

## 4.080 SPIRIT LIMITATIONS

- 4.081** All cheers, performances, routines, or other activities conducted by a school's spirit squads (i.e. cheerleaders, pom poms, flags, drill team) shall be conducted in accordance with the Spirit Rules published by the National Federation of State High School Associations.

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### **Illustrations for Section 4.080 of the By-laws**

The illustrations and situations it contains are for purposes of assisting in understanding the application of the particular by-law to which they pertain. In the case of any conflict, whether actual or believed, between the illustrations, examples or situations in this publication and the constitution or by-laws of the IHSA, the constitution and by-laws shall control.

#### **257) NATIONAL FEDERATION SPIRIT RULES**

- Q. What effect does use of the National Federation Spirit Rules have on cheerleading, either at interscholastic contests or at competitive events?  
A. The National Federation Spirit Rules have been adopted as the official rules and interpretations for all cheerleading in and involving IHSA member schools. (By-law 4.080)

#### **258) SUMMER APPLICATION OF RULES**

- Q. Do the spirit rules apply during the summer?  
A. No. These rules are enforced only for cheerleading and pom pon squad competitions. (By-law 4.081)

#### **259) TOSSES AND PYRAMIDS**

- Q. May tosses and pyramids be performed under the National Federation Spirit Rules?  
A. Yes. Tosses and pyramids may be performed, but must be performed in accordance with the rules stated in the National Federation Spirit Rules Book. All pom poms, cheerleading and drill team groups must follow the rules published in the National Federation Spirit Rules Book for both non-competitive performances and competition. (By-law 4.080)

## **5.000 SPORT SEASON BY-LAWS**

Included in this Section:	5.120	Boys Swimming	5.250	Girls Soccer
5.000 Sport Season By-laws	5.130	Boys Spring Tennis	5.260	Girls Fall Softball
5.010 Boys Fall Baseball	5.140	Boys Track and Field	5.270	Girls Spring Softball
5.020 Boys Spring Baseball	5.150	Boys Volleyball	5.280	Girls Summer Softball
5.030 Boys Summer Baseball	5.160	Boys Water Polo	5.290	Girls Swimming
5.040 Boys Basketball	5.170	Boys Wrestling	5.300	Girls Fall Tennis
5.050 Boys Bowling	5.180	Girls Badminton	5.310	Girls Track and Field
5.060 Boys Cross Country	5.190	Girls Basketball	5.320	Girls Volleyball
5.070 Boys Football	5.200	Girls Bowling	5.330	Girls Water Polo
5.080 Boys Fall Golf	5.210	Girls Cross Country	5.340	Competitive Cheerleading
5.090 Boys Gymnastics	5.220	Girls Fall Golf	5.350	Competitive Dance
5.100 Boys Lacrosse	5.230	Girls Gymnastics	5.360	Scholastic Bowl
5.110 Boys Soccer	5.240	Girls Lacrosse		

### **5.001 Standardized IHSA Calendar**

All IHSA-sponsored State Tournament Series and IHSA Sport Seasons shall be conducted on dates established in accordance with the standardized calendar developed by the National Federation of State High School Associations. This calendar shall number the weeks of the year, with week one (No. 1) being the first full week of July (Sunday through Saturday).

### **5.002 IHSA Tournament Series**

The Board of Directors shall establish Terms and Conditions and shall set dates for IHSA-sponsored State Tournament Series in those sports in which State Tournaments are conducted.

### **5.003 Associate Member School Limits**

Schools which are Associate Members shall not be permitted to enter teams and/or contestants in any IHSA-sponsored State Tournament Series. However, Associate members shall be permitted to participate in one additional invitational tournament in those sports where such participation is limited.

## 5.004 Tournament Limitations

No athletic team, representing a member school, shall play in more than five (5) different games/contests/matches during any given interscholastic tournament, unless in the sport of wrestling, that tournament takes place over two consecutive days.

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### **Illustrations for Section 5.000 of the By-laws**

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#### **260) DATE**

- Q. What is considered to be a date in participation limits?  
A. A date is a single day on the calendar. (Constitution 1.420)

#### **261) CONFERENCE TOURNAMENT/MEET**

- Q. Is a two-day conference meet or tournament considered one or two dates?  
A. A conference meet or tournament conducted over two days is considered to be one date. (Constitution 1.420)

#### **262) MATCH/MEET IN INDIVIDUAL SPORTS**

- Q. What is a match or meet in individual team sports?  
A. A match and a meet are each considered as individual contests between schools. (Constitution 1.420)

#### **263) MULTI-SCHOOL CONTESTS**

- Q. How will a multi-school contest where only one (1) school winner is determined be considered?  
A. Such a contest is considered one meet or match for each participating school. (Constitution 1.420)

#### **264) THREE-TEAM CONTESTS**

- Q. How will multi-school contests be counted if three schools are involved, with Team A vs. Team B; Team B vs. Team C; and Team C vs. Team A?  
A. As two (2) meets or matches per school. (Constitution 1.420)

#### **265) COUNTING CONTESTS**

- Q. How will an interscholastic contest involving only a few members of a school team be counted in terms of contest limitations?  
A. As one (1) contest for the team represented by the students involved. However, in swimming, if a school participates in a swimming meet (excluding diving) and a diving meet (excluding swimming) on the same date, the two meets will be counted as one. In track and field, all meets whether outdoors or indoors count toward the limit of dates. (Constitution 1.420)

#### **266) SEASON END**

- Q. When does each sport season end?  
A. Some seasons end with the completion of the state final tournament, while others end on a specific date stated in the individual sport limitations. Check the by-laws for each sport to be sure of both starting and ending dates. (By-law 5.000)

#### **267) SUNDAY PLAY**

- Q. May a school conduct or participate in an interscholastic athletic contest on Sunday?  
A. Yes. Sunday participation is not directly prohibited by IHSA rules. (Constitution 1.420)

#### **268) PRACTICE/PLAY ON BOTH BOYS AND GIRLS TEAM**

- Q. May a girl practice and/or compete on her school's boys soccer team during the fall season, and then also practice and/or play on her school's girls soccer team in the spring season?  
A. No. If a school offers a girls team in a sport which has its own season, girls in that school may practice and compete only on the girls team during the girls season.

## **5.010 BOYS FALL BASEBALL**

### **5.011 Season Limitation**

- a. No member school shall organize a Boys Fall Baseball team if it organizes a Football team, or if more than 15 percent of its male student body participates in a cooperative Football program.
  - b. No school belonging to this Association shall organize its Boys Fall Baseball teams, practice or participate in interscholastic contests earlier than Monday of Week 7 or later than Saturday of Week 16 in the IHSA Standardized Calendar.
  - c. A member school may conduct its first interscholastic contest in Boys Fall Baseball no earlier than Monday of Week 8 in the IHSA Standardized Calendar.
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## **5.020 BOYS SPRING BASEBALL**

### **5.021 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Spring Baseball teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 49 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Spring Baseball no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.022 Contest Limitations**

No Boys Spring Baseball team representing a member school shall, in any one season, participate in more than thirty-five (35) games, exclusive of the IHSA series.

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## **5.030 BOYS SUMMER BASEBALL**

### **5.031 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Summer Baseball teams, practice or participate in interscholastic contests earlier than Monday of Week 44 or later than Saturday of Week 7 in the IHSA Standardized Calendar.
  - b. A member school may conduct its first interscholastic contest in Boys Summer Baseball no earlier than Monday of Week 46 in the IHSA Standardized Calendar.
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## **5.040 BOYS BASKETBALL**

### **5.041 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 19 or later than Saturday of Week 37 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Basketball no earlier than Monday of Week 21 in the IHSA Standardized Calendar.

### **5.042 Team Limitations**

- a. No Boys Basketball team representing a member school shall, in any one season, participate in more than:
  - (1) twenty-one (21) games and no (0) tournaments exclusive of the IHSA series; or
  - (2) nineteen (19) games and one (1) tournament exclusive of the IHSA series; or
  - (3) eighteen (18) games and two (2) tournaments exclusive of the IHSA series; or
  - (4) sixteen (16) games and three (3) tournaments exclusive of the IHSA series.
- b. No Boys Basketball team, representing a member school, shall play in more than five (5) different games during any given interscholastic basketball tournament.

### **5.043 Individual Player Limitations**

Students may participate in no more than three (3) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament. Participation in a tournament shall mean that a student actually competes (regardless of the length of time) in a game.

## **5.050 BOYS BOWLING**

### **5.051 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Bowling teams, practice or participate in interscholastic contests earlier than Monday of Week 17 **or later than Saturday of Week 30** in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Bowling no earlier than Friday of Week 18 in the IHSA Standardized Calendar.

### **5.052 Contest Limitations**

No Boys Bowling team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.

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## **5.060 BOYS CROSS COUNTRY**

### **5.061 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Cross Country teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 18 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Cross Country no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

### **5.062 Contest Limitation**

Team: No Boys Cross Country team representing a member school shall, in any one season, participate on more than fifteen (15) dates exclusive of the IHSA series.

Individual: No individual shall compete in Boys Cross Country on more than eighteen (18) dates, exclusive of the IHSA series.

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## **5.070 BOYS FOOTBALL**

### **5.071 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Football teams, practice or participate in interscholastic contests earlier than Monday of Week 6 or later than Saturday of Week 21 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Football no earlier than Friday of Week 8 in the IHSA Standardized Calendar.

### **5.072 Pre-Season Practice Requirements:**

A student shall become eligible to participate in an interscholastic contest or scrimmage in Boys Football after completing a minimum of 1 1/2 hours of actual field practice on twelve (12) different days excluding Sunday and any day on which the student actually plays in an interscholastic football contest. These practices must be conducted in accordance with Association By-laws.

### **5.073 Contest Limitation**

No Boys Football team representing a member school shall, in any one season, participate in more than nine (9) games exclusive of the IHSA series and exclusive of the City of Chicago Prep Bowl series, participated in by the Chicago Public League and the Chicago Catholic League.

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## **5.080 BOYS FALL GOLF**

### **5.081 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Fall Golf teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 15 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Fall Golf no earlier than Monday of Week 7 in the IHSA Standardized Calendar.

### **5.082 Contest Limitation**

No Boys Fall Golf team representing a member school shall, in any one season, participate on more than eighteen (18) dates exclusive of the IHSA series.

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## **5.090 BOYS GYMNASTICS**

### **5.091 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Gymnastics teams, practice or participate in interscholastic contests earlier than Monday of Week 33 or later than Saturday of Week 47 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Gymnastics no earlier than Monday of Week 35 in the IHSA Standardized Calendar.

### **5.092 Contest Limitations**

Team: No Boys Gymnastics team representing a member school shall, in any one season, participate on more than fifteen (15) dates exclusive of the IHSA series.

Individual: No individual shall compete in Boys Gymnastics on more than fifteen (15) dates exclusive of the IHSA series.

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## **5.100 BOYS LACROSSE**

### **5.101 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Lacrosse teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 49 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Lacrosse no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.102 Contest Limitations**

No Boys Lacrosse team representing a member school shall, in any one season, participate in more than:

- (1) Nineteen (19) matches exclusive of state playoffs; or
  - (2) Eighteen (18) matches plus one (1) tournament, exclusive of state playoffs; or
  - (3) Seventeen (17) matches plus two (2) tournaments, exclusive of state playoffs.
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## **5.110 BOYS SOCCER**

### **5.111 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Soccer teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 18 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Soccer no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

### **5.112 Contest Limitations**

No Boys Soccer team representing a member school shall, in any one season, participate in more than:

- (1) Seventeen (17) matches exclusive of the IHSA series; or
- (2) Sixteen (16) matches plus 1 tournament exclusive of the IHSA series; or
- (3) Fifteen (15) matches plus 2 tournaments exclusive of the IHSA series.

## **5.120 BOYS SWIMMING**

### **5.121 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Swimming teams, practice or participate in interscholastic contests earlier than Monday of Week 21 or later than Saturday of Week 34 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Swimming no earlier than Friday of Week 22 in the IHSA Standardized Calendar.

### **5.122 Contest Limitation**

Team: No Boys Swimming team representing a member school shall, in any one season, participate in more than fourteen (14) dates exclusive of the IHSA series. If both swimming and diving are held at the same meet, it counts as one date. If there are two (2) separate meets where only swimming OR diving occur, the team could participate in both the swimming and diving and only count it as one date.

Individual: No individual shall compete in Boys Swimming in more than seventeen (17) dates exclusive of the IHSA series.

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## **5.130 BOYS SPRING TENNIS**

### **5.131 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Spring Tennis teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 47 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Spring Tennis no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.132 Contest Limitation**

- a. No Boys Spring Tennis team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.
  - b. No member of a Boys Spring Tennis team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.
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## **5.140 BOYS TRACK AND FIELD**

### **5.141 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Track and Field teams, practice or participate in interscholastic contests earlier than Monday of Week 29 or later than Saturday of Week 47 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Track and Field no earlier than Monday of Week 31 in the IHSA Standardized Calendar.

### **5.142 Individual Limitations**

In all interscholastic track and field meets, including the state championship series, no school belonging to this Association shall permit a student to participate in more than four (4) events. If a competitor exceeds participation limitations, he shall forfeit all individual and team points earned in any event in which he competes.

### **5.143 Contest Limitation**

Team: No Boys Track and Field team representing a member school shall, in any one season, participate on more than eighteen (18) dates exclusive of the IHSA series, including indoor and outdoor dates.

Individual: No individual shall compete in Boys Track and Field on more than twenty-one (21) dates exclusive of the IHSA series, including indoor and outdoor dates.

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## **5.150 BOYS VOLLEYBALL**

### **5.151 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Volleyball teams, practice or participate in interscholastic contests earlier than Monday of Week 36 or later than Saturday of Week 48 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Volleyball no earlier than Monday of Week 38 in the IHSA Standardized Calendar.

### **5.152 Contest Limitation**

No Boys Volleyball team representing a member school shall, in any one season, participate in more than:

- (1) twenty-one (21) matches exclusive of the IHSA series; or
- (2) nineteen (19) matches plus one (1) tournament, exclusive of the IHSA series; or
- (3) eighteen (18) matches plus two (2) tournaments, exclusive of the IHSA series; or
- (4) sixteen (16) matches plus three (3) tournaments, exclusive of the IHSA series; or
- (5) fifteen (15) matches plus four (4) tournaments, exclusive of the IHSA series.

No Boys Volleyball team representing a member school shall play in more than five (5) different matches during any given volleyball tournament.

### **5.153 Individual Player Limitations**

Students may participate in no more than four (4) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament. Participation in a tournament shall mean that a student actually competes (regardless of the length of time) in a game.

Participation in a game or tournament shall mean that a student actually competes (regardless of the length of time) in the contest.

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## **5.160 BOYS WATER POLO**

### **5.161 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Water Polo teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 46 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Water Polo no earlier than Week 36 of the IHSA Standardized Calendar.

### **5.162 Contest Limitations**

No Boys Water Polo team representing a member school shall, in any one season, participate in more than thirty (30) games, exclusive of the IHSA series.

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## **5.170 BOYS WRESTLING**

### **5.171 Season Limitation**

- a. No school belonging to this Association shall organize its Boys Wrestling teams, practice or participate in interscholastic contests earlier than Monday of Week 19 or later than Saturday of Week 34 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Boys Wrestling no earlier than Monday of Week 21 in the IHSA Standardized Calendar.

### **5.172 Team Limitations**

No Boys Wrestling team representing a member school shall, in any one season, participate in more than:

- a. eighteen (18) dates and no (0) tournaments exclusive of the IHSA series; or
- b. seventeen (17) dates and one (1) tournament exclusive of the IHSA series; or
- c. sixteen (16) dates and two (2) tournaments exclusive of the IHSA series; or
- d. fifteen (15) dates and three (3) tournaments exclusive of the IHSA series; or
- e. fourteen (14) dates and four (4) tournaments exclusive of the IHSA series.

### **5.173 Individual Limitations**

Students who participate on a school squad in Boys Wrestling may participate in no more than twenty-one (21) matches in any one season, exclusive of tournaments. Students may participate in no more than four (4) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament. Participation in a tournament shall mean that a student actually competes (regardless of the length of the time) in a match.

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## **5.180 GIRLS BADMINTON**

### **5.181 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Badminton teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 45 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Badminton no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.182 Contest Limitation**

- a. No Girls Badminton team representing a member school shall, in any one season, participate on more than eighteen (18) dates, exclusive of the IHSA series.
  - b. No member of a Girls Badminton team representing a member school shall, in any one season, participate on more than eighteen (18) dates, exclusive of the IHSA series.
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## **5.190 GIRLS BASKETBALL**

### **5.191 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Basketball teams, practice or participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 37 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Basketball no earlier than Monday of Week 20 in the IHSA Standardized Calendar.

### **5.192 Team Limitations**

- a. No Girls Basketball team representing a member school shall, in any one season, participate in more than:
  - (1) twenty-one (21) games and no (0) tournaments exclusive of the IHSA series; or
  - (2) nineteen (19) games and one (1) tournament exclusive of the IHSA series; or
  - (3) eighteen (18) games and two (2) tournaments exclusive of the IHSA series; or
  - (4) sixteen (16) games and three (3) tournaments exclusive of the IHSA series.
- b. No Girls Basketball team, representing a member school, shall play in more than five (5) different games during any given interscholastic basketball tournament.

### **5.193 Individual Player Limitations**

Students may participate in no more than three (3) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament. Participation in a tournament shall mean that a student actually competes (regardless of the length of time) in a game.

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## **5.200 GIRLS BOWLING**

### **5.201 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Bowling teams, practice or participate in interscholastic contests earlier than Monday of Week 20 or later than Saturday of Week 33 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Bowling no earlier than **Friday** of Week 21 in the IHSA Standardized Calendar.

### **5.202 Contest Limitation**

- a. No Girls Bowling team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.
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## **5.210 GIRLS CROSS COUNTRY**

### **5.211 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Cross Country teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 18 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Cross Country no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

### **5.212 Contest Limitation**

Team: No Girls Cross Country team representing a member school shall, in any one season, participate on more than fifteen (15) dates exclusive of the IHSA series.

Individual: No individual shall compete in Girls Cross Country on more than eighteen (18) dates, exclusive of the IHSA series.

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## **5.220 GIRLS FALL GOLF**

### **5.221 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Fall Golf teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 15 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Fall Golf no earlier than Monday of Week 7 in the IHSA Standardized Calendar.

### **5.222 Contest Limitation**

No Girls Fall Golf team representing a member school shall, in any one season, participate on more than eighteen (18) dates exclusive of the IHSA series.

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## **5.230 GIRLS GYMNASTICS**

### **5.231 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Gymnastics teams, practice or participate in interscholastic contests earlier than Monday of Week 19 or later than Saturday of Week 33 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Gymnastics no earlier than Monday of Week 21 in the IHSA Standardized Calendar.

### **5.232 Contest Limitation**

No Girls Gymnastics team representing a member school shall, in any one season, participate on more than fifteen (15) dates exclusive of the IHSA series.

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## **5.240 GIRLS LACROSSE**

### **5.241 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Lacrosse teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 49 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Lacrosse no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.242 Contest Limitations**

No Girls Lacrosse team representing a member school shall, in any one season, participate in more than:

- (1) Nineteen (19) matches exclusive of state playoffs; or
  - (2) Eighteen (18) matches plus one (1) tournament, exclusive of state playoffs; or
  - (3) Seventeen (17) matches plus two (2) tournaments, exclusive of state playoffs.
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## **5.250 GIRLS SOCCER**

### **5.251 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Soccer teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 48 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Soccer no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.252 Contest Limitations**

No Girls Soccer team representing a member school shall, in any one season, participate in more than:

- (1) Seventeen (17) matches exclusive of the IHSA series; or
- (2) Sixteen (16) matches plus 1 tournament exclusive of the IHSA series; or
- (3) Fifteen (15) matches plus 2 tournaments exclusive of the IHSA series.

## **5.260 GIRLS FALL SOFTBALL**

### **5.261 Season Limitation**

- a. No member school shall organize a Girls Fall Softball team if it organizes a Girls Volleyball team, or if more than 15 percent of its female student body participates in a cooperative Girls Volleyball program.
  - b. No school belonging to this Association shall organize its Girls Fall Softball teams, practice or participate in interscholastic contests earlier than Monday of Week 7 or later than Saturday of Week 16 in the IHSA Standardized Calendar.
  - c. A member school may conduct its first interscholastic contest in Girls Fall Softball no earlier than Monday of Week 9 in the IHSA Standardized Calendar.
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## **5.270 GIRLS SPRING SOFTBALL**

### **5.271 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Spring Softball teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 49 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Spring Softball no earlier than Monday of Week 37 in the IHSA Standardized Calendar.

### **5.272 Contest Limitations**

No Girls Spring Softball team representing a member school shall, in any one season, participate in more than thirty-five (35) games exclusive of the IHSA series.

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## **5.280 GIRLS SUMMER SOFTBALL**

### **5.281 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Summer Softball teams, practice or participate in interscholastic contests earlier than Monday of Week 44. The concluding date of summer softball shall be Saturday of Week 7 in the IHSA Standardized Calendar.
  - b. The member school may conduct its first interscholastic contest in Girls Summer Softball on any date after the legal starting date of Monday of Week 46 in the IHSA Standardized Calendar.
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## **5.290 GIRLS SWIMMING**

### **5.291 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Swimming teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 20 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Swimming no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

### **5.292 Contest Limitation**

Team: No Girls Swimming team representing a member school shall, in any one season, participate in more than fourteen (14) dates exclusive of the IHSA series. If both swimming and diving are held at the same meet, it counts as one date. If there are two (2) separate meets where only swimming OR diving occur, the team could participate in both the swimming and diving and only count it as one date.

Individual: No individual shall compete in Girls Swimming in more than seventeen (17) dates exclusive of the IHSA series.

## **5.300 GIRLS FALL TENNIS**

### **5.301 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Fall Tennis teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 17 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Fall Tennis no earlier than Thursday of Week 7 in the IHSA Standardized Calendar.

### **5.302 Contest Limitation**

- a. No Girls Fall Tennis team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.
  - b. No member of a Girls Fall Tennis team representing a member school shall, in any one season, participate on more than twenty (20) dates, exclusive of the IHSA series.
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## **5.310 GIRLS TRACK AND FIELD**

### **5.311 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Track and Field teams, practice or participate in interscholastic contests earlier than Monday of Week 29 or later than Saturday of Week 47 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Track and Field no earlier than Monday of Week 31 in the IHSA Standardized Calendar.

### **5.312 Individual Limitations**

In all interscholastic track and field meets, including the state championship series, no school belonging to this Association shall permit a student to participate in more than four (4) events. If a competitor exceeds participation limitations, she shall forfeit all individual and team points earned in any event in which she competes.

### **5.313 Contest Limitation**

Team: No Girls Track and Field team representing a member school shall, in any one season, participate on more than eighteen (18) dates exclusive of the IHSA series, including indoor and outdoor dates.

Individual: No individual shall compete in Girls Track and Field on more than twenty-one (21) dates exclusive of the IHSA series, including indoor and outdoor dates.

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## **5.320 GIRLS VOLLEYBALL**

### **5.321 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Volleyball teams, practice or participate in interscholastic contests earlier than Wednesday of Week 6 or later than Saturday of Week 19 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Volleyball no earlier than Monday of Week 8 in the IHSA Standardized Calendar.

### **5.322 Contest Limitation**

No Girls Volleyball team representing a member school shall, in any one season, participate in more than:

- (1) twenty-one (21) matches exclusive of the IHSA series; or
- (2) nineteen (19) matches plus one (1) tournament, exclusive of the IHSA series; or
- (3) eighteen (18) matches plus two (2) tournaments, exclusive of the IHSA series; or
- (4) sixteen (16) matches plus three (3) tournaments, exclusive of the IHSA series; or
- (5) fifteen (15) matches plus four (4) tournaments, exclusive of the IHSA series.

No Girls Volleyball team representing a member school shall play in more than five (5) different matches during any given volleyball tournament.

### **5.323 Individual Player Limitations**

Students may participate in no more than four (4) tournaments exclusive of the IHSA State Tournament Series except that a student who does not participate in the IHSA State Tournament Series may participate in one (1) additional tournament. Participation in a tournament shall mean that a student actually competes (regardless of the length of time) in a game.

Participation in a game or tournament shall mean that a student actually competes (regardless of the length of time) in the contest.

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## **5.330 GIRLS WATER POLO**

### **5.331 Season Limitation**

- a. No school belonging to this Association shall organize its Girls Water Polo teams, practice or participate in interscholastic contests earlier than Monday of Week 35 or later than Saturday of Week 46 in the IHSA Standardized Calendar.
- b. A member school may conduct its first interscholastic contest in Girls Water Polo no earlier than Week 36 of the IHSA Standardized Calendar.

### **5.332 Contest Limitations**

No Girls Water Polo team representing a member school shall, in any one season, participate in more than thirty (30) games, exclusive of the IHSA series.

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## **5.340 COMPETITIVE CHEERLEADING**

### **5.341 Season Limitation**

- a. No school belonging to this Association shall conduct its Competitive Cheer team practice earlier than Monday of Week 17 or later than Saturday of Week 31 in the IHSA Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Cheerleading squad to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 31 in the Standardized Calendar.

### **5.342 Contest Limitation**

No Competitive Cheerleading team representing a member school shall, in any one season, participate in more than six (6) dates exclusive of the IHSA state series.

### **5.343 Individual Limitation**

- a. No individual shall be permitted to participate on a member school's Competitive Cheerleading team unless he/she is a rostered participant on the member school's winter (basketball) sideline cheerleading team.
  - b. No member of a Competitive Cheerleading Team representing a member school shall, in any one season, participate on more than six (6) dates, exclusive of the IHSA series.
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## **5.350 COMPETITIVE DANCE**

### **5.351 Season Limitation**

- a. No school belonging to this Association shall conduct its Competitive Dance team practice earlier than Monday of Week 17 or later than Saturday of Week 39 in the Standardized Calendar.
- b. No school belonging to this Association shall allow its Competitive Dance team to participate in interscholastic contests earlier than Monday of Week 18 or later than Saturday of Week 39 in the Standardized Calendar.

### **5.352 Contest Limitation**

No Competitive Dance team representing a member school shall, in any one season, participate in more than six (6) dates exclusive of the IHSA state series.

### **5.353 Individual Limitation**

- a. No Individual shall be permitted to participate on a member school's Competitive Dance team unless he/she is a rostered participant on the member school's winter (basketball) game day performance team.
- b. No member of a Competitive Dance Team representing a member school shall, in any one season, participate on more than six (6) dates, exclusive of the IHSA series.

## 5.360 SCHOLASTIC BOWL

### 5.361 Season Limitation

- a. No school belonging to this Association shall organize its Scholastic Bowl teams, practice or participate in interscholastic contests earlier than Monday of Week 8 or later than Sunday of Week 38.
- b. Each school belonging to this Association shall be limited to practicing and participating in no more than one (1) scholastic bowl tournament beginning the Sunday of Week No. 38 and ending the Monday of Week No. 8.

### 5.362 Contest Limitation

- a. No school belonging to this Association shall participate on more than eighteen (18) dates of interscholastic contests, exclusive of the IHSA series.
- b. No individual shall compete on more than eighteen (18) dates of interscholastic contests, exclusive of the IHSA series.

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## **Illustrations for Sections 5.010-5.360 of the By-laws**

*The illustrations and situations it contains are for purposes of assisting in understanding the application of the particular by-law to which they pertain. In the case of any conflict, whether actual or believed, between the illustrations, examples or situations in this publication and the constitution or by-laws of the IHSA, the constitution and by-laws shall control.*

### **BOYS AND GIRLS BASKETBALL**

#### **269) PLAY BEFORE OPENING DATE**

- Q. If a school begins basketball practice on Monday of Week 19 and has its first varsity game scheduled for Tuesday, of Week 21, one day after the legal date for the first game, may it play a controlled scrimmage against a neighboring school on Friday of Week 18.
- A. No. (By-law 5.041 c)

### **BOYS FOOTBALL**

#### **270) FOOTBALL SCRIMMAGES**

- Q. May a school play a controlled scrimmage against another school on Saturday of Week 8, if it began football practice on Monday, Week 7, and has its first varsity game scheduled for Friday of Week 9?
- A. No. A scrimmage against another school in any sport is viewed to be an interscholastic contest. Therefore, it must be counted as one of the contests a school is permitted to play during the season, and is restricted as to the dates for playing contests. (By-law 5.062)

### **BOYS AND GIRLS SWIMMING & DIVING**

#### **271) SPLITTING SWIMMING AND DIVING DATES**

- Q. In the event a school participates in a meet where the diving event is not conducted due to insufficient pool depth, may the divers from that school compete in a different diving competition on a different date without having the school charged with an additional contest under the contest limitations?
- A. Yes. (By-law 5.122)

### **BOYS AND GIRLS TRACK AND FIELD**

#### **272) INDIVIDUALS COMPETING IN HONOR ROLL OR CLASSIC MEETS**

- Q. If a school conducts a track meet to which member schools are invited to send only individual participants who have achieved outstanding record(s) or time(s), may schools send students to participate in this meet without the meet being counted as a team date within their limitation on dates of competition? (The meet is considered a "classic" event for individual competition only. No team scores are kept.)
- A. In such a case, if the meet is truly for individual athletes only and no team scores are kept, the event will not be counted as a team meet for participating schools. It will, however, be counted in the number of dates (maximum 21) on which the individual athletes may participate. (By-laws 5.152 and 5.153)

### **SCHOLASTIC BOWL**

- 273) Q. What is considered to be a contest?
- A. An event in which teams of five (5) students representing two (2) high schools compete with or against each other in academic quizzing, utilizing a format and rules comparable to the IHSA series, is considered a scholastic bowl contest. (By-law 5.362)

## COMPETITIVE CHEERLEADING

- 274)** Q. What constitutes a “competitive cheerleading” meet?  
A. A “competitive cheerleading” meet:  
a. Is a standalone competition, and is not a support or ancillary activity to another event such as a boys basketball tournament.  
b. Is judged according to rules for competition endorsed by a governing body.
- 275)** Q. Does a cheerleading competition held in conjunction with a basketball tournament, in which cheerleaders are judged on the basis of their sideline performance, fall under the category of competitive cheerleading?  
A. No. This is not considered “competitive cheerleading”.
- 276)** Q. When may a school hold tryouts and practice for its cheerleading squad?  
A. Tryouts may be held in the summer or tryouts may be held in the spring for the following school year. Tryouts may include incoming freshmen from feeder schools.
- 277)** Q. May a student compete in competitive cheerleading for a school he or she does not attend?  
A. No. The only exception is for cooperative competitive cheerleading teams as outlined in IHSA By-law 2.030.
- 278)** Q. After seven days of tryouts/practice during the IHSA competitive season, may a member of the competitive squad practice or compete with an independent team (for example, an All-Star squad)?  
A. No, students involved in competitive cheerleading must cease non-school practice and competition after seven days of tryouts/practice during the IHSA competitive season. (By-law 3.106 and 5.750).
- 279)** Q. What eligibility rules apply to competitive cheer and competitive dance?  
A. The sport eligibility by-laws (Section 3.000).
- 280)** Q. What eligibility rules apply to sideline cheerleaders?  
A. The activity eligibility by-laws (Section 4.000), but only if the team does not engage in interscholastic competition.
- 281)** Q. If tryouts are held in the spring or in the summer before classes have begun, will a student who takes part in tryouts be ineligible for competitive cheerleading with respect to transfer if he or she enrolls in a new school? What if he or she is an incoming ninth-grader?  
A. No in both cases. (By-law 3.042)
- 282)** Q. If tryouts are held after classes have begun, will a student who takes part in tryouts be ineligible for competitive cheerleading with respect to transfer if he or she enrolls in a new school during the school term?  
A. Yes. (By-law 3.042)
- 283)** Q. Must competitive cheer and competitive dance coaches meet the requirements of IHSA By-law 2.070 (Qualifications of Coaches)?  
A. Yes.
- 284)** Q. May students who are members of a competitive cheer team participate in tumbling classes during the school year?  
A. Yes, provided there is no instruction related to the theories and strategies of competitive cheer.
- 285)** Q. Does the twenty-five day contact limit apply to competitive cheer and competitive dance in the summer?  
A. Yes. (By-law 3.153)
- 286)** Q. May a competitive cheer squad attend a cheerleading camp after Saturday of Week No. 4 in the standardized calendar?  
A. No. IHSA By-law 3.112 prohibits students from attending coaching schools, camps or clinics after Saturday of week 4.
- 287)** Q. Are students who try out for cheerleading squads in the spring eligible to compete with outside teams after the tryout date?  
A. Yes. By-law 3.106 says that “students must cease non-school practice and competition in that sport no later than seven days after the date on which the school team engages in its first practice or tryout.” By board interpretation, students involved in competitive cheerleading must cease non-school practice and competition after seven days of tryouts/practice during the IHSA competitive season. (By-laws 3.106 and 5.750)
- 288)** Q. May a school’s wrestling cheer squad participate in cheer competitions?  
A. Yes. By-law 5.753 says that “no individual shall be permitted to participate on a member school’s Competitive Cheerleading team unless he/she is a rostered participant on the member school’s winter (basketball) sideline cheerleading team.” Since the competitive squad at some schools is the wrestling squad rather than the basketball squad, the parenthetical comment in the by-law is interpreted merely as an example of a winter squad, rather than as a requirement that the competitive squad must perform at basketball games. (By-law 5.753)
- 289)** Q. What is a “rostered participant”?  
A. A rostered participant is a student who is both on the roster and who participates on a sideline cheerleading squad. (By-law 5.753)