



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: https://www.iesa.org/documents/activities/IESA-BBB_PitchCountLimitationRules.pdf

Pitch count reporting is required.

Any pitcher (either the starting pitcher or any relief pitcher) withdrawn from the mound or game may return to the pitching position once per game as long as it is within the legal re/entry rule.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

Individual: Maximum of six matches per day, with a minimum rest period of 30 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. Wrestlers must have competed in 8 varsity matches in order to be seeded for Regional competition.

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 prior to the start of regional play. Regular season matches include matches played in a tournament.

Individual: Limited to a maximum of four (4) matches per day for regular season and 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

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 six students listed- four runners and two alternates. Any four of the six runners listed may run at either the sectional or state level of individual competition.

Students in grades 5-7 may compete in:

INDIVIDUAL EVENTS at either or both grade levels not to exceed the maximum

NOTE: At no time is an individual athlete allowed to compete in the same event at both grade levels

RELAY EVENTS--

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

NOTE: Regardless of the participation grade level, no student may participate in both the 4x100 relay and the 4x200 relay.

Students in eighth grade may only compete at the 8th grade level for individual and relay events.

At no time will an individual athlete be able to compete in the same event at both grade levels.