

Bylaw 1206

Maximum Contacts

1206. A. Starting Dates for Practice

Sections shall determine the first day of practice in all sports.

1206. B. Scrimmages

A scrimmage is defined as:

1. An activity involving teams or individual student-athletes from two or more different schools in a CIF approved sport; AND
2. Where no official score is kept; AND
3. Where regulation time is not kept; AND
4. Where substitute rules are set aside; AND
5. Where coaches may stop play for instructional purposes; AND
6. Where no score / results are released to the media.

1206. C. Number of Scrimmages

A maximum of two (2) scrimmages per sport are permissible prior to the first interscholastic contest (league or non-league) of the season, except in Football that is limited to one (1) scrimmage.

Scrimmages shall not count in the teams or individual maximum number of contacts, unless it is held after the team's first interscholastic contest.

1206. D. Allowable Number of Contacts

Sections shall determine the maximum number of allowable contacts. Sections, however, for sports culminating in a Regional or State Championship may not set a limit higher than:

| | |
|-----------------|---------------------|
| Basketball | 28 |
| Badminton | 24 |
| Cross Country | 14 |
| Football | 10 |
| Golf | 24 |
| Soccer | 28 |
| Swimming | 14 |
| Tennis | 24 |
| Track and Field | 14 |
| Volleyball | 28 |
| Water Polo | 28 |
| Wrestling | 40 (see bylaw 3103) |

The maximum number of allowable contacts is in effect for teams during the regular season. The maximum number of allowable contacts does not include Section Foundation or Scholarship Games, League culminating tournament, Section, Regional or State Championships.

Tournaments

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| Basketball | One (1) contact for each game. |
| Golf | Tournaments count as one (1) contact per day. |
| Soccer | One (1) contact for each match. |
| Tennis | One (1) contact for each match. |
| Volleyball | 1 Day Tournament counts as two (2) contacts. 2 Day Tournament counts as three (3) contacts. |
| Water Polo | One (1) contact for each game. |

Implementation: 2018-2019

Updated