

OFSAA PLAY DATES GUIDELINES

OFSAA recognizes the importance of balance in the lives of student-athletes and the impact of school sport on long-term student-athlete development; therefore, these are guidelines for the maximum number of play dates for exhibition, tournament, and regular season play:

<u>Sport</u>	<u>Number of Play Dates</u>
Alpine Skiing	7
Badminton	8
Baseball	10
Basketball	25
Cross Country	6
Curling	16
Field Hockey	10
Football	8
Golf	6
Hockey	25
Nordic Skiing	7
Rugby	12
Soccer	12
Slo-Pitch	12
Swimming	6
Tennis	7
Track & Field	7
Volleyball	20
Wrestling	6
Lacrosse	12
Snowboarding	7
Ultimate	12

- Definition of “play dates”: any calendar day where competition occurs.
- Local and association playoffs, association championships, regional play downs, and OFSAA championships are not used in determining the total number of play dates.
- Definition of “competition”: any time two or more teams play against each other on a playing surface.

Balance in student lives includes commitment to instructional time, academic and athletic achievement and/or personal commitments.