



26-B-01

SUBJECT: WOMEN'S FLAG FOOTBALL – FREQUENCY OF PLAY, START DATES AND SEASON OF COMPETITION

Amend NAIA Bylaws Article I, Section H, Items 1-5 as follows:

1. The maximum number of varsity games, contests or playing dates an institution may schedule is listed below. The number of junior varsity or freshman games, contests or playing dates scheduled during the academic year cannot exceed the number of varsity games, contests or playing dates scheduled during that academic year. Further, no student may compete in a sport in an academic year in more than the number of games, contests or playing dates listed below (this includes varsity, junior varsity, freshman, etc.), excluding NAIA-approved postseason participation.

Sport	Number of Games / Contests / Playing Dates
Baseball	50 contests
Basketball (men's & women's)	28 games EXCEPTION: A student who participates in a varsity contest and a junior varsity contest on the same day and at the same location is considered to have participated only in one game. A student may invoke this exception a maximum of 10 times during an academic year.
Beach Volleyball	26 dates
Bowling (men's & women's)	14 contests
Competitive cheer	10 cheerleading contests. A student may not participate in more than 10 total dates between competitive cheer and competitive dance.
Competitive dance	10 dance contests. A student may not participate in more than 10 total dates between competitive cheer and competitive dance.
Cross country (men's & women's)	7 meets
Flag Football (women's)	18 contests
Football	11 games, with a student limited to participating in no more than 15 contests. (This includes varsity, junior varsity, freshman games and scrimmages.)
Golf (men's & women's)	12 matches/tournaments
Lacrosse (men's & women's)	18 games
Soccer (men's & women's)	18 games played at any time during the sport season. Three additional dates may be played only after the fall term has concluded. Student-athletes are not permitted to miss class for any reason related to these three additional dates.

Softball	50 contests
Swimming & diving (men's & women's)	12 meets
Tennis (men's & women's)	24 dates/tournaments and/or scrimmages (except for the ITA exception listed below).
Indoor track & field (men's & women's)	10 meets counted on the basis of an individual student's participation in the meet
Outdoor track & field (men's & women's)	10 meets or (12 meets if indoor track and field is not sponsored) counted on the basis of an individual student's participation in the meet
Volleyball (men's)	26 dates
Volleyball (women's)	26 dates
Wrestling (men's & women's)	18 dates/tournaments

For a contest of any kind (i.e. scrimmage, exhibition, game/meet, etc.), once the contest has commenced the designation of the type of contest will be officially recorded as such, and the designation cannot be changed retroactively.

In the sports of baseball, cross country, golf, lacrosse, soccer, softball, swimming and diving, tennis, indoor track, outdoor track, volleyball and wrestling, an institution is allowed one exhibition competition per season. In the sports of competitive cheer and competitive dance, an institution is allowed one cheer exhibition competition and one dance exhibition competition per season. The competition must meet the definition of an exhibition under Article V, Section B, item 6 of the NAIA bylaws. The exhibition competition will count as one varsity game, contest or playing date within the limits stated above.

Exhibition competition is not allowed in the sport of football.

For the sport of basketball, an institution is allowed one or more exhibition competitions per season so long as the total number of games, exhibitions, and scrimmages does not exceed 30. For the sport of basketball, an exhibition competition will not count as a varsity game.

- The following number of scrimmage dates per sport will be allowed in addition to the maximum number of varsity games, contests, or playing dates which an institution may schedule or in/on which a student may compete.

Sport	Number of Scrimmage Dates
Baseball	2 (Plus 3 additional scrimmage dates to be conducted before the end of the fall term. Student-athletes are not permitted to miss class for any reason related to these three additional scrimmages.)
Basketball (men's & women's)	2
Beach volleyball	2
Bowling (men's & women's)	0
Competitive cheer	1
Competitive dance	1

Cross country (men's & women's)	0
Flag Football (women's)	2
Football	1
Golf (men's & women's)	0
Lacrosse (men's & women's)	2 (Plus 3 additional scrimmage dates to be conducted before the end of the fall term. Student-athletes are not permitted to miss class for any reason related to these three additional scrimmages.)
Soccer (men's & women's)	2
Softball	2 (Plus 3 additional scrimmage dates to be conducted before the end of the fall term. Student-athletes are not permitted to miss class for any reason related to these three additional scrimmages.)
Swimming and diving (men's & women's)	0
Tennis (men's & women's)	1
Indoor and outdoor track and field (men's & women's)	0
Volleyball (men's)	2 (Plus 3 additional scrimmage dates to be conducted before the end of the fall term. Student-athletes are not permitted to miss class for any reason related to these three additional scrimmages.)
Volleyball (women's)	2 (Plus 3 additional scrimmage dates to be conducted after the end of the fall term. Student-athletes are not permitted to miss class for any reason related to these three additional scrimmages.)
Wrestling (men's & women's)	0

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- Each sport shall have a maximum 24-week practice and competition season established by each member institution. Frequency of play, practice and scheduling policies shall be applied only during the period of August 1 to May 15, pursuant to the following specifications. The start date specified is the earliest possible date on which any activity meeting the definition of a practice or competition may occur, though teams are free to choose a later date. Scrimmages and exhibitions are excluded and not subject to the start date for competitions.

EXCEPTION: If a sport holds its national championship in the spring and an affiliated conference/Continental Athletic Conference (CAC) (formerly the Association of Independent Institutions) completes its qualifying competition for postseason in the fall academic term, then the start date for practices, scrimmages and exhibitions for participating conference/CAC teams is 17 days prior to the first allowable competition, not to precede August 1.

Sport	Start Date for Practices, Scrimmages & Exhibitions	Start Date for Competitions
Baseball	September 1 or the start of the institution's fall term, whichever is earlier	Thursday of last full weekend in January for games occurring after winter break; Fall games are permissible anytime beginning September 1
Basketball (men's & women's)	38 days prior to first allowable competition date	4th Thursday in October
Beach volleyball	September 1	Thursday of last full weekend in January for dates occurring after winter break; Fall dates are permissible anytime beginning September 1
Bowling (men's & women's)	September 1	September 1
Competitive cheer	September 1	September 1
Competitive dance	September 1	September 1
Cross country (men's & women's)	17 days prior to the first allowable meet	4 th Thursday in August
Flag Football (women's)	September 1 or the start of the institution's fall term, whichever is earlier	Thursday of the last full weekend in January for games occurring after winter break. Fall contests are permissible anytime beginning September 1
Football	24 days prior to the first allowable game, not to precede August 1	4 th Thursday in August
Golf (men's & women's)	2 nd Monday in August	4 th Monday in August
Lacrosse (men's & women's)	September 1	September 1
Soccer (men's & women's)	17 days prior to the first allowable game, not to precede August 1	3 rd Thursday in August
Softball	September 1 or the start of the institution's fall term, whichever is earlier	Thursday of the last full weekend in January for games occurring after winter break; Fall games are permissible anytime beginning September 1
Swimming and diving (men's & women's)	September 1	September 1
Tennis (men's & women's)	September 1	September 1

Indoor track and field (men's & women's)	September 1	September 1
Outdoor track and field (men's & women's)	September 1	September 1
Volleyball (men's)	September 1	Thursday of last full weekend in January for dates occurring after winter break; Fall dates are permissible anytime beginning September 1
Volleyball (women's)	17 days prior to the first allowable competition date, not to precede August 1	<u>13 weeks prior to the sport's conference qualification deadline; if on a Saturday, the immediately preceding Friday is included</u>
Wrestling (men's & women's)	38 days prior to the first allowable competition date.	4th Thursday in October

AND

Amend Article V, Section B, Item 20 as follows:

20. Season of Competition:

a. Intercollegiate Participation

Participation in more than 20% of the maximum allowable number of intercollegiate contests or dates (excluding scrimmages) at an NAIA institution, whether in a varsity, junior varsity or freshman program, during the 24-week season. Any participation in NAIA-approved postseason shall result in a season of competition. The NAIA shall count seasons of competition charged by another intercollegiate athletic association at face value unless the season was charged based solely on participation in practice.

A student who participates in the following number of contests or dates during the 24-week season will be charged a season of competition.

Baseball	11 contests	Lacrosse	5 contests
Basketball	7 contests	Softball	11 contests
Bowling	4 contests	Swimming and diving	3 meets
Competitive cheer	3 dates	Tennis	6 dates/tournaments
Competitive dance	3 dates	Indoor track and field	3 meets
Cross country	2 meets	Outdoor track and field	3 meets
Flag football	5 contests	Volleyball	6 dates

Football	3 contests	Beach Volleyball	6 dates
Golf	8 rounds	Wrestling	5 dates/tournaments
Soccer	5 contests		

Intent: To establish regulations for women's flag football by setting the maximum contest limit at 18 contest with two additional scrimmage dates, establish September 1 or the start of the institution's fall term (whichever is earlier) as the practice start date, establish Thursday of the last full weekend in January as the start dates for games occurring after winter break (fall games can begin September 1), and identify the 20% threshold for charging a season of competition at 5 contests.

Effective Date: August 1, 2026

Submitted by: National Administrative Council





26-B-02

SUBJECT: MEN'S VOLLEYBALL START DATE FOR COMPETITION

Amend NAIA Bylaws Article I, Section H, Item 5 as follows:

5. Each sport shall have a maximum 24-week practice and competition season established by each member institution. Frequency of play, practice and scheduling policies shall be applied only during the period of August 1 to May 15, pursuant to the following specifications. The start date specified is the earliest possible date on which any activity meeting the definition of a practice or competition may occur, though teams are free to choose a later date. Scrimmages and exhibitions are excluded and not subject to the start date for competitions.

EXCEPTION: If a sport holds its national championship in the spring and an affiliated conference/Continental Athletic Conference (CAC) (formerly the Association of Independent Institutions) completes its qualifying competition for postseason in the fall academic term, then the start date for practices, scrimmages and exhibitions for participating conference/CAC teams is 17 days prior to the first allowable competition, not to precede August 1.

Sport	Start Date for Practices, Scrimmages & Exhibitions	Start Date for Competitions
Baseball	September 1 or the start of the institution's fall term, whichever is earlier.	Thursday of last full weekend in January for games occurring after winter break; Fall games are permissible anytime beginning September 1
Basketball (men's & women's)	38 days prior to first allowable competition date.	4th Thursday in October
Beach volleyball	September 1	Thursday of last full weekend in January for dates occurring after winter break; Fall dates are permissible anytime beginning September 1
Bowling (men's & women's)	September 1	September 1
Competitive cheer	September 1	September 1
Competitive dance	September 1	September 1
Cross country (men's & women's)	17 days prior to first allowable meet	4th Thursday in August
Football	24 days prior to first allowable game, not to precede August 1	4th Thursday in August
Golf (men's & women's)	2nd Monday in August	4th Monday in August
Lacrosse (men's & women's)	September 1	September 1
Soccer (men's & women's)	17 days prior to first allowable game, not to precede August 1	3rd Thursday in August

Softball	September 1 or the start of the institution's fall term, whichever is earlier.	Thursday of last full weekend in January for games occurring after winter break; Fall games are permissible anytime beginning September 1
Swimming and diving (men's & women's)	September 1	September 1
Tennis (men's & women's)	September 1	September 1
Indoor track and field (men's & women's)	September 1	September 1
Outdoor track and field (men's & women's)	September 1	September 1
Volleyball (men's)	September 1	Thursday of last full weekend in January for dates occurring after winter break 14 Thursdays prior to the sport's conference qualification deadline; Fall dates are permissible anytime beginning September 1
Volleyball (women's)	17 days prior to first allowable competition date, not to precede August 1	13 weeks prior to the sport's conference qualification deadline; if on a Saturday, the immediately preceding Friday is included
Wrestling (men's & women's)	38 days prior to first allowable competition date.	4th Thursday in October

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Intent: To change the start date for competition for the sport of men's volleyball from the Thursday of the last full weekend in January for dates occurring after winter break to instead begin on the 14th Thursday prior to the conference qualification deadline, as determined by the National Administrative Council (NAC) each year.

Effective Date: August 1, 2026

Submitted by: Men's Volleyball Coaches Association

Co-sponsored by: Heart of America Athletic Conference



26-B-03

SUBJECT: SCHOOL CLOSURES & RECRUITING

Amend Article II, Section D, Item 1 as follows:

1. Recruitment of an Enrolled Student-Athlete

- a. If, during the school year or summer vacation period, the athletics director, faculty athletics representative, senior woman leader, athletic compliance administrator or coach of a member institution is contacted or becomes aware of contact by an athlete who enrolled at another NAIA institution, it shall be the responsibility of the contacted institution (athletics director, faculty athletics representative, senior woman leader, or athletic compliance administrator) to notify, in writing, the NAIA institution (athletics director or faculty athletics representative) where the athlete is presently enrolled within 10 days following the first contact.

EXCEPTION: If an NAIA student-athlete has a signed release or other documentation from their current athletics director permitting the student-athlete to participate in recruiting conversations with other NAIA institutions, written notification is not required to be provided to the student's current NAIA institution.

A coach or another representative of a member institution may respond to a contact by a student-athlete only after the enrolled student-athlete's institution (athletics director or faculty athletics representative) has been notified as prescribed above.

- b. A coach or another representative of a member institution may initiate contact with a student whose most recent identification was at a non-NAIA four-year institution, but shall not initiate contact with a student-athlete whose most recent identification was at an NAIA institution. Contact may be initiated with a student whose most recent identification was at an NAIA institution as long as the student has not identified nor has the student drawn equipment and/or engaged in organized practice with an NAIA institution within the previous 12 months.

EXCEPTION: If a member institution has formally announced its closure or merger/ acquisition by another institution resulting in the discontinuation of its athletics program on that campus, a coach or another representative of a member institution may initiate contact with student athletes at the closing institution. Notification of contact to the student's current NAIA institution will not be required.

Intent: To permit NAIA coaches and administrators to initiate contact with student-athletes who are enrolled at an NAIA institution that formally announces its impending closure, merger or acquisition, and to waive the notification requirement.

Effective Date: May 16, 2026

Submitted by: Wolverine-Hoosier Athletics Conference

Co-Sponsored by: National Conduct and Ethics Committee