



Activity Limitations: Season, Team and Individual

NOTE: Should a student exceed the individual limitations, the coach of the team shall be ineligible to coach for the next two interscholastic contests at the level where the violation occurred and all other interscholastic contests at any level in the interim.

Boys and Girls Basketball Limitations

Season: Team must participate in at least three (3) interscholastic contests prior to the online roster and record deadline.

Team: May not participate in more than 22 games in a season exclusive of state series.

Individual: Students shall be limited to a maximum of eight (8) quarters per day in regular season contests and tournaments. Students may participate in either or both grade levels of the IESA state tournaments for which they are qualified. Neither seventh nor eighth graders may play on a team below their grade level.

Boys Baseball Limitations

Season: Team must participate in at least three (3) interscholastic contests prior to the online roster and record deadline. There is no limit to the number of games a school may play.

Individual: Pitchers now have a pitch count limitation and mandated days of rest based on the number of pitches thrown. The 7 innings per day rule has been eliminated. Pitching limitations are located at the following link:
http://www.iesa.org/documents/activities/IESA-BBB_LimitationRule.pdf

A starting pitcher withdrawn from the mound may return once in the game to the pitching position. A relief pitcher may not return to the mound once withdrawn.

Girls Softball Limitations

Season: Team must participate in at least three (3) interscholastic contests prior to the online roster and record deadline. There is no limit to the number of games a school may play.

Scholastic Bowl Limitations

Season: Team must participate in at least three (3) interscholastic contests (using IESA scholastic bowl rules) prior to the online roster and record deadline. Schedule must be posted by Wednesday Week 34. No match limit.

Boys and Girls Cross Country Limitations

Season: Team must participate in at least three (3) interscholastic contests prior to the sectional meet. There is no limit to the number of meets a school can schedule.

Cheerleading Competition Limitations

Rule: Basket tosses and double full twisting dismounts are prohibited at the junior high level.

Boys Wrestling

Season: Team must participate in at least three (3) interscholastic contests prior to the regional seeding meeting.

Team: May not compete in more than 15 dates and 1 tournament; or 14 dates and 2 tournaments; or 13 dates and 3 tournaments; or 12 dates and 4 tournaments; or 11 dates and 5 tournaments. Date: two- six teams competing in a non-bracketed format. Tournament: opponents are determined through a bracketed format. A team is limited to a maximum of 25 regular season matches, exclusive of all regular season tournaments.

Individual: Maximum of five matches per day, with a minimum rest period of 45 minutes between each match and a maximum of 37 matches per season. Should a student exceed the limitations, the coach shall be ineligible for the next two contests. All wrestlers shall weigh-in before every contest and are limited to the maximum weight in each weight class without any extra allowance.

Girls Volleyball

Season: Team must participate in at least three (3) interscholastic contests prior to the online roster and record deadline.

Team: May not participate in more than 22 matches in a season. Any combination of matches and tournaments will be allowed as long as the total number of matches played prior to the start of regional play does not exceed 22. No team shall participate in more than four matches in one day in all tournament play.

Individual: Limited to a maximum of six (6) sets per day for regular season play and four (4) matches per day in tournament play. Students may participate in either or both grade levels of the IESA state tournaments for which they are qualified. Neither seventh nor eighth graders may play on a team below their grade level.

Boys and Girls Track and Field

Season: Team must participate in at least three (3) interscholastic contests prior to the sectional seed meeting. Schedule must be posted by Monday Week 39. No maximum.

Individual: Maximum of four (4) events per meet. Students may only be listed for two relays. If a student is listed for two relays, one of the relays must be the 4 x 400. No student may participate in both the 4 x 100 relay and the 4 x 200 relay. Relay teams may have five students listed. Any four of the five runners listed may run at either the sectional or state level of individual competition. Students are limited to participation in only one-track division (7th grade or 8th grade) per meet with the exception of relays. Students in grades 5-7 competing at the 7th grade level of competition may compete in one relay at the 7th grade level and one relay at the 8th grade level; or two relays at the 7th grade level; or two relays at the 8th grade level, which also applies to grades 5-7 competing at 8th grade level of competition. Students in eighth grade may only compete at the 8th grade level.