

Policy for Interschool Sport (effective 2014 -2015 school year)

	Earliest Start Date for Practices (actual date for 2014-2015 school year)	Maximum # of Contests prior to playoffs	Minimum time between per day limits	Limits Per Day	Rules Source	Time and Distance Limits
Badminton	Feb. 23, 2015	40 matches	1 night	7 matches	BWF	3 games = match
Basketball	Nov. 24, 2014	32 games	1 night	96 minutes	FIBA	10 min. qtr.
Cross Country	Sept. 2, 2014	6 meets	3 nights	1 event	SHSAA	
Curling	Nov. 10, 2014	30 games	1 night	32 ends	CCA	
Football	Aug. 21, 2014	10 games	3 nights	1 game	CAFA	4 / 12 min. qtr.
Golf	May 5, 2014	12 meets	1 night	1 match	RCGA	18 holes/round
Soccer	Sept. 2, 2014	16 games	1 night	180 min.	FIFA	
Track & Field	Mar. 30, 2015	7 meets	3 nights	4 events	IAAF	
Volleyball	Sept. 2, 2014	60 matches	1 night	6 matches	VC	Match = maximum of 3 sets
Wrestling	Nov. 24, 2014	40 bouts	1 night	10 bouts	CAWA	