

NATIONAL CHRISTIAN COLLEGE ATHLETIC ASSOCIATION



Frequency of Contests

Division II

Frequency of Contests

SECTION A. GENERAL INFORMATION

The following guidelines for frequency of play and scheduling pertain to all NCCAA Division II member institutions. NCCAA institutions that are dually affiliated with NAIA and/or NCAA should abide by the guidelines for frequency of play and scheduling required by those associations. All other 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 may not exceed the number of varsity games, contests or playing dates scheduled during that term. Further, no student may compete in a sport in a given term 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	65 contests
Basketball (M & W)	32 games, with a student limited to no more than 32 dates (two games, varsity or junior varsity, played on the same date constitutes two dates)
Cross Country (M & W)	10 meets
Football	11 contests
Golf	20 matches/tournaments
Soccer (M & W)	20 contests
Softball	30 playing dates (calendar days)
Tennis (M & W)	30 matches/tournaments
Indoor Track (M & W)	12 meets before national indoor meet
Outdoor Track (M & W)	12 meets after national indoor meet and before national outdoor meet
Track & Field (M & W)	15 meets for institutions not sponsoring indoor track
Volleyball (M & W)	30 playing dates (calendar days)

2. The following number of scrimmages per sport shall be allowed in addition to the maximum number of allowable 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</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)	0
Track & Field (M & W)	0
Track & Field, Indoor (M & W)	0
Volleyball (M & W)	2

3. In those sports where scrimmages are allowed, an institution which does not schedule or participate in the maximum number of allowable varsity contests or playing dates may conduct additional scrimmages, up to 20% of the institution's actual schedule. In no case can the combined number of scheduled contests and scrimmages exceed the maximum number listed.
4. A maximum of two contests against teams from foreign countries (excluding Canada and Mexico) played in the United States and/or Canada/Mexico shall be permitted without counting against the maximum allowable number. Contests held in a country other than Canada/Mexico shall not apply to the limitation.

-
5. Each sport shall have a maximum 24-week practice and competition season established by each member institution. There shall be no more than two break periods during the 24 weeks. NAIA or NCAA approved postseason participation shall not be counted as part of the 24-week period.

A week is defined as Sunday (12:00 A.M.) through Saturday (11:59 P.M.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

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.
7. For selection of team members, tryouts (during current academic year) may be conducted and such tryouts shall be limited to five days. After selection of team members, the 24-week practice/competition limit is applied.
8. Tryouts conducted for the purpose of recruiting may be done on an individual basis.
9. At no time, can a contest (scrimmage or game/meet) be added to the schedule to allow for the serving of any suspension by a student-athlete or coach. Should a contracted opponent drop a program during the season, thus necessitating a replacement contest, then the replacement game would not be impacted by the above restriction.
10. Conference tournaments held at the end of the season are considered post-season (NAIA, NCAA, ACCA, and others approved in writing by the NCCAA National Office). Such tournaments do not count in the maximum number of scheduled contests/dates allowed. Conference or other tournaments held prior to the end of the season shall count against the allowable schedule limitation.