

HIGH SCHOOL SPORT STANDARDS

Number Practices Prior to First Scrimmage			Number Practices Prior to First Contest		Team and Individual Maximum No. Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Sport	TEAM	IND	TEAM	IND					
Badminton	6	4	8	6		1 night	3 matches 1 contest	USBA	1
Baseball	10	6	15	8	20	1 night	2 contests	NFHS	2
Basketball	10	8	15	13					
GIRLS/ BOYS	8	6	10	8	20	1 night	1 contest	NF-Boys NCAA-Girls	1
Bowling	Training		Training		20	1 night	6 games	USBC	1
Competitive Cheerleading	10	8	10	8	12	1 night	1 competition	NFHS	1
Cross-country	10	8	10	10	16	2 nights	5000meters or 3.1miles	NFHS	1
Fencing	10	8	15	13	20	1 night	3 contests	USFA	1
Field Hockey	8	6	10	8	16	1 night	1 contest	NFHS	1
Football	11	10	15	14	10	4 nights(1)	1 contest	NFHS	1
Golf	Training		Training		16	1 night	1 match 2 – 9-holeM non-school days.	USGA& Local course rules	1
Gymnastics	10	8	15	13	16	1 night	6 events (boys) 4 events (girls) 1 contest	Boys- NFHS Girls- USAGJO/ Tech HB	1
Ice hockey	8	6	10	8	20	1 night	1 contest	NFHS	1
Lacrosse	8	6	10	8	16	1 night	1 contest	NFHS-Boys US Lacrosse -Girls	1
Rifle	3	2	5	3	16	1 night	1 contest	NRA	1
Skiing	8	6	10	8	16	1 night	2 events	FIS & USSA	1
Soccer	8	6	10	8	16	1 night	1 contest	NFHS	1
Softball	6	4	8	6	20	1 night	2 contests	ASA	2
Swimming/ Diving	12	10	12	10	16+	1 night	4 events 1 contest	NFHS	1
Tennis	6	4	8	6	16	1 night	2 matches ++	USTA	1
Outdoor Track	10	8	10	10	16+	1 night	4 events 1 contest	NFHS	1
Winter Track	10	8	10	10	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	4	8	6	20	1 night	2 matches/day	NCAA	1
Wrestling	10	8	15	13	20 points+	1 night	4 bouts 5 bouts tournament only	NFHS	1

(1) 2 nights for scrimmage

* indicates maximum plus section, state championships and games necessary to break divisional or league ties

+ indicates maximum number of contests in which an individual competitor may participate

++ Modified scoring system must be used (see Tennis Standard)