

**NATIONAL CHRISTIAN COLLEGE ATHLETIC ASSOCIATION**



## **Frequency of Contests**

**Division I**

## Frequency of Contests

### SECTION A. GENERAL INFORMATION

The following guidelines for frequency of play and scheduling pertain only to NCCAA Division I member institutions. NCCAA Division I institutions who are dually affiliated with NCAA should abide by the NCAA guidelines for frequency of play and scheduling. All other NCCAA Division I institutions, whether or not dually affiliated with any other national organization, should abide by the guidelines listed below, which were taken from NAIA.

### SECTION B. FREQUENCY OF PLAY AND SCHEDULING

1. The maximum number of varsity games, contests or playing dates an institution may schedule is listed below. The number of junior varsity or freshman games, contests or playing dates scheduled during a given term cannot exceed the number of varsity games, contests or playing dates scheduled during that term. Further, no student may compete in a sport in an academic year in more than the number of games, contests or playing dates listed below (this includes varsity, junior varsity, freshman, etc.), excluding NCCAA, NAIA, and NCAA approved postseason participation.

<u>Sport</u>	<u>Number of Games/Contests/Playing Dates</u>
Baseball	55 contests
Basketball (M & W)	30 games (A student who participates in a varsity contest and a junior varsity contest, on the same day, and at the same location, is considered to have participated only in one game. A student limited to participating in no more than 40 games.)
Cross Country (M & W)	8 meets
Football	11 games, with a student limited to participating in no more than 15 contests (This includes varsity, junior varsity, freshman games, and scrimmages)
Golf	14 matches/tournaments
Soccer (M & W)	18 games played at any time during the sport season. Three additional dates to be played only after the fall term has concluded. The three additional dates may be played only during weekends and other nonscheduled class dates, according to the academic calendar.
Softball	28 dates
Tennis (M & W)	24 dates/tournaments and/or scrimmages (except for the ITA exception* listed below)
Indoor Track (M & W)	10 meets
Outdoor Track (M & W)	10 meets or 12 meets if indoor track is not sponsored
Volleyball (M & W)	28 dates)

In all sports listed above (except basketball) an institution is allowed one exhibition competition per season. The competition must meet the definition of an exhibition. The exhibition competition will count as one varsity game, contest, or playing date within the limits stated above.

For the sport of basketball, an institution is allowed one or more exhibition competitions per season so long as the total number of games, exhibitions and scrimmages does not exceed 32. For the sport of basketball, an exhibition competition will not count as a varsity game.

**\*EXCEPTION:** In the sport of tennis, the Fall ITA regional and national singles and doubles tournaments shall not count towards the student's playing limits.

2. The following number of scrimmages per sport will be allowed in addition to the maximum number of varsity games, contests or playing dates which an institution may schedule or in which a student may compete:

<u>Sport</u>	<u>Number of Scrimmages Dates</u>
Baseball	2
Basketball (M & W)	2
Cross Country (M & W)	0
Football	1
Golf	0

Soccer (M & W)	2
Softball	2
Tennis (M & W)	1
Track & Field (M & W)	0
Volleyball	2

**See Casebook #47, #47A**

3. In those sports where scrimmages are allowed, an institution that does not schedule or participate in the maximum number of allowable varsity games, meets, or playing dates may conduct additional scrimmages, of up to the NCCAA's limits. In no case can the combined number of scheduled contests and scrimmages exceed the maximum number listed.

**See Casebook #47A**

4. A maximum of two contests against teams from foreign countries (excluding Canada and Mexico) played in the United States and/or Canada/Mexico will be permitted without counting against the maximum allowable number. Contests held in a country (except Canada/Mexico) will not apply to the limitation.
5. Each sport shall have a maximum 24-week practice and competition season established by each member institution. Frequency of play, practice and scheduling policies shall be applied only during the period of August 1 to May 15. Frequency of play, practice, and scheduling outside of this period is governed by each member institution and will not be regulated by the NCCAA.

There shall be no more than three break periods during the 24 weeks. NCCAA approved postseason participation shall not be counted as part of the 24-week period. A week is defined as Sunday (12:01 a.m.) through Saturday (11:59 p.m.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

**EXCEPTION:** Practice activities occurring between the deadline for the sport's completion of conference/independent/unaffiliated competition and the team's participation in its final contest in NCCAA-approved postseason shall not count towards the team's 24-week season. Once teams are selected for NCCAA-approved postseason, institutions not selected for the NCCAA-approved postseason must cease practice activities or comply thereafter with the restrictions of the 24-week rule. Teams selected to participate in NCCAA-approved postseason must count all activities at the conclusion of its postseason participation.

**See Casebook #44, #44A, #93**

6. Practice shall be defined as follows: An activity organized and/or directed by an identified member of the coaching staff of that sport in which appropriate equipment is used or instruction and/or evaluation of the athlete takes place.

**See Casebook #44, #45, #46, #48, #96**