

## **How long can teams practice each week?**

BASC has set weekly times allotted for each age group to have team activities, which includes practices, games, scrimmages, training sessions and instructional meetings.

BASC Recreational Teams Are Limited To:

- For U6: one (1), one hour session per week; not including games
- For U7 to U14: three (3), sessions per week; including games
- For U15/16 to U19: no limit on frequency of sessions
- For any age division no recreational team activity shall exceed 90 minutes in duration.
- The week begins on Saturday and concludes Friday.