



Athletic Department

FIS Sports Offered by Season 2019/2020

Grade/age eligibility for FIS interscholastic teams is determined by the policies of the various athletic organizations in which FIS holds membership (ISST, DoDDS, SCIS), by the FIS Athletic Department and by school policy. The following provides a summary of these requirements as they pertain to the various FIS teams and sports.

Fall Sport Teams	
Boys & Girls Cross Country	Grade 6–12
Girls Soccer	Varsity & JV Teams, Grade 9–12
Girls Soccer	Grade 6–8 A, B & C Teams
Boys Soccer	Varsity & JV Teams, Grade 9–12
Boys Soccer	Grade 6–8 A, B & C Teams
Girls Volleyball*	Varsity & JV Teams, Grade 9–12
Boys Volleyball*	Varsity & JV Teams, Grade 9–12
Boys & Girls Tennis	Grade 6–8 Team
Boys Rugby (age restrictions listed below)	Varsity and JV Teams, Grade 8–12
Boys Rugby	Grade 6–8 Team
Tryouts for Fall Sport Teams Begin Monday 19 August	

***Grade 8 students** who are *13 years old or older on 1 September* of the school year may also participate on these Fall Varsity/JV teams (with some limitations).

Winter Sport Teams	
Girls Basketball	Varsity & JV Teams, Grade 9–12
Girls Basketball	Grade 6–8 A, B & C Teams
Boys Basketball	Varsity & JV Teams, Grade 9–12
Boys Basketball	Grade 6–8 A, B & C Teams
Boys & Girls Swimming	Grade 6–12
Tryouts for Winter Sport Teams Begin Monday 11 November	

Spring Sport Teams	
Boys & Girls Track & Field	Grade 6–12
Girls Softball**	Varsity Team, Grade 9–12
Girls Softball	Grade 6–8 Team
Boys Baseball**	Varsity Team, Grade 9–12
Boys Baseball	Grade 6–8 Team
Boys & Girls Tennis**	Varsity Team, Grade 9–12
Boys & Girls Golf	Varsity Team, Grade 6–12
Boys Volleyball	Grade 6–8 A & B Teams
Girls Volleyball	Grade 6–8 A & B Teams
Tryouts for Spring Sport Teams Begin Monday 16 March	

****Grade 8 students** who are *13 years old or older on 1 March* of the school year may also participate on these Spring Varsity teams.

- **Maximum age for all sports:** Students must still be 18 years of age on 1 September of the school year (students who are 19 years or older on 1 September are not eligible to compete in ISST Championships).
- **Varsity Rugby** – students must be *15, 16 or 17 years of age* on 1 September of the school year.
- **Junior Varsity Rugby** – students must be *13, 14 or 15 years of age* on 1 September of the school year.