

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
<u>Sport</u>						
<u>Badminton</u>	6		1 night	3 matches 1 contest	USBA	1
<u>Baseball</u> <u>Battery</u>	10 10	20	1 night	2 contests	NFHS	2
<u>Basketball</u> <u>GIRLS/ BOYS</u>	6	20	1 night	1 contest	NF-Boys NCAA-Girls	1
<u>Bowling</u>	Training	20+	1 night	6 games	USBC	1
<u>Competitive</u> <u>Cheerleadin</u>	6	12	1 night	1 competition	NFHS	1
<u>Cross-country</u>	6	16	2 nights	5000meters or 3.1miles	NFHS	1
<u>Fencing</u>	6	20	1 night	3 contests	USFA	1
<u>Field Hockey</u>	6	16	1 night	1 contest	NFHS	1
<u>Football</u>	10	10	4 nights(1)	1 contest	NFHS	1
<u>Golf</u>	Training	16	1 night	1 match 2 - 9-holeM non-school days.	USGA& Local course rules	1
<u>Gymnastics</u>	10	16	1 night	6 events (boys) 4 events (girls) 1 contest	Boys- NFHS Girls- USAGJO/ Tech HB	1
<u>Ice hockey</u>	6	20	1 night	1 contest	NFHS	1
<u>Lacrosse</u>	6	16	1 night	1 contest	NFHS-Boys & Girls	1
<u>Rifle</u>	6	16	1 night	1 contest	NRA	1
<u>Skiing</u>	6	16	1 night	2 events	FIS & USSA	1
<u>Soccer</u>	6	16	1 night	1 contest	NFHS	1
<u>Softball</u>	6	20	1 night	2 contests	ASA	2
<u>Swimming/ Diving</u>	6	16+	1 night	4 events 1 contest	NFHS	1
<u>Tennis</u>	6	16	1 night	2 matches ++	USTA	1
<u>Outdoor Track</u>	6	16+	1 night	4 events 1 contest	NFHS	1
<u>Winter Track</u>	6	16+	1 night	3 events 1 contest	NFHS	1
<u>Volleyball</u>	6	20	1 night	2 matches/day	NCAA	1
<u>Wrestling</u>	10	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)