

MODIFIED SPORTS STANDARDS FOR INTERSCHOOL COMPETITION

Sport	# of Practices Prior to first Scrimmage Team/individual	Number of Practices Prior to first Contest Team/individual	Team and individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6/4	6/4	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	10/8	12/10	14	1 Night	2 Games*	N S	
Baseball Pitcher	10	12	14	2 Nights*	1 Game	N S	Pitch Count Restrictions
Basketball	8/6	10/8	14	2 Nights	1 Game	N S- Boys NCAA- Girls	7 Minute Quarters
Bowling	3/3	3/3	14	1 Night	3 Games	USBC	
Cross Country	8/6	8/6	10	3 Nights	1 Meet	N S	
Field Hockey	8/6	10/8	12	2 Nights	1 Game	N S	25 Minute Halves
Football	13/12	17/16	7	4 Nights**	1 Game	N S	10 Minute Quarters
Golf	3/3	3/3	14	1 Night	1 Match	US A & Local Course Rules	
Gymnastics	10/10	15/15	10	2 Nights	3 Events*/ 1 Contest	N S- Boys USA O- Girls	
Ice Hockey	10/10	15/15	14	2 Nights***	1 Game	N S	13 Minute Periods
Lacrosse- Boys	10/8	12/10	12	2 Nights	1 Game	N S	9 Minute Quarters
Lacrosse- Girls	10/8	10/8	12	2 Nights	1 Game	N S/ US Lacrosse	25 Minute Halves
Skiing	10/8	10/8	12	2 Nights	2 Events	S & ESA	
Soccer	8/6	10/8	12	2 Nights	1 Game	N S	
Softball	8/6	10/8	14	1 Night	2 Games*	ASA	
Swimming & Diving	10/8	12/10	14	2 Nights	3 Events/ 1 Contest	N S	
Tennis	6/4	6/4	14	1 Night	2 Matches*	USTA	
Track & Field Outdoor	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	N S	
Track & Field Indoor	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	N S	
Volleyball	8/6	10/8	14	2 Nights	2	NCAA	
Wrestling	12/10	15/13	14 Pts.	2 Nights	2 Bouts*	N S	Max of 10 Pts. Thru 2 Pt. Contests

(*) See details in Game Rules Section

*Except in football and cross country, contests may be played with only one night's rest.

(**) Three nights/scrimmage

(***) In Ice Hockey, contests may be played with only one night's rest three times per season scheduling or rescheduling. See details in Game Rules section.