

APPENDIX A
CONTEST LIMITATIONS

<u>Sport</u>	<u>Contest Limitation</u>
Football	<ol style="list-style-type: none">1. Ten contests including the first round of playoffs2. All contests to be on Saturdays, except by mutual consent.3. Practice start date: August 10, 20074. Competition start date: 4th Thursday in August (August 23, 2007)
Volleyball	<ol style="list-style-type: none">1. Eighteen dates.2. Maximum number of weekdays allowed is 10.3. Practice start date: August 12, 20064. Competition start date: 4th Friday in August (August 25, 2006)
Basketball	<ol style="list-style-type: none">1. Twenty-six contests2. Maximum number of contests allowed on weekdays is 13.3. Practice start date: October 14. Competition start date: November 1
Wrestling	<ol style="list-style-type: none">1. Eighteen dates.2. Maximum number of weekdays allowed is 10.3. Practice start date: October 154. Competition start date: (2) Friday's preceding Thanksgiving (Nov 10, 2006)
Baseball	<ol style="list-style-type: none">1. Sixteen dates.2. An additional four dates allowable during the college official spring break only.3. The maximum number of weekdays allowed is 8.4. Practice start date: February 15 for spring. 14 practice dates are allowed in fall semester.
Softball	<ol style="list-style-type: none">1. Sixteen dates.2. An additional four dates allowable during the college official spring break only.3. The maximum number of weekdays allowed is 8.<ol style="list-style-type: none">A. For home teams, Friday games after 3 p.m. are not considered as weekday games.B. The 1st day of the State tournament counts as a contest date.4. Practice start date: March 1 for team, January 15 with pitchers and catchers with a maximum of three workouts per week, January 15 with individuals (no more than (4) players at a time) with a maximum of two practice hours per week per individual. 14 practice dates are allowed in fall semester.
Tennis & Golf	<ol style="list-style-type: none">1. Fourteen dates.

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.