

MODIFIED SPORTS STANDARDS CHART 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 *	NFHS	
Baseball Pitcher	10	12	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	8/6	10/8	14	2 Nights	1 Game	NFHS- 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	NFHS	
Field Hockey	8/6	10/8	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	13/12	17/16	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	3/3	3/3	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	10/10	15/15	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	10/10	15/15	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	10/8	12/10	14	2 Nights	1 Game	NFHS	9 Minute Quarters
Lacrosse- Girls	10/8	10/8	12	2 Nights	1 Game	NFHS/ US Lacrosse	
Skiing	10/8	10/8	12	2 Nights	2 Events	FIS & ESA	
Soccer	8/6	10/8	12	2 Nights	1 Game	NFHS	
Softball	8/6	10/8	14	1 Night	2 Games *	ASA	
Swimming & Diving	10/8	12/10	14	2 Nights	3 Events/ 1 Contest	NFHS	
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	NFHS	
Track & Field (Indoor)	10/8	10/8	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	8/6	10/8	14	2 Nights	2	NCAA	
Wrestling	12/10	15/13	14 Pts.	2 Nights	2 Bouts *	NFHS	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.