



Rules by Sport - NEPSAC Guidelines

Sport	District 1	District 2	D3 ISL-SENE	D3 Eastern	District 4	Tournament
Cross Country (B&G)	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA
Field Hockey	Federation*	Federation*	Federation*	Federation*	Federation*	Federation*
Football	NCAA*	NCAA*	NCAA*	NCAA*	NCAA*	NCAA*
Soccer (B&G)	Federation	NCAA	NCAA*	NCAA*	NCAA*	NCAA*
Water Polo (B&G)	Federation	Federation	Federation	Federation	Federation	Federation
Basketball (B&G)	Federation/ NCAA Class A	Federation/ NCAA Class AA and A	Federation	Federation	Federation	Federation
Hockey (B&G)	NCAA*	NCAA*	NCAA*	NCAA*	NCAA*	NCAA*
Skiing (Alp-Nord)	USAA	USAA	ISSA	ISSA	ESA	USAA
Squash (B&G)	US Squash	US Squash	US Squash	US Squash	US Squash	US Squash
Swimming & Diving	Federation	Federation	Federation	Federation	Federation	Federation
Volleyball	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA
Wrestling (B&G)	Federation	Federation	Federation	Federation	Federation	Federation
Baseball	Federation	Federation	Federation/ NCAA*	Federation/ NCAA*	Federation/ NCAA*	
Golf	USGA	USGA	USGA	USGA	USGA	USGA
Boys Lacrosse	NCAA	NCAA	NCAA	NCAA	NCAA	NCAA
Girls Lacrosse	USLacrosse	USLacrosse	USLacrosse	USLacrosse	USLacrosse	USLacrosse
Softball	Federation		ASA	ASA	Federation	
Tennis (B&G)	USTA 3s + 2d, No Repeats	USTA 6s + 3d, Repeats	USTA 3s + 3d, Repeats	USTA 3s + 2d, No Repeats	USTA 4s + 3d, No Repeats	USTA
Track	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA	Federation/ NEPSTA

*With additions, exceptions, modifications, etc. These modifications are available through the coaches associations.



Middle School Rules Recommendations by Sport

Sport	District 1	District 2	District 3	District 4
Cross Country	Federation/NEPSTA	Federation/NEPSTA	Federation/NEPSTA	Federation/NEPSTA
Field Hockey	Federation*	Federation*	Federation*	Federation*
Football	NCAA*	NCAA*	NCAA*	NCAA*
Soccer (B&G)	Federation*	NCAA*	NCAA*	NCAA*
Basketball (B&G)	Federation*	Federation*	Federation*	Federation*
Hockey (B&G)	NCAA*	NCAA*	NCAA*	NCAA*
Skiing (Alp-Nord)	USAA	USAA	USAA	ESA
Squash	US Squash*	US Squash*	US Squash*	US Squash*
Volleyball	Federation*	Federation*	Federation* NAGWS	Federation*
Wrestling	Federation*	Federation*	Federation*	Federation*
Baseball	Federation*/Little League	Federation*/Little League	Federation*/Little League	Federation*/Little League
Boys Lacrosse	NCAA*	NCAA*	NCAA*	NCAA*
Girls Lacrosse	USLacrosse	USLacrosse	USLacrosse	USLacrosse
Softball	Federation*	Federation*	Federation*	Federation*
Tennis	USTA*	USTA*	USTA*	USTA*
Track	Federation/NEPSTA	Federation/NEPSTA	Federation/NEPSTA	Federation/NEPSTA

*With modifications. These modifications are available through your district.

All member schools are expected to abide by these rules whenever they play other NEPSAC schools in the interscholastic sports listed above. Any changes in the above rules must be done by the athletic directors, before the date of the contest. Secondary schools must play by the middle school rules.

A link to the full list of rules recommendations is located on the NEPSAC website under the middle school AD section.