

SECTION VII SPORTS REGULATIONS

7.0 MASTER TABLE OF ATHLETIC EVENTS AS APPROVED BY BOARD OF DIRECTORS

SPORT	CLASSES	WEEK # PRACTICE BEGINS (HIGH SCHOOL)	WEEK # PRACTICE BEGINS (MIDDLE SCHOOL)	CONTEST LIMITATIONS			DAYS OF REQUIRED PRACTICE BEFORE COMPETITION	WEEK # STATE EVENTS
				VARSITY	SUB- VARSITY	MIDDLE SCHOOL		
Baseball	5	32	32	26	23	18	5	45-46
Basketball	5	21	*16 19	26	23	18	5	36-37
Cross Country	4	7	7	8	8	7	5	19
Football	6-Man	6	7	9	8	7 th & 8 th only 7 games	**10	18-20
	8-Man	6	6	10	9		**10	18-21
	2A	6	6	10	9		**10	19-22
	3A thru 6A	6	6	10	9		**10	19-22
Golf	3	Year round	Year round	10	10	8	5	46
Powerlifting	3	28	N/A	4	4	N/A	5	40
Soccer	3	7	7	20	17	14	5	18-19
Softball	4	32	32	26	23	18	5	45-46
Spirit/Cheer	4 All Girl 2 Co-ed	Year round	Year round	10 Competitions	N/A	N/A	10	38
Spirit/Dance Drill	3	Year round	Year round	10 Competitions	N/A	N/A	10	38
Swimming & Diving	1	Year round	Year round	10	10	8	5	34
Tennis	2	Year round	Year round	12	12	8	5	Team: 45 Individual: 45
Track & Field	5	33	33	10	7	7	5	1A/3A – 45 4A/5A – 46
Volleyball	5	7	7	23	20	14	5	20
Wrestling	2 Boys 1 Girls	19	16	32 points	28 points	8	5	34

Classes: 4 = A-2A Combined 3 = A-3A Combined 2 = A-4A Combined * denotes split season

** may not begin competition until week 8