

## 2025-26 Game/Tournament Limits

Sport	Number of Contests Allowed
Baseball	22 Games and 3 Tournaments Substitution 1 Tournament = 2 Games
Basketball	22 Games and 3 Tournaments Substitution 1 Tournament = 2 Games Maximum Daily Limit = 2 Games
Cross Country	No Limitations
Fall Soccer	20 Games and 3 Tournaments Substitution 1 Tournament = 2 Games
Football	10 Games Over 11 Weeks Independent or League FB cannot play past Week 10
Golf	No Limitations
Soccer	20 Games and 3 Tournaments Substitution 1 Tournament = 2 Games
Softball	22 Games and 3 Tournaments Substitution 1 Tournament = 2 Games
Swimming	No Limitations
Tennis	No Limitations
Track & Field	No Limitations
Volleyball	24 Games and 3 Tournaments Substitution 1 Tournament = 2 Games
Wrestling	No Limitations

