

APPENDIX A  
CONTEST LIMITATIONS

<u>Sport</u>	<u>Contest Limitation</u>
Football	<ol style="list-style-type: none"><li>1. Ten contests including the first round of playoffs</li><li>2. All contests to be on Saturdays, except by mutual consent.</li><li>3. Practice start date: August 8, 2008</li><li>4. Competition start date: August 29-30 2008</li></ol>
Volleyball	<ol style="list-style-type: none"><li>1. Twenty dates.</li><li>2. Maximum number of weekdays allowed is 10.</li><li>3. Practice start date: August 9, 2008</li><li>4. Competition start date: 4<sup>th</sup> Friday in August (August 22, 2008)</li></ol>
Basketball	<ol style="list-style-type: none"><li>1. Twenty-seven contests and four scrimmages</li><li>2. Maximum number of contests allowed on weekdays is 13.</li><li>3. Practice start date: October 1</li><li>4. Competition start date: November 1</li></ol>
Wrestling	<ol style="list-style-type: none"><li>1. Eighteen dates.</li><li>2. Maximum number of weekdays allowed is 10.</li><li>3. Practice start date: October 15</li><li>4. Competition start date: (2) Friday's preceding Thanksgiving (November 14, 2008)</li></ol>
Baseball	<ol style="list-style-type: none"><li>1. Seventeen dates.</li><li>2. Unlimited dates can be played during the college official spring break.</li><li>3. The maximum number of weekdays allowed is 8.</li><li>4. Practice start date: coaches will have the opportunity to work with pitchers and catchers for times a week from Jan 15<sup>th</sup> to Feb 14<sup>th</sup>. Coaches can work with players in a group up to 4 for up to 2 hours a week from January 15<sup>th</sup> to February 14<sup>th</sup>. Can work with full team starting February 15 for spring practice. Fall practice can be done from September 1 to September 30.</li></ol>
Softball	<ol style="list-style-type: none"><li>1. Seventeen dates.</li><li>2. Unlimited dates can be played during the college official spring break.</li><li>3. The maximum number of weekdays allowed is 8.<ol style="list-style-type: none"><li>A. For home teams, Friday games after 3 p.m. are not considered as weekday games.</li></ol></li><li>4. Practice start date: coaches will have the opportunity to work with pitchers and catchers for times a week from Jan 15<sup>th</sup> to Feb 14<sup>th</sup>. Coaches can work with players in a group up to 4 for up to 2 hours a week from January 15<sup>th</sup> to February 14<sup>th</sup>. Can work with full team starting February 15 for spring practice. 14 practice dates are allowed in fall semester.</li></ol>
Tennis & Golf	<ol style="list-style-type: none"><li>1. Fourteen dates.</li></ol>

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.