

2019-2020 KENTUCKY

MIDDLE SCHOOL SEASON CALENDAR

Sport	First Practice Date for Middle School	Preseason Practice Restrictions ?	Max # of Scrimmages for Middle School	Max # of Middle School Contests	Max # of Weeks for Regular Season Middle School Competition	First Practice Date for High School (for reference only)	First Contest Date for High School (for reference only)
Archery		N/A	N/A	N/A	N/A	Oct. 15	N/A
Baseball		5 Weeks	2	36	12	Feb. 15	March 16
Basketball		6 Weeks	2	30	15	Oct. 15	December 2
Bass Fishing		N/A	N/A	N/A	N/A	Oct. 15	N/A
Bowling		N/A	N/A	N/A	N/A	Oct. 1	N/A
Competitive Cheer		N/A	N/A	N/A	N/A	July 15	N/A
Cross Country		5 Weeks	2	13	11	July 15	August 19
Dance		N/A	N/A	N/A	N/A	July 15	N/A
Field Hockey		5 Weeks	2	24	11	July 15	August 19
Football	<p>No equipment of any kind from end of season through end of Dead Period (unless school approved use of helmet if no other school present)</p> <p>July 10 (helmet only to begin acclimation and acclimatization days)</p> <p>July 25 (full gear following three helmet and shoulder pad acclimation and acclimatization days)</p>	<p>24 days in full gear, regardless of first game date with limitations on length of practice and required breaks</p> <p>No days with multiple contact practices</p> <p>Same spacing of practices and breaks as HS per regulation</p>	2	15 including any applicable postseason event	16	<p>No equipment of any kind from end of spring practice through end of Dead Period (unless school approved use of helmet if no other school present)</p> <p>July 10 (helmet only to begin acclimation and acclimatization days)</p> <p>Aug. 1 (full gear following three helmet and shoulder pad acclimation and acclimatization days)</p>	August 23
Golf		3 Weeks	2	20	10	July 15	August 2
Soccer		4 Weeks	2	21	12	July 15	August 12
Softball		5 Weeks	2	36	12	Feb. 15	March 16
Swimming & Diving		5 Weeks	2	15	14	Oct. 1	November 8
Tennis		4 Weeks	2	22	12	Feb. 15	March 9
Track & Field		6 Weeks	2	19	20	Dec. 1	January 13
Volleyball		5 Weeks	2	35	12	July 15	August 19
Wrestling		5 Weeks	2	17	13	Oct. 15	November 18
No provision of the Middle School Season can exceed the high school season corresponding limitations per regulation							