

FAQ Concerning High School Maximum Game Schedules

Sport	Team Limitation/Season	Week	Individual Limitations/Week	Day
FALL				
Cross Country (B/G)	16 competition dates	3 competition dates	3 competition dates	1 contest
Field Hockey (G)	15 contests	3 contests	3 competition dates	4 quarters
Football	10 varsity contests 9 sub varsity contests	1 contest	**See Note 1	**See Note 1
Soccer (B)	15 contests	3 contests	3 contests	2 halves
Volleyball (G)	15 competition dates	3 competition dates	3 competition dates	**See Note 2
WINTER				
Basketball (B/G)	20 contests	3 contests	3 competition dates	4 quarters
Swimming & Diving (B/G)	15 contests	3 contests	3 competition dates	
Indoor Track (B/G)	16 contests	3 contests	3 contests	
Wrestling (B/G)	18 contests – **See Note 3	3 competition dates	3 competition dates	6 matches – 10 matches over 2-day tournament
SPRING				
Baseball	18 contests	3 contests	3 contests	**See Note 4
Softball(G)	18 contests	4 contests	4 contests	**See Note 5
Golf	15 competition dates	3 competition dates	3 competition dates	
Tennis (B/G)	15 contests	3 contests	3 contests	
Outdoor Track (B/G)	16 competition dates	3 competition dates	3 competition dates	
Lacrosse (B/G)	15 contests	3 contests	3 competition dates	**See Note 6
Soccer (G)	15 contests	3 contests	3 competition dates	2 halves
Volleyball (B)	15 contests	3 competition dates	3 competition dates	**See Note 2

Note 1: The weekly limit for football is 4 varsity quarters or any combination of 5 varsity and sub varsity quarters provided no more than 3 quarters are at the varsity level. Participation in any part of a quarter shall count as a quarter toward the weekly and daily limitations in that sport. However, participation on a free kick or a play from scrimmage kick formation shall not count as a quarter. Overtime periods shall be considered as part of the fourth quarter.

Note 2: The team limit for the volleyball season is 15 competition dates of which 1 date may involve more than 2 teams and may be competed over a 2 consecutive day period. The individual daily limit for volleyball is the total number of varsity games played by the team each day. For example, during dual meet competition if the JV plays 2 games and the varsity plays 5 games a player could participate in the 2 JV games and 3 of the 5 varsity games for a total of 5 games.

Note 3: The season limit for wrestling is 18 contests of which no more than 6 may be non-dual meet tournaments, or five non-dual meet tournaments and one dual meet tournament with a limit of 10 matches over a 2-day tournament.

Note 4: DIAA Baseball Pitching Limitations – This policy is in effect for all regular season games, state tournament games and games that were postponed or suspended for any reason.

Pitches Thrown	Rest Period
1-25	None (no days)
26-50	1 day
51-80	2 days
81-105	3 days

- There is a one (1) day limit of 105 pitches by a pitcher. However, the pitcher may finish the batter if the 105th pitch is reached during the at bat.
- A maximum of 205 pitches may be thrown in a seven (7) day period. The pitcher may finish the batter if the pitch count maximum is reached during the at bat.
- There is a maximum of 85 pitches for the first six (6) games of the season. All teams become eligible for the 105-pitch count after one (1) team finished their sixth (6th) contest. This cannot occur before April 5 of the current season.
 - Doubleheaders: A pitcher is ineligible to pitch in the second game of the day if during the first game he/she throws 25-39 pitches in two consecutive innings and /or throws more than 40 pitches in any one inning. The pitcher starting the second game will be held to the 105-pitch limit. Any pitches thrown during the first game will be counted towards this 105-pitch limit for the day.

Note 5: Four games in a week are permitted only if two are part of a doubleheader played on a non-school day.

Note 6: The daily individual limit for boys' and girls' lacrosse is 4 quarters.