

1202. DAILY CONTEST LIMITATIONS

A. Contests

Interscholastic (dual-triangular) athletic contests in CIF-approved sports are to be arranged in such a way that no student shall take part in more than two (2) athletic contests in any one (1) day.

NOTE: The two (2) contest maximum rule does not apply to tournaments.

B. Tournaments

All interscholastic athletic tournaments [involving four (4) or more teams] in CIF-approved sports are to be arranged in such a way that no student shall take part in more than one (1) tournament in the same sport in any one (1) day.

1203. SECTION GUIDELINES FOR OFFICIALS

Each Section shall develop guidelines for the use of officials. It is highly recommended that officials trained and rated in CIF-approved rules for each sport be used.

1204. UNIFORM RULE EXCEPTIONS

In the case of manufacturer's error, the Section Commissioner is authorized to waive National Federation rules, allowing exceptions as necessary within the spirit of the National Federation rules.

1205. UNIFORM ATTACHMENTS

All uniform attachments are prohibited by Federated Council action except where provisions are allowed under National Federation rules.

1206. MAXIMUM CONTACTS

A. Starting Dates for Practice

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

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.

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 which is limited to one (1) scrimmage. Scrimmages shall not count in the team or individual maximum number of contacts, unless it is held after the team's first interscholastic contest.

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:

Baseball	28
Basketball	28
Badminton	24
Cross Country	14
Football	10
Golf	24
Soccer	28
Softball	28
Swimming	14
Tennis	24
Track and Field	14
Volleyball	28
Water Polo	28
Wrestling	40 (see Bylaw 3301)

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

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

(Approved January 2018 Federated Council/Revised February 2021 Federated Council)

Q: How many contacts does a consecutive three-day volleyball event count?

A: Three consecutive days equals four contacts.

NOTE: Please consult your local CIF Section Office with any questions about tournament formats not listed above.
(Editorial May 2020)

**ARTICLE 130
BOXING**

**The 1300 Series has been incorporated into Bylaw 1200.
(Revised May 2008 Federated Council)**

**ARTICLE 140
BADMINTON**

1400. REGIONAL CHAMPIONSHIPS

Regional badminton events for boys, girls and coed will be conducted in the Spring.

NOTE: For related policies please consult the badminton section in the Blue Pages.

(Approved May 2014 Federated Council)

**ARTICLE 150
BASEBALL**

1500. PITCHING LIMITATION RULE – 30 OUTS

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.

- A. The calendar week begins on Monday.
- B. Innings pitched in a no game (i.e., rainout, power failure, etc.) shall count toward the total.
- C. If the 30th out involves a double or triple play, the team will not be penalized.
- D. An appearance is defined as a pitcher pitching at least one (1) pitch. If a pitcher is removed from the mound to another position or to the dugout and later returns to pitch in the same game, the pitcher will be charged with a second appearance.
- E. Any violation constitutes a forfeit of the contest.

1501. PITCHING LIMITATION RULE – PITCH COUNT

In addition to Bylaw 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

Pitch count limits and required rest

Level	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Days Rest Required	3 Days Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches will confirm and both team score books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home score book is considered the official score book.
- D. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.
- E. Any violation constitutes a forfeit of the contest.

