


## 2022-2023 BEGINNING OF SEASON DATES AND CONTEST LIMITS

ACTIVITY	FIRST PRACTICE	DATE FIRST CONTEST	NUMBER CONTEST	OFF SEASON PRACTICE	SUMMER PRACTICE
Football	August 8	Aug. 25-27 (Zero wk) September 5 August 30 (JV and JH)	High School Varsity—10 games All others—8 games	May practice during physical education class, if no class offered no more than 1 hour immediately following the school day after all spring activities have completed; 21 calendar days to conduct 10 practices.	 <p>No summer practice for any athletic activity.</p> <p><b>DEAD PERIOD</b> The dead period will occur during the week in July that includes the 4<sup>th</sup> of July each year. The dead period will be 9 days long and begin the weekend preceding the 4<sup>th</sup> of July and the weekend following the 4<sup>th</sup> of July. No use of school facilities. No contact between coaches and secondary level students.</p>
Basketball	October 1	November 1(NFS) November 7 (JH) November 17 (FB)	(NFB) 18 games and 2 tournaments or 16 games 3 tournaments (FB) 16 games and 2 tournaments or 14 games and 3 tournaments (JH) 14games and 2 tournaments	<p>May practice during physical education class, if no class offered no more than 1 hour immediately following the school day.</p>	
Wrestling	October 1	November 17	High school teams must use the 26-point system Junior high teams—11 duals and 3 tournaments or 8 duals and 4 tournaments		
Baseball (Fall)	July 15	August 8 or Opening of School	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments		
Baseball * (Spring)	December 1	A and B-Feb. 20 2A,3A,4A, 5A & 6A - March 1	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments		
Fast-Pitch Softball	July 15	August 8 or Opening of School	High School—37 total games, no more than 3 tournaments JH—14 games and 2 tournaments or 11 games 3 tournaments		
Slow-Pitch Softball	December 1	March 1	High School—37 total contests JH—25 total contests		
Cross Country	July 15	August 8 or Opening of School	High School—8 contests JH-6 contests		
Golf	December 1	March 1	High School—9 JH—6		
Tennis	December 1	March 1	High School—14 events, duals/tournaments JH—8		
Swimming	October 1	November 1	High School—12 dates of competition plus conference championship		
Volleyball	July 15	August 10 or Opening of School	High School—15 games 3 tournaments or 12 games and 4 tournaments JH—13 games 2 tournaments		
Indoor Track	October 1	Jan. 1-March 1	High School—3 Meets		
Track	December 1	March 1	High School—8 meets JH-6 meets		
Soccer	December 1	March 1	High School—12 games and 1 tournament or 9 games and 2 tournaments. 3 scrimmage dates after February 15 JH—8 games and 1 tournament		

Fall and Spring Baseball, Fast-Pitch Softball, Slow-Pitch Softball: No play on Wednesday, unless District games cancelled due to inclement weather. No mre than 5 instructional days may be missed during regular season.

Golf: no more than 2 instructional days per week; no more than 7 instructional days total during the regular season.

Cross Country, Track and Field: No more than 4 instructional days may be missed during the regular season.

Tennis: No more than 7 instructional days may be missed during the regular season.