

POLICY FOR INTERSCHOOL COMPETITION

2. One of the objectives of the Saskatchewan High Schools Athletic Association as stated in its bylaws is ... "To encourage schools to adopt a varied athletic program for their students by restricting play in a school sport to the recognized school season for that sport."

The SHSAA, as the lead agency for interschool sport, has developed the following policy for interschool sport. The policy is intended to assist in the development of local guidelines for interschool sport and will be referred to as the Guideline of the Saskatchewan High Schools Athletic Association when questions are directed to the Association.

	Earliest Start Date for Practices (2025-26)	Maximum # of Contests prior to playoffs	Min. # of practices before first contest	Minimum time between per day Limits	Limits Per Day	Rules Source	Time and Distance Limits
Badminton	<i>Feb. 2, 2026</i>	40 matches		1 night	7 matches	BWF*	3 games = match
Basketball	<i>Nov. 17, 2025</i>	32 games		1 night	96 minutes	FIBA*	10 min. qtr.
Curling	<i>Nov. 3, 2025</i>	30 games		1 night	32 ends	Curling Canada*	
Football	<i>Aug. 21, 2025</i>	10 games	10 on-field hours	3 nights	1 game	Football Canada*	4 / 12 min. qtr
Golf	<i>April 7, 2025</i>	12 meets		1 night	1 match	Golf Canada*	18 holes
Soccer	<i>Sept. 2, 2025</i>	16 games		1 night	180 minutes	IFAB*	90 min. = game
Track & Field	<i>Mar. 30, 2026</i>	7 meets		1 night	4 events**	IAAF*	
Volleyball	<i>Sept. 2, 2025</i>	60 matches		1 night	6 matches	Volleyball Canada*	3 games = match
Wrestling	<i>Nov. 17, 2025</i>	40 bouts	7 practices	1 night	10 bouts	WCL*	
Cross-Country	<i>June 9, 2025</i>	6 meets		3 nights	1 event	SHSAA	

*See SHSAA Activities for amendments

**SHSAA rules allow for 4 events plus relays.

Match = best of three games or 2 game set

3. OPEN GYM

- 3.1. The following will be the basis of defining open gym as it relates to the start date Guideline for all SHSAA activities:

- 3.1.1. Open Gym/Field is an arrangement whereby the school's facilities are scheduled for volunteer play for all of the student body.
- 3.1.2. The open gym is open to any student from the high school interested in attending.
- 3.1.3. There is no instruction during the open gym, whether by a coach or anyone else.
- 3.1.4. Coaches may supervise open gyms, but they cannot instruct (written or verbal), organize drills, etc.
- 3.1.5. There is no organized competition, such as established teams participating in round-robin competition, etc.