

APPENDIX A
CONTEST LIMITATIONS

<u>Sport</u>	<u>Contest Limitation</u>
Football	<ol style="list-style-type: none">1. Ten contests including the first round of playoffs2. All contests to be on Saturdays, except by mutual consent.3. Practice start date: TBA4. Competition start date: TBA
Volleyball	<ol style="list-style-type: none">1. Twenty dates.2. Maximum number of weekdays allowed is 10.3. Practice start date: August 13, 20104. Competition start date: 4th Friday in August (August 27, 2010)
Basketball	<ol style="list-style-type: none">1. Twenty-seven contests and four scrimmages2. Maximum number of contests allowed on weekdays is 13.3. Practice start date: October 14. Competition start date: November 1
Wrestling	<ol style="list-style-type: none">1. Eighteen dates.2. Maximum number of weekdays allowed is 10.3. Practice start date: October 154. Competition start date: (2) Friday's preceding Thanksgiving (November 14, 2008)
Baseball	<ol style="list-style-type: none">1. Seventeen dates.2. Unlimited dates can be played during the college official spring break.3. The maximum number of weekdays allowed is 8.4. Practice start date: coaches will have the opportunity to work with pitchers and catchers for times a week from Jan 15th to Feb 14th. Coaches can work with players in a group up to 4 for up to 2 hours a week from January 15th to February 14th. Can work with full team starting February 15 for spring practice. Fall practice can be done from September 1 to September 30.
Softball	<ol style="list-style-type: none">1. Seventeen dates.2. Unlimited dates can be played during the college official spring break.3. The maximum number of weekdays allowed is 8.<ol style="list-style-type: none">A. For home teams, Friday games after 3 p.m. are not considered as weekday games.4. Practice start date: coaches will have the opportunity to work with pitchers and catchers for times a week from Jan 15th to Feb 14th. Coaches can work with players in a group up to 4 for up to 2 hours a week from January 15th to February 14th. Can work with full team starting February 15 for spring practice. 14 practice dates are allowed in fall semester.
Tennis & Golf	<ol style="list-style-type: none">1. Fourteen dates.

NOTE: Weekends start at 6:00 p.m. on Friday.

One alumni contest in any sport shall not count in the contest limitation.

Contest Definition: Any competition, other than intra-squad, shall be considered a contest if ANY of the following exist:

1. Paid officials are used
2. "Game" time is kept
3. The event appears on any published schedule of the college.
4. Admission is charged.
5. "Game" score is kept.