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Maryland Public Secondary Schools Athletic Association (MPSSAA) Sport Season Policy

Proposal: Board of Control April 2026

COMAR 13A.06.03.03C(2) Maximum Number of Contests Permitted During a Sport Season

- (a) A sport season limitation policy shall be recommended by the MPSSAA Board of Control and approved by the local superintendents of schools.*
- (b) The sport season limitation policy shall include seasonal contest limitations for each MPSSAA administered sport.*
- (c) All member MPSSAA schools shall adhere to the seasonal contest limitations established for each MPSSAA administered sport in which they participate.*

Policy and Interpretation: COMAR 13A.06.03.03C(2)(a-c) Bylaw MPSSAA Board of Control Sport Season Limitations Policy.

A. Maximum Number of Contests Permitted During a Sports Season.

- (1) All school athletic schedules shall be established according to the following instructions:
 - (a) Badminton
 - (i) 15 regular season games;
 - (ii) No more than two matches per week; and
 - (iii) Three matches in one week may be scheduled twice during the season.
 - (b) Baseball
 - (i) 18 regular season games or 20 with designated optional tournament;
 - (ii) No more than three games per week;
 - (iii) A team may elect to play in one designated optional two or three-game tournament;

- (iv) If a team elects to play in a designated optional three-game tournament, only 17 regular season games may be scheduled; and
 - (v) If a team elects to play in the designated optional two or three-game tournament, a fourth game may be played during that week.
- (c) Basketball
- (i) 20 regular season games or 22 with designated optional tournament;
 - (ii) No more than two games per week;
 - (iii) Three games in one week may be scheduled twice during the season;
 - (iv) A team may elect to play in one designated optional two or three-game tournament; and
 - (v) If a team elects to play in a designated optional three-game tournament, only 19 regular season games may be scheduled.
- (d) Cross Country
- (i) 10 regular season meets;
 - (ii) No more than two meets per week; and
 - (iii) Three meets in one week may be scheduled once during the season.
- (e) Field Hockey
- (i) 12 regular season games or 14 with designated tournament;
 - (ii) No more than two games per week;
 - (iii) Three games in one week may be scheduled twice during the season;
 - (iv) A team may elect to play in one designated optional two or three-game tournament; and
 - (v) If a team elects to play in a designated optional three-game tournament, only 11 regular season games may be scheduled.
- (f) Flag Football
- (i) 12 regular season games or 14 with designated tournament;
 - (ii) No more than two games per week;
 - (iii) Three games in one week may be scheduled twice during the season;
 - (iv) A team may elect to play in one designated optional two or three-game tournament; and
 - (v) If a team elects to play in a designated optional three-game tournament, only 11 regular season games may be scheduled.
- (g) Football
- (i) 10 regular season games; and
 - (ii) No more than one game per week.

- (h) Golf
 - (iii) 12 regular season matches; and
 - (iv) No more than three matches per week.
- (i) Gymnastics
 - (i) 8 regular season meets;
 - (ii) No more than two meets per week; and
 - (iii) Meets may not be held on consecutive days.
- (j) Indoor Track
 - (i) 10 regular season meets;
 - (ii) No more than two meets per week; and
 - (iii) Three meets in one week may be scheduled once during the season.
- (k) Lacrosse
 - (i) 12 regular season games or 14 with designated optional tournament;
 - (ii) No more than two games per week;
 - (iii) Three games in one week may be scheduled twice during the season; and
 - (iv) A team may elect to play in one designated optional two-game tournament.
- (l) Outdoor Track
 - (i) 10 regular season meets;
 - (ii) No more than two meets per week; and
 - (iii) Three meets in one week may be scheduled once during the season.
- (m) Soccer
 - (i) 12 regular season games or 14 with designated optional tournament;
 - (ii) No more than two games per week;
 - (iii) Three games in one week may be scheduled twice during the season;
 - (iv) A team may elect to play in one designated optional two or three-game tournament; and
 - (v) If a team elects to play in a designated optional three-game tournament, only 11 regular season games may be scheduled.
- (n) Softball
 - (i) 18 regular season games or 20 with designated optional tournament;
 - (ii) No more than three games per week;
 - (iii) A team may elect to play in one designated optional two or three-game tournament;

- (iv) If a team elects to play in a designated optional three-game tournament, only 17 regular season games may be scheduled; and
 - (v) If a team elects to play in the designated optional two or three-game tournament, a fourth game may be played during that week.
- (o) Swimming
- (i) 12 regular season meets;
 - (ii) No more than two meets per week; and
 - (iii) Three meets in one week may be scheduled once during the season.
- (p) Tennis
- (i) 18 regular season matches; and
 - (ii) No more than three matches per week.
- (q) Volleyball
- (i) 15 regular season matches or 14 with designated optional tournament;
 - (ii) No more than two matches per week;
 - (iii) Three matches in one week may be scheduled twice during the season;
 - (iv) A team may elect to play tri-matches provided the total number of opponents does not exceed 15 during the season; and
 - (v) Teams may play 14 matches plus one designated optional multi-team tournament.
- (r) Wrestling
- (i) 14 regular season contests including dual meets and a maximum of three tournaments and three tri-meets;
 - (ii) Not more than two contests per week including a maximum of one tournament;
 - (iii) Multi-team events may be used to make up postponed contests between teams originally scheduled;
 - (iv) Three contests may be scheduled one time during the season on a nontournament week;
 - (v) A city/county/conference tournament required to qualify for the state tournament will not be counted as one of the three allowed tournaments; and
 - (vi) Wrestling tournaments and meets are defined by Regulation .04D(3) and (4) of this chapter.