

BOYS 2025-2026 CIAC GAME LIMITATIONS AND PRACTICE DATES

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 18	Sept. 2	14	4	2	Oct. 23	Class Oct. 25; Open Oct. 31; NE Nov. 8
Fall Golf	Aug. 11	Aug. 19	16***	10	3	Oct. 15	Divisionals Week of Oct. 20; NE Oct. 26, 27
Football	See below	Sept. 11 (Conditioning – See below)	10	8	1	Nov. 27	Quarters Dec. 2; Semis Dec. 7; Finals Dec. 12, 13
Soccer	Aug. 18	Sept. 2	16	10	2 *	Oct. 27	Qual. Oct. 29; Begin Oct. 31 or Nov. 1; Finals Nov. 15, 16
Basketball	Dec. 4	Dec. 16	20	12	2 *	Mar. 2	Qual. Mar. 4; Begin Mar. 6; Finals Mar. 21, 22
Ice Hockey	Dec. 1	Dec. 15	20	12	2 *	Mar. 5	Begin Mar. 9; Finals Mar. 19, 23, 24
Indoor Track	Dec. 4	Dec. 18	14	1	2	Feb. 9	Class Feb. 12, 13, 14; Open Feb. 21; NE Feb. 28
Swimming	Dec. 4	Dec. 18	18	4	2 *	Feb. 28	Qual. Mar. 7; Class Mar. 9, 10, 11, Open Mar. 14 (tentative – pending facilities)
Wrestling	Dec. 1	Dec. 15 (** 8 of 18 may be multi-meets)	18 **	8	2	Feb. 15	Class Feb. 20, 21; Open Feb. 27, 28; NE Mar. 7, 8
Baseball	Mar. 21	Apr. 4 (Conditioning Mar. 14)	20	12	3	May 28	Qual. May 30; Begin June. 1; Finals June 12, 13
Golf	Mar. 21	Mar. 30	16***	10	3	June 3	All classes June 8, 9, 10; Open June 12 (tentative)
Lacrosse	Mar. 21	Apr. 4	16	10	2 *	May 27	Begin May 29; Finals June 14
Tennis	Mar. 21	Apr. 4	20	10	3	May 27	Classes May 29, 30, June 1,2,3, Open June 7, 8, 9, 10
Track	Mar. 21	Apr. 4	16	1	2	May 27	Class May 30, 31, June 1; Open June 6; NE June 13; Decathlon June 16, 17
Volleyball	Mar. 21	Apr. 4 (**3 of 20 may be non-counting Multi-team tournaments)	20**	12	3	May 28	Begin June 1; Finals June 11 (tentative)

Important Holidays

Labor Day – September 1, 2025 / Thanksgiving Day -- November 27, 2025 / Memorial Day – May 25, 2026

WHEN PLAY DOWN GAMES ARE NECESSARY, THESE GAMES WILL BE SCHEDULED PRIOR TO THE FIRST TOURNAMENT DATE LISTED ABOVE.

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Exception: May schedule three (3) contests in a week four (4) times during the regular season.

*** Exception: Boys Golf – may schedule “In Season Tournaments” on two additional dates that will not count toward qualifying for the state tournament as a team or as individuals. Required practice days – **Team** – 10 days / **Individual** – 10 days -- **Sunday practices may be counted to fulfill the 10 day requirement**

All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

FOOTBALL – ORGANIZED TRAINING ACTIVITIES (OTA's) – Thursday, August 14; Friday, August 15; Saturday, August 16, 2025 (SUNDAY, AUGUST 17 IS PROHIBITED

Conditioning Week – Monday, August 18, 2025. First Contact Practice – Saturday, August 23, 2025

SUMMER OF 2026 OUT OF SEASON COACHING OPPORTUNITIES – START JUNE 15, END AUGUST 8

GIRLS 2025-2026 CIAC GAME LIMITATIONS AND PRACTICE DATES

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 18	Sept. 2	14	4	2	Oct. 23	Class Oct. 25; Open Oct. 31; NE Nov. 8
Field Hockey	Aug. 18	Sept. 2	16	10	2 *	Oct. 27	Qual. Oct. 30, Nov. 1; Begin Nov. 4; Finals Nov. 15
Soccer	Aug. 18	Sept. 2	16	10	2 *	Oct. 27	Qual. Oct. 29; Begin Oct. 30 or Nov. 1; Finals Nov. 15, 16
Swimming	Aug. 18	Sept. 2	18	4	2 *	Nov. 1	Qual. Nov. 8; Class Nov. 11, 12; Open Nov. 15, 16 (tentative – pending facilities)
Volleyball	Aug. 18	Sept. 2	20 ** (**3 of 20 may be non-counting Multi-team tournaments)	12	3	Oct. 30	Qual. Nov. 1; Begin Nov. 3; Finals TBA - Nov. 14 or 15
Basketball	Dec. 1	Dec. 12	20	12	2 *	Feb. 27	Qual. Mar. 4; Begin Mar. 6; Finals Mar 21, 22
Gymnastics	Dec. 4	Dec. 18	14	6	2	Feb. 16	Team/Ind. Feb. 21; Open Feb. 28; NE Mar 7
Indoor Track	Dec. 4	Dec. 18	14	1	2	Feb. 9	Class Feb. 12, 13, 14; Open Feb. 21; NE Feb. 28
Golf	Mar. 21	Mar. 30	16***	10	3	June 3	June 8, 9, 10; Open June 12 (tentative)
Lacrosse	Mar. 21	Apr. 4	16	10	2 *	May 27	May 29; Finals June 13
Softball	Mar. 21	Apr. 4 (conditioning Mar. 14)	20	12	3	May 28	Qual. May 30; Begin June 1; Finals June 13
Tennis	Mar. 21	Apr. 4	20	10	3	May 27	Class May 29, 30, June 1,2,3; Ind June 7, 8, 9, 10
Track	Mar. 21	Apr. 4	16	1	2	May 27	Class May 30, 31, June 1; Open June 6; NE June 13; Heptathlon June 16, 17

Important Holidays

Labor Day – September 1, 2025 / Thanksgiving Day -- November 27, 2025
Memorial Day – May 25, 2026

WHEN PLAY DOWN GAMES ARE NECESSARY, THESE GAMES WILL BE SCHEDULED PRIOR TO THE FIRST TOURNAMENT DATE LISTED ABOVE.

* Exception: May schedule three (3) contests in a week four (4) times during the regular season.

***Exception: Girls Golf – may schedule “In Season Tournaments” on two additional dates that will not count toward qualifying for the state tournament as a team or as individuals.

Required Practice Days – Team – 10 days / Individuals – 10 days -- Sunday practices may be counted to fulfill the 10 day requirement.

All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition. No team/athlete shall practice/compete with their school more than six (6) consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.

SUMMER OF 2026 OUT OF SEASON COACHING OPPORTUNITIES – START JUNE 15, END AUGUST 8

BOYS 2026-2027 CIAC GAME LIMITATIONS AND PRACTICE DATES

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 24	Sept. 8	14	4	2	Oct. 29	Class Oct. 31; Open Nov. 6; NE Nov. 14
Fall Golf	Aug. 10	Aug. 18	16 ***	10	3	Oct. 14	Divisionals Week of Oct. 19; NE Oct 25, 26
Football	See below	Sept. 10 (Conditioning – See below)	10	8	1	Nov. 26	Quarters Dec. 1; Semis Dec. 6; Finals Dec. 11, 12
Soccer	Aug. 24	Sept. 8	16	10	2 *	Nov. 2	Qual. Nov. 4; Begin Nov. 7; Finals Nov. 21, 22
Basketball	Dec. 3	Dec. 15	20	12	2 *	Mar. 1	Qual. Mar. 3; Begin Mar. 5 Finals Mar. 20, 21
Ice Hockey	Nov. 30	Dec. 14	20	12	2 *	Mar. 4	Begin Mar. 8; Finals Mar. 18, 22, 23
Indoor Track	Dec. 3	Dec. 17	14	1	2	Feb. 15	Class Feb. 18, 19, 20; Open Feb. 27; NE Mar. 6
Swimming	Dec. 3	Dec. 17	18	4	2 *	Feb. 27	Qual. Mar. 6; Class Mar. 8, 9, 10; Open Mar. 13 (tentative – pending facilities)
Wrestling	Nov. 30	Dec. 14 (** 8 of 18 may be multi-meets)	18 **	8	2	Feb. 14	Class Feb. 19, 20; Open Feb. 26, 27; NE Mar. 6, 7
Baseball	Mar. 20	Apr. 3 (Conditioning Mar. 13)	20	12	3	May 27	Qual. May 29; Begin June 1; Finals June 11, 12
Golf	Mar. 20	Mar. 29	16 ***	10	3	June 2	All Classes June 7, 8, 9; Open June 11 (tentative)
Lacrosse	Mar. 20	Apr. 3	16	10	2 *	May 26	Begin May 28; Finals June 12
Tennis	Mar. 20	Apr. 3	20	10	3	May 26	Classes May 28, 29, June 1, 2, 3; Open June 6, 7, 8, 9
Track	Mar. 20	Apr. 3	16	1	2	May 26	Class May 29, 30, June 1; Open June 5; NE June 12, Decathlon June 15, 16
Volleyball	Mar. 20	Apr. 3 (**3 of 20 may be non-counting Multi-team tournaments)	20**	12	3	May 26	Begin June 2; Finals June 10 (tentative)

Important Holidays

Labor Day – September 7, 2026 / Thanksgiving Day -- November 26, 2026 / Memorial Day – May 31, 2027
Rosh Hashanah September 11, 2026 – September 13, 2026 / Yom Kippur September 20, 2026 (sundown) – September 21, 2026 (nightfall)

WHEN PLAY DOWN GAMES ARE NECESSARY, THESE GAMES WILL BE SCHEDULED PRIOR TO THE FIRST TOURNAMENT DATE LISTED ABOVE

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*** Exception: Boys Golf – may schedule “In Season Tournaments” on two additional dates that will not count toward qualifying for the state tournament as a team or as individuals.

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FOOTBALL – ORGANIZED TRAINING ACTIVITIES (OTA's) – Thursday, August 13; Friday, August 14; Saturday, August 15, 2026 (SUNDAY, AUGUST 16 IS PROHIBITED)
Conditioning Week – Monday, August 17, 2026
First Contact Practice – Saturday, August 22, 2026

SUMMER OF 2027 OUT OF SEASON COACHING OPPORTUNITIES – START JUNE 14, END AUGUST 7

GIRLS 2026-2027 CIAC GAME LIMITATIONS AND PRACTICE DATES

<u>Sport</u>	<u>First Practice Date</u>	<u>Date of First Contest</u>	<u>Maximum Games Season</u>	<u>Minimum Games CIAC Tournament</u>	<u>Maximum Games Per Week</u>	<u>Last Date to Count Tournament</u>	<u>Tentative Tournament Dates</u>
Cross Country	Aug. 24	Sept. 8	14	4	2	Oct. 29	Class Oct. 31; Open Nov.6; NE Nov. 14
Field Hockey	Aug. 24	Sept. 8	16	10	2 *	Nov. 2	Qual. Nov. 5, 7; Begin Nov.10; Finals Nov. 21
Soccer	Aug. 24	Sept. 8	16	10	2 *	Nov. 2	Qual. Nov. 4; Begin Nov. 6; Finals Nov. 21, 22
Swimming	Aug. 24	Sept. 8	18	4	2 *	Nov. 7	Qual. Nov. 14; Class Nov. 17, 18; Open Nov. 21, 22 (tentative – pending facilities)
Volleyball	Aug. 24	Sept. 8	20 ** (**3 of 20 may be non-counting Multi-team tournaments)	12	3	Nov. 5	Qual. Nov. 7; Begin Nov. 9; Finals TBA Nov. 20 or 21
Basketball	Nov. 30	Dec. 11	20	12	2 *	Feb. 26	Qual. Mar. 3; Begin Mar. 5; Finals Mar 20, 21
Gymnastics	Dec. 3	Dec. 17	14	6	2	Feb. 22	Team/Ind. Feb. 27; Open Mar 6; NE Mar 13
Indoor Track	Dec. 3	Dec. 17	14	1	2	Feb. 15	Class Feb. 18, 19, 20; Open Feb. 27; NE Mar. 6
Golf	Mar. 20	Mar. 29	16***	10	3	June 2	All Classes June 7, 8, 9; Open June 11 (tentative)
Lacrosse	Mar. 20	Apr. 3	16	10	2 *	May 26	Begin May 28 or 29; Finals June 13
Softball	Mar. 20	Apr. 3 (Conditioning March 13)	20	12	3	May 27	Qual. May 29; Begin June 1; Finals June 12
Tennis	Mar. 20	Apr. 3	20	10	3	May 26	Class May 28, 29, June 1, 2, 3; Ind June 6, 7, 8, 9
Track	Mar. 20	Apr. 3	16	1	2	May 26	Class May 29, 30, June 1; Open June 5; NE June 12, Heptathlon June 15, 16

Important Holidays

Labor Day – September 7, 2026 / Thanksgiving Day -- November 26, 2026

Memorial Day – May 31, 2027

Rosh Hashanah September 11, 2026 – September 13, 2026 / Yom Kippur September 20, 2026 (sundown) – September 21, 2026 (nightfall)

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*** Exception: Girls Golf – may schedule “In Season Tournaments” on two additional dates that will not count toward qualifying for the state tournament as a team or as individuals.

** Exception – for this year only the Boys and Girls Basketball season has been altered to accommodate a scheduling conflict at Mohegan Sun Arena

Required Practice Days – Team – 10 days / Individuals – 10 days -- **Sunday practices may be counted to fulfill the 10 day requirement.**

All sports teams and individual athletes must have a minimum of ten (10) physical/exertional practice days with their school before the date of the first scheduled competition.

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SUMMER OF 2027 OUT OF SEASON COACHING OPPORTUNITIES – START JUNE 14, END AUGUST 7