HIGH SCHOOL SPORT STANDARDS

	# of practices for Student- Athletes to Represent their school (Feb. 2019)	Team and Individual Maximum Number of Contests *	Min. Time Between Contests or Scrimmages	Individual Contest Limitations Per Day	RULES	Scrimmage Limitations Per Day
Sport						
Badminton	6		1 night	3 matches 1 contest	USBA	1
Baseball Battery	**10** +++ **10** +++	20	1 night	2 contests	NFHS	2
Basketball GIRLS/ BOYS	6	20	1 night	1 contest	NFHS-Boys NCAA-Girls	1
Bowling	Training	20+	1 night	6 games	USBC	1
Cheerleading	6	12	1 night	1 competition	NFHS	1
Cross-country	6	16	2 nights	5000meters or 3.1miles	NFHS	1
Field Hockey	6	16	1 night	1 contest	NFHS	1
Flag Football	6	16	1 night	1 contest	NYSPHSAA	1
Football	**10**	10	4 nights(1)	1 contest	NFHS	1
Golf	Training	16	1 night	1 match	USGA&	1
Gymnastics	**10**	16	1 night	4 events (girls) 2 1 contest	Girls- USAGJO / Tech HB	1
Ice hockey	6	20	1 night	1 contest	NFHS	1
Lacrosse	6	16	1 night	1 contest	NFHS-	1
Skiing	6	16	1 night	2 events	FIS & USSA	1
Soccer	6	16	1 night	1 contest	NFHS	1
Softball	6	20	1 night	2 contests	ASA	2
Swimming/	6	16+	1 night	4 events	NFHS	1
Tennis	6	16	1 night	2 matches	USTA	1
Outdoor Track	6	16+	1 night	4 events 1 contest	NFHS	1
Winter Track	6	16+	1 night	3 events 1 contest	NFHS	1
Volleyball	6	20	1 night	2 matches/day	NCAA	1
Wrestling	**10**	20 points+	1 night	6 bouts	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)
+++ See Baseball rule 2.08.12