



## 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 has participated 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 has participated in at least three (3) interscholastic contests prior to the online roster and record deadline. No maximum.

*Pitching:* An individual pitcher may not pitch more than seven innings in any one-day and nine innings on two consecutive days. If more than four innings are pitched on two consecutive days, two days of rest must follow. Maximum total number of innings in a calendar week (Sunday-Saturday) is sixteen. As soon as a pitcher delivers one pitch, the pitcher has pitched one inning. A starting pitcher withdrawn from the mound may return once in the game to the pitching position. A relief pitcher may not return to the mound once withdrawn.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 has participated in at least three (3) interscholastic contests prior to the online roster and record deadline. No maximum.

### **Scholastic Bowl Limitations**

*Season:* Team has participated in at least three (3) interscholastic contests (using IESA scholastic bowl rules) prior to the online roster and record deadline. No maximum.

### **Boys and Girls Cross Country Limitations**

*Season:* Team has participated in at least three (3) interscholastic contests prior to the sectional meet. No maximum.

### **Cheerleading Competition Limitations**

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

### **Boys Wrestling**

*Season:* Team has participated 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 or three 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 has participated 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 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 has participated in at least three (3) interscholastic contests prior to the sectional seed meeting. 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 (7<sup>th</sup> grade or 8<sup>th</sup> grade) per meet with the exception of relays. Students in grades 5-7 competing at the 7<sup>th</sup> grade level of competition may compete in one relay at the 7<sup>th</sup> grade level and one relay at the 8<sup>th</sup> grade level; or two relays at the 7<sup>th</sup> grade level; or two relays at the 8<sup>th</sup> grade level, which also applies to grades 5-7 competing at 8<sup>th</sup> grade level of competition. Students in eighth grade may only compete at the 8<sup>th</sup> grade level.