MODIFIED SPORTS STANDARDS CHART FOR INTERSCHOOL COMPETITION

Sport	# of Practices for student to represent their school	Team and Individual Maximum No. Contests	Minimum Time Between Contests*	Individual Limitations per Day	Rules	Time and Distance Limits
Badminton	6	14	1 Night	2 Matches/ 1 Contest	USBA	
Baseball	**10**	14	1 Night	2 Games *	NFHS	
Baseball Pitcher	**10**	14	2 Nights *	1 Game	NFHS	Pitch Count Restrictions
Basketball	6	14	2 Nights	1 Game	NFHS- Boys NCAA- Girls	7 Minute Quarters
Bowling	6	14	1 Night	3 Games	USBC	
Cross Country	6	10	2 Nights	1 Meet	NFHS	
Cheerleading	6	12	1 Night	1 Competiton	NFHS	
Field Hockey	6	12	2 Nights	1 Game	NFHS	25 Minute Halves
Football	**10**	7	4 Nights **	1 Game	NFHS	10 Minute Quarters
Golf	6	14	1 Night	1 Match	USGA & Local Course Rules	
Gymnastics	**10**	10	2 Nights	3 Events */ 1 Contest	NFHS- Boys USAJO- Girls	
Ice Hockey	6	14	2 Nights ***	1 Game	NFHS	13 Minute Periods
Lacrosse- Boys	6	12	2 Nights	1 Game	NFHS	10 Minute Quarters
Lacrosse- Girls	6	12	2 Nights	1 Game	NFHS/ US Lacrosse	25 Minute Halves
Skiing	6	12	2 Nights	2 Events	FIS & ESA	
Soccer	6	12	2 Nights	1 Game	NFHS	
Softball	6	14	1 Night	2 Games *	ASA	
Swimming & Diving	6	14	2 Nights	3 Events/ 1 Contest	NFHS	
Tennis	6	14	1 Night	2 Matches *	USTA	
Track & Field (Outdoor)	6	10	2 Nights	4 Events (One Relay)/ 1 Contest	NFHS	
Track & Field (Indoor)	6	10	2 Nights	3 Events/ 1 Contest	NFHS	
Volleyball	6	14	1 Nights	2	NCAA	
Wrestling	**10**	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.