
BYLAW 23. LIMITATION OF SEASONS

Sec. 4) SPORTS SPECIFIC LIMITATIONS- CROSS COUNTRY- BOYS AND GIRLS

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two scrimmage or practice meets prior to the first regular season contest of that year.
- c) The first meet of the season shall not take place prior to ~~eight weeks before the week of the Regional Cross Country Meet~~ ~~the Monday of Corresponding Week 8.~~
- d) The season shall consist of a maximum of thirteen (13) meets including invitational meets to be held prior to the beginning of KHSAA state championship competition (region).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 7) SPORTS SPECIFIC LIMITATIONS- SOCCER- BOYS AND GIRLS

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday ~~eight weeks prior to the start of the district tournament~~ ~~of Corresponding Week 7.~~
- d) The season shall consist of a maximum of twenty-one (21) games to be played prior to the beginning of KHSAA state championship competition (district).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 9) SPORTS SPECIFIC LIMITATIONS- SWIMMING- BOYS AND GIRLS

- a) Following the opening day of school, there shall be no organized practice prior to October 1.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first meet shall not take place prior to ~~the Monday of NFHS Calendar Week 20~~ ~~November 15.~~
- d) The season shall consist of a maximum of fifteen (15) meets to be held prior to the beginning of KHSAA state championship tournament competition (region).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or competition during the remainder of the academic school year.

Sec. 11) SPORTS SPECIFIC LIMITATIONS- INDOOR AND OUTDOOR TRACK- BOYS AND GIRLS

- a) Following the opening day of school, there shall be no organized practice prior to December 1.
- b) There shall be no more than two (2) practice meets held by each team and these shall be held on or before the Monday of NFHS calendar week 38.
- c) The first meet (indoor or outdoor) shall not take place ~~prior to the Monday seventeen (17) weeks before the week established for regional meets~~ ~~before the Monday of NFHS Calendar Week 29.~~
- d) The season shall consist of a maximum of nineteen (19) meets, to be held prior to the beginning of KHSAA state championship tournament competition (region). All meets, regardless of format or of being indoor or outdoor meets, shall count against the limit of meets.
- e) The opportunity to participate in regular season outdoor contests season shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 12) SPORTS SPECIFIC LIMITATIONS- VOLLEYBALL- GIRLS

- a) The first organized practice for the fall varsity (grades 9-12) season shall not take place prior to July 15.
- b) There shall be no more than two (2) scrimmages or practice games prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday ~~nine weeks prior to the start of the district tournament~~ ~~of Corresponding Week 6~~
- d) The season shall consist of a maximum of thirty-five (35) matches to be played prior to the beginning of KHSAA state championship tournament competition (district).
- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the Saturday preceding the first KHSAA Tournament (District, Region or State), with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.

Sec. 13) SPORTS SPECIFIC LIMITATIONS- WRESTLING- BOYS

- a) Following the opening day of school, there shall be no organized practice prior to October 15.
- b) There shall be no more than two (2) practice meets prior to the first regular season contest of that year.
- c) The first match shall not take place prior to the Monday ~~prior to Thanksgiving~~ ~~of Corresponding Week 21.~~
- d) The season shall consist of a maximum of seventeen (17) matches in each weight class to be held prior to the beginning of KHSAA state

championship tournament competition (region). Tournaments or contests involving three (3) or more schools shall count as one (1) match toward the match limit.

- e) The opportunity to participate in regular season contests shall end at all levels of play (grades 9-12) on the day prior to the first day for varsity level competition in KHSAA sanctioned postseason events, with the exception that the varsity team may practice and play through its elimination from KHSAA sanctioned tournament play. Following elimination, there shall be no further practice or play during the remainder of the academic school year.
- f) The KHSAA and the National Federation of State High School Associations shall establish official weight classes.