

Calculating Practice Opportunities

(For sports, except football, permitted to practice prior to the first day of classes)

The chart is designed to assist Division III institutions with the calculation of practice opportunities in the preseason time period. The examples display the formula when counting back from the first scheduled contest to determine the first date of preseason practice.

Beginning with the opening day of classes = 1 for each day						
Week of first scheduled contest when classes not in session = 1 for each day (week defined as the six days, excluding Sunday, before the date of competition)						
Other days in the preseason = 2 for each day						
Total = 16 practice opportunities						
Example 1 (First day of class before first contest)				Example 2 (First day of class after first contest)		
August/September						
S	M	T	W	T	F	S
14	15	16	17	18	19	20
				(2)	(2)	(2)
21	22	23	24	25	26	27
(X)	(2)	(2)	First day class (1)	(1)	(1)	(1)
28	29	30	31	1	2	3
(X)	(1)	(1)	(1)	First contest		
August/September						
S	M	T	W	T	F	S
14	15	16	17	18	19	20
					(2)	(2)
21	22	23	24	25	26	27
(X)	(2)	(2)	(2)	(1)	(1)	(1)
28	29	30	31	1	2	3
(X)	(1)	(1)	(1)	First contest		3 First day class

Do you count Sundays in the practice opportunities formula?	NO
Do you count the day in the practice opportunities formula if the team takes the day off?	YES
Does the practice formula indicate how many times you may practice that day (e.g., one-a-days, two-a-days)?	NO
If the practice opportunity formula results in the a 16th and 17th practice opportunity on the same day, is it permissible to start practice on that day (e.g., example 1 above results in the 16th and 17th practice opportunity on August 18th)?	YES
If the day before the first practice day is a designated equipment and squad picture day, could a student-athlete report the evening prior to that day and receive lodging and a meal?	YES
Could non-sport related meetings (e.g., to sign compliance forms, to administer medical exams) and other non-sport related activities (e.g., checking into dorms) be conducted on the day before the first day of preseason practice?	YES
Could student-athletes participate in academic orientation activities, the issuance of equipment, squad pictures or other sport-related administrative activities on the day before the first day of preseason practice?	YES
Could conditioning, speed, strength or agility tests be given prior to the start of preseason practice?	NO

- This chart is to be used only as a reference; please check the manual for specific information.