



## Activity Limitations: Season, Team and Individual

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 24 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 have a pitch count limitation and mandated days of rest based on the number of pitches thrown. Pitching limitations are located at the following link:

[http://www.iesa.org/documents/activities/IESA-BBB\\_LimitationRule.pdf](http://www.iesa.org/documents/activities/IESA-BBB_LimitationRule.pdf)

Any pitcher (either the starting pitcher or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game as long as it is within the legal re/entry rule.

### 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:* All tosses (sponge and basket) and double full twisting dismounts are prohibited. A quick toss is permitted because the top person's feet begin with contact on the performing surface.

## **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 42 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 24 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 24. 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 participate in two relays. If a student participates in 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- four runners and one alternate. 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.