If you don't manage it in those three months, you're going to be all over the place.
It's ok the other months, simply because the plant doesn't go against you, it works with you.
The grass plant behaves itself until summer. But then, the plant goes into a reproductive phase, once it's going to head out, you really need to control it at that stage.
The goal of the grass plant is to produce seed-heads. Come hell or high water it wants to reproduce itself. It's a survival thing.
So, the plant sends up a new leaf every seven days, it'll put up 3 leaves, one every week - that's three weeks, 21 days.
If the last and fourth leaf of its lifecycle is allowed to head, it's too late, the rest will start dying away.

SPROING

URGH
It depends on the weather, but from around Mid May, the grass needs to be topped or closed off for silage between 15-21 days after the first leaf is put up.
If you go past the 15-21 days, the grass will become stemmy and will be poor quality. The grass plant will put up a seed head and become woody.
As well as that, the dead leaves will form a butt of white and prevent more growth.
As long as you graze, top it or cut silage, it should start all over again –

Keep going grazing every 15-21 days up until around mid August
Keep on top of it between May and August and then the grass plant will go back into its vegetative state, its reproductive stage will be over. You'll have the best of grass and silage got at that stage.