



Gotcha, Staff!

Does Bylaw 17.1.4.5.1's rule regarding the number of exempt exhibitions, scrimmages or joint practices make it impermissible for an institution to have three exhibitions, scrimmages or joint practices prior to the first date of competition in soccer as listed in Bylaw 17.21.3?



Exemptions vs. Exhibitions (or scrimmages or joint practices)

In soccer, **Bylaw 17.21.3** confirms that a team may participate in up to three scrimmages prior to the first date of competition and not include those scrimmages/exhibitions in their win/loss record.

Further, per **Bylaw 17.1.4.5.1**, each team is permitted two exempted scrimmages/exhibitions/joint scrimmages, which do not have to be counted in the total of 20 soccer contests. **Sport-specific bylaw**

Administering these two bylaws together allows up to **three scrimmages** prior to the first contest, **two of which may be exempted**, but the **third must be counted** as one of the 20 countable contests (but does not need to be included in the team's won/lost record). Similarly, any **additional scrimmages scheduled after the first permissible date of competition would have to count** toward the 20 team and student-athlete maximum contests. **Bylaw 17.1.4.5.1 & Sport-specific bylaw**



Questions.



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