



**NEW YORK STATE CATHOLIC HIGH SCHOOL ATHLETIC ASSOCIATION
SPORTS STANDARDS FOR BOYS AND GIRLS
2025 – 2026**



Sport	Starting Date	Consecutive Weeks	Max# of Contests	Practices Prior to First Scrimmage		Practices Prior to First Contest		Games and Scrimmage list	Time Between Contests	Time Between Scrimmages	Rules
				T.	Ind.	T.	Ind.				
Badminton	S-Mar 7	14	No Limit	6	6	6	6	No Limit	No Limit	None	USBA
Baseball	F-9/8-10/15 S-Mar 7 B-Mar 16	5 15	F-16 S-38 Enc. 24*	5 10	5 10	10 10	10 10	2 per day 2 per day	No Limit No Limit	No Limit No Limit	NF
Basketball	Nov 1 B-Nov 17	22	32 Enc. 24**	6	6	6	6	1 per day	1 night	1 night	NF – B NCAA - G
Bowling	Unlimited		No Limit					No Limit	No Limit	No Limit	YABA
Cheerleading	F-Aug 18 B-Aug 18 W-Oct 7	F – 15 W - 22	12	6	6	6	6	1 per day	1 night	1 night	NFHS
Cross Country	F-Aug 18 B-Aug 18	15	No Limit	6	6	6	6	1 run/D 2 runs/W	2 nights	2 nights	NF
Esports	Unlimited		No Limit					No Limit	No Limit	No Limit	Electronic Gaming Federation
Field Hockey	Aug 18 B-Aug 18	15	18	6	6	6	6	1 game per day	1 night	1 night	NF
Flag Football	Girls-Mar 7 Boys-8/18 Buff-3/16 See ***** Note Below	15	24	6	6	6	6	2 per day	1 night	1 night	USA
Football (*See note Below)	Downstate Aug 13 B-Aug 18	15	10* 13 encounters	3-2-5 3-2-5	10 10	10 10	10 10	1 game or Scrimmage per day	4 nights	2 nights	NF
Golf	F-Aug 18 B-Aug 18 S-Mar 7	10 14	20	Training		Training		No Limit	No Limit	No Limit	USGA & Local Course
Handball	S-Mar 7	15	No Limit	6	6	6	6	2 per day	No Limit	No Limit	
Ice Hockey	Oct 11 B – 11/17	22	35 26 Max*	6	6	6	6	1 per day	1 night	1 night	B – NCAA NY Federation
Indoor Track	Nov 10 B – Nov 17	20	No Limit	6	6	6	6	1 Meet/Day 3 Events/M 3 M/W	1 night	1 night	NF

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Lacrosse	Mar 7 B-Mar 16	15	18 games 28 Encounters	6 6	6 6	1 per day	1 night	1 night	NF – B USWLA-G
Outdoor Track	Mar 6 B – Mar 16	15	No Limit	6 6	6 6	1M/Day 3 Events/M 3 M/W 1 night Buffalo girls 4-E/M			NF
Soccer	F-Aug 18 B-Aug 18	15	28 enc. 22 game Max*	6 6	6 6	1 per day	1 night	1 night	NF
Softball	F-9/8-10/15 S-Mar 7 Buff – Mar 16	5 15	16 34 24 Max*	5 5 6 6	6 6 6 6	2 per day	No Limit	No Limit	USA
Swimming	Fr b-9/2 V b-10/6 B11/17(Buff) G-8/18(Buff) G NY B/Q 9/7 G N/S 8/18	22	No Limit	6 6	6 6	2 per day	1 night	No Limit	NF
Tennis	F-Aug 18 S-Mar 7 B-Mar 16	13 15	No Limit	6 6	6 6	2 M/D	No Limit	No Limit	USTA
Volleyball	F-Aug 18 S-Mar 7 B-Aug 18	16	34 24 Max*	6 6	6 6	3 M/D or 15	No Limit	No Limit	NCAA
Wrestling	Nov 1 B-Nov 16	18	20 points	10 10	10 10	4 team M/D 5 ind M/D	No Limit	No Limit	NF

F – Fall
S – Spring
B – Buffalo

***Football** – Wednesday, August 13th through 2nd Sunday after Thanksgiving (Dec 7th)

*Maximum games and plus approved post-schedule tournament.

**Maximum 24 games for varsity basketball only. Frosh and JV – 22 games only.

***A student cannot play on two different levels of competition on the same day.

***** Flag Football in the Fall is for schools who do not play traditional Football.

NYSCHSAA 15 Day Rule: Fall Semester: 1st Day of Semester – 9/3. Students must be registered and in class by 9/23.

Spring Semester: 1st Day of Semester 1/26. Students must be registered and in class by 2/13. Students **eligible for winter sports** may begin to play the evening of 1/24.

N.B.: No student or team may be permitted to participate in school organized practice or play on seven consecutive days **during the regular season**. Specifically, during the regular season, physical and/or instructional activities related to the sport on seven consecutive days are prohibited. NOTE: Any contests leading up to post season play is considered "regular season." Only one practice session a day and only six days a calendar week may be counted towards total practice session required. These practice sessions shall be organized and planned for the purpose for a reasonable length of time and shall include vigorous activities related to the sport for the purpose of improving the physical condition of the players.

NOTE: Athletes whose seasons are lengthened due to participation in NYSCHSAA Regional and Championship contests are allowed to count conditioning practices towards their new sports as follows: 1) sports with less than ten (10) practices for the individual before the first contest will be allowed to carry over three (3) days; 2) sports with ten to fifteen (10-15) practices for the individual before the first contest will be allowed to carry over four (4) days.

*****Athletes are only permitted to participate in one post season tournament per sport.**