
28.0.0 SPECIFIC SPORT RULES AND REGULATIONS

CONTEST RULES - Except when otherwise indicated, the contest rules developed by the National Federation of State High School Associations (NFHS) shall apply.

29.0.0 BASEBALL

29.1.0 SENIOR HIGH SCHOOL BASEBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	February 27	10	April 3	20 + Jamboree	May 27
2017-18	February 26	10	April 2	20 + Jamboree	May 26

29.2.0 JAMBOREE - A baseball jamboree is an abbreviated contest during which no more than six (6) innings per team and/or six (6) innings per player may be played. All general jamboree rules also apply. Please refer to general jamboree guidelines.

29.3.0 INVITATIONAL TOURNAMENTS - Each game played in an invitational tournament must count toward the team and individual participant contest limitation.

29.4.0 PLAYER LIMITATION - Starting a contest shall count as one of the twenty (20) contests allowed for an individual. Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the twenty (20) individual season contest limit.

29.5.0 PITCHER LIMITATION

29.5.1 One (1) pitch constitutes an inning.

29.5.2 When a pitcher pitches four (4) innings or more in a contest which began and ended on the same day, the pitcher shall not pitch again until two (2) calendar days have elapsed.

29.5.3 When a pitcher pitches four (4) innings or more in two games played on the same day, the pitcher shall not pitch again until two (2) calendar days have elapsed.

A. This rule applies during two regular games as well as when the first game is a continuation from a previous point of suspension followed by a regular game.

B. Examples:

1. If a pitcher pitches in one, two or three innings in game one of a double header, he/she could continue to pitch in any number of innings in game two of a double header played on that same day, or any number of innings in a game played the next day.

2. If the same pitcher pitches in one or more innings in game two of that double header, and the total number of innings pitched that day is less than four, he/she could pitch in a game the next day.

3. If the same pitcher pitches in one or more innings in game two of that double header, and the total number of innings pitched that day is four or more, he/she shall not pitch again until two (2) calendar days have elapsed.

29.5.4 The pitching limitation rule applies during all regular season and postseason games, as well as to tied, suspended, discontinued or protested games.

29.5.5 The following examples indicate when a pitcher could pitch: Monday-Thursday, Tuesday-Friday, Wednesday-Saturday, Thursday-Monday, Friday-Monday, and Saturday-Tuesday.

29.6.0 CALLED CONTEST - When a non-league or league contest is called by the umpire before the contest can be considered a regulation game according to NFHS rules, and the league has no rule pertaining to the situation, the contest may be continued or replayed.

The pitcher limitation rule shall apply.

29.7.0 SUSPENDED CONTEST - In State tournament play (regionals, semi-finals, and finals), any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:

29.7.1 The contest shall continue from the point of suspension.

29.7.2 The lineup, innings pitched and batting order of each team will remain exactly the same as when the contest was suspended.

29.8.0 GAME ENDING PROCEDURES - NFHS Rule 4-2-2, in which the game shall end when the losing team is behind 10 or more runs and has had at least five turns at bat, applies during all regular season and postseason games.

29.9.0 SPEED UP RULE - By WIAA Executive Board approval, local leagues may adopt speed up rules for league play. Speed up rules may be used during all state qualifying contests.

29.61.0 MIDDLE LEVEL SCHOOL BASEBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	10 + Jamboree for 7 th or 8 th grade teams 10 + Jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th grade teams

29.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

29.63.0 JAMBOREE - A baseball jamboree is an abbreviated contest during which not more than six (6) innings per team and/or six (6) innings per player may be played. All general jamboree rules also apply. Please refer to general jamboree rules.

29.64.0 PLAYER LIMITATION - A player shall participate in no more than three (3) baseball contests per week.

29.64.1 Extra Innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who played in two (2) innings or less of the regular contest. Up to four (4) extra innings may be played.

29.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the ten (10) individual season contest limit.

29.65.0 PITCHER LIMITATION - A pitcher is eligible to pitch in no more than seven (7) innings or one complete contest if shorter than seven (7) innings during any consecutive five day period. The following examples indicate when a pitcher could pitch: Monday-Saturday, Tuesday-Monday, Wednesday-Monday, Thursday-Tuesday, and Friday-Wednesday.

Days shall be counted from start to start of contest. Example: Monday 3:00 p.m. to Saturday 3:00 p.m. is five (5) days.

29.66.0 CALLED CONTEST – Refer to high school baseball.

29.67.0 BAT SPECIFICATIONS – The WIAA Executive Board approved an exception to NFHS baseball rule 1-3-2-d, allowing -5 and -7 bats without the BBCOR stamp to be legal at the middle level.

30.0.0 BASKETBALL

30.1.0 SENIOR HIGH SCHOOL BASKETBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	November 14	10	January 2	20 + Jamboree	March 4
2017-18	November 13	10	January 1	20 + Jamboree	March 3

30.2.0 JAMBOREE - A basketball jamboree is an abbreviated contest of a maximum of twenty (20) minutes. Each player and each squad is limited to one (1) jamboree consisting of a maximum of twenty (20) minutes. All general jamboree rules also apply. Please refer to general jamboree rules.

30.3.0 SQUAD AND CONTEST LIMITATIONS - Each squad (Varsity or subvarsity) may schedule up to 20 contests and a jamboree.

30.3.1 **ADDITIONAL CONTEST ALLOWED** - A 21st game against an international touring team is allowed once every three (3) years according to the criteria outlined in International Sanction Procedures

30.3.2 Each squad is allowed to schedule and to participate in only one (1) contest per day.

30.3.3 Each interscholastic contest played must be credited as a contest to a definite squad.

30.3.4 Subvarsity basketball players may play in two (2) subvarsity games, a total of up to eight (8) subvarsity quarters, in one (1) day, on eight (8) different occasions, provided there is a minimum of 45 minutes rest between games and at least two other schools involved. Athletes would still be limited to 80 quarters in a season.

30.4.0 PLAYER LIMITATION – Each player may play in 20 contests, but in doing so may not exceed 80 quarters. Any appearance in a quarter, regardless of the length of time played, shall be considered as one (1) quarter. This is interpreted as meaning when a player is beckoned onto the floor and the ball becomes alive, that the player has played in one (1) quarter.

30.4.1 Varsity players from all classifications of schools except '1B' schools may appear in a maximum of four (4) quarters in one (1) day.

30.4.2 Players in '1B' schools may appear in a maximum of five (5) quarters in one (1) day.

30.4.3 Players from all classifications of schools except '1B' schools may participate in a maximum of 20 games during the regular season.

30.4.4 Players in '1B' schools may participate in a maximum of 80 quarters during the regular season.

30.5.0 COUNTING QUARTERS AND CONTESTS:

30.5.1 Four (4) quarters played against the same squad is one (1) contest.

30.5.2 Four (4) quarters played against the same school, same day, different squads (i.e., varsity and junior varsity squads) is one (1) contest.

- 30.5.3 Four (4) quarters played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, junior varsity on Thursday) is one (1) contest.
If a player exceeds four (4) quarters, that player is considered to have participated in two (2) contests (one (1) contest on each day).
- 30.5.4 A total of four (4) quarters played against two (2) different schools, same day, and different squads is one (1) contest.
- 30.5.5 One (1) or more quarters played against two (2) different schools, different days during the same week, different squads would be two (2) contests.
- 30.5.6 Postseason games do not count against the game or quarterly season limitation.
- 30.5.7 FIFTH (5th) QUARTER - A fifth (5th) quarter may be played only by freshmen basketball squads following the regular contest. The 5th quarter is for players who were not starters and who played in three (3) quarters or less of the regular contest.

30.6.0 ADDITIONAL RULE ADOPTIONS

- 30.6.1 **NFHS Basketball Rule 5-5-3**, utilizing a 40-point differential, will apply for all regular season and postseason contests. Beginning in the second half, if the point differential reaches 40 points or more, the game clock shall run continuously for the remainder of the game, regardless of the score after that point, except for an official's time-out, a charged time-out, time between quarters, or the administration of free throws.
- 30.6.2 **NFHS Basketball Rule 10-4-j**, Team must go directly to their designated half court for warming up and are restricted to warming up only on their designated half court before the game and at half time. If a team runs around the court or on the opposing team's baseline (whether the opposing team is on the court or not) or through the opposing team's warm-up drills, an indirect technical for unsportsmanlike conduct will be issued to the head coach and the coach will lost the ability to stand and coach during the game.
- 30.6.3 **NFHS Basketball Rule 10-5-3** – The fourteen (14) foot COACHES BOX has been adopted.
- 30.6.4 **SHOT CLOCK OPERATIONS** can be found on the WIAA Website at www.wiaa.com.
- A. Simplified shot clock rule modifications.
1. The boys shall utilize a 35-second shot clock.
 2. The girls shall utilize a 30-second clock shot.
 3. The mid-court division line (over and back) shall be utilized.
 4. The 10-second backcourt count shall be in effect for boys, but not for girls.
 5. Closely guarded violations occur when:
 - a. A team in its front court (boys) or on the playing court (girls) controls the balls for five seconds in an area enclosed by screening teammates.
 - b. A closely guarded player (boys) anywhere in the front court holds or dribbles the ball for five seconds. This count shall be terminated during an interrupted dribble.
A player in control of the ball (girls) but not dribbling, is closely guarded when an opponent is in a guarding stance within six feet. A closely guarded violation shall occur when the player in control of the ball holds the ball for more than five seconds.
- B. SHOT CLOCK DISPLAY - A visible shot second clock is recommended for all basketball games. If this is not possible, an alternative timing device must be available and operated at the scorers table. This may be in the form of a stopwatch or start/stop clock, etc.
When two visible shot clock floor displays are used, they should be placed six feet beyond the end lines intersecting the sidelines extended and shall be positioned in the corner of each front court to the right of the basket. The two visible clocks may also be displayed above or behind each backboard or on scoreboards located at the ends of the court.
When only one display is used, it shall be placed six feet outside the sideline intersecting the division line extended and on the side of the court opposite the scorers and timers.

- 30.7.0 **DETERMINATION OF RANKING FOR DISTRICT TOURNAMENT** - In case of a tie at the close of the season's play in a league where two schools have already qualified for the district tournament and where there is no subdistrict tournament and where either one or both have played 20 games, permission is granted these schools to play off the tie. The necessary contest or contests are to be considered as the equivalent of the subdistrict tournaments allowed elsewhere in excess of the 20-contest limit.

30.61.0 MIDDLE LEVEL SCHOOL BASKETBALL

Total Season Including Practice	Minimum Practice Days	Season Contest Limit
12 weeks	8	10 + Jamboree for 7 th or 8 th graders 12 + jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th graders

30.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

30.63.0 JAMBOREE - A basketball jamboree is an abbreviated contest during which a squad may play no more than 20 minutes. All general jamboree rules also apply. Please refer to general jamboree rules.

30.64.0 SQUAD AND CONTEST LIMITATIONS - Each interscholastic contest played must be credited as a contest to a definite squad.

30.64.1 Each squad is allowed to schedule and to participate in only one (1) contest per day.

30.64.2 There shall not be more than three (3) contests per week per squad

30.65.0 PLAYER LIMITATION - The ten (10) contest limitation equates to a maximum of 40 quarters per season; the 12 contest limitation equates to a maximum of 48 quarters per season.

30.65.1 Each player is limited to participation in four (4) quarters of play in any one (1) day. Any appearance in a quarter, regardless of the length of time played, is to be considered as one (1) quarter. Refer to "Counting Quarters and Contests" in the high school basketball section

30.65.2 The contest in which the player exceeds the allotted four (4) quarters shall be automatically forfeited by the team using the player.

30.65.3 Seventh (7th) and eighth (8th) grade teams are allowed to play in quarters up to eight (8) minutes in length.

30.65.4 Fifth (5th) Quarter: A fifth (5th) quarter may be played following the regular contest. The 5th quarter is for players who were not starters and played in two (2) quarters or less of the regular contest.

30.65.5 Middle level basketball players may play in two (2) games, a total of up to eight (8) quarters, in one (1) day, on four (4) different occasions, provided there is a minimum of 45 minutes rest between games. Athletes would still be limited to 40 quarters in a season.

30.66.0 RULEBOOK - The NFHS rules modifications at the high school level apply.

Leagues have the option to utilize the NFHS ten (10) second backcourt possession rule, rather than follow the shot clock operations.

31.0.0 GIRLS BOWLING

31.1.0 SENIOR HIGH SCHOOL GIRLS BOWLING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	October 31	0	December 12	18 + Jamboree	February 4
2017-18	October 30	0	December 11	18 + Jamboree	February 3

31.2.0 JAMBOREE – A bowling jamboree is an abbreviated match of two (2) games. All general jamboree rules also apply. Please refer to general jamboree rules.

31.3.0 TEAM - DEFINITION – Five (5) players make up a bowling team. The team roster may include up to seven (7) players.

31.4.0 MATCH – DEFINITION – A match consists of three (3) games.

31.4.1 Five (5) Baker Games is the same as one (1) regular game.

31.4.2 MATCH SCORE – Match scores may be determined by one (1) of the two (2) following methods:

A. The total pin count of the five (5) players may be added together to create one (1) composite scratch score.

B. Each game in a match may be considered separately, with the game scores then added together to create a match score.

31.5.0 SEASON LIMITATION – Eighteen (18) regular season matches are allowed, one (1) of which may be a one (1)-day invitational tournament in which a team may play three (3), three (3)-game matches.

31.6.0 RULES – The United States Bowling Congress (USBC) Rules and Regulations shall govern equipment and competition.

32.0.0 CHEERLEADING AS A SPORT

32.1.0 SENIOR HIGH SCHOOL CHEERLEADING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	October 31	10	December 12	10	February 4
2017-18	October 30	10	December 11	10	February 3

PHILOSOPHY OF CHEERLEADING PROGRAMS: The WIAA provides member schools with the opportunity to offer cheerleading as either an activity or as a sport. This article outlines cheerleading as a sport. Should a member school wish to treat cheerleading as an activity, refer to the Fine Arts section of the handbook.

32.2.0 QUALIFICATION STANDARDS FOR THE SPORT STATE CHAMPIONSHIPS – The qualification standards and requirements for the state cheerleading championships are outlined in the Cheerleading Bound for State Regulations.

32.2.1 NFHS Spirit Rule 2-2-3 Addition: Members of a cheer squad involved in stunting, including bases, fliers and spotters, shall wear their hair away from the face and off the shoulders.

32.2.2 A nonskid surface mat(s) of at least 6' x 8' is required for performing basket tosses and other similar multi-base tosses on a hard surface. (Folding panel mats and yoga mats are neither acceptable nor appropriate).

33.0.0 CROSS COUNTRY

33.1.0 SENIOR HIGH SCHOOL CROSS COUNTRY

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	August 22	10	September 19	10 + Jamboree	November 5
2017-18	August 21	10	September 18	10 + Jamboree	November 4

33.2.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to 2 miles. All general jamboree rules also apply. Please refer to general jamboree rules.

33.3.0 TEAM - DEFINITION - A cross country team shall consist of seven (7) runners, with only the top five (5) scoring.

33.4.0 MEET DISTANCE - The course distance shall not exceed 5.0 kilometers.

33.5.0 INVITATIONAL MEETS - All invitational meets/contests must count toward team and individual participant contest limitations.

33.6.0 STATE MEET - Boys and girls will run the same length course.

33.6.1 **SUBSTITUTION OF TEAM MEMBERS AT STATE MEET** - A school that qualifies a team can make any desired changes in the team provided the meet manager is notified at least one (1) hour prior to the start of the meet.

33.6.2 **INDIVIDUAL QUALIFIERS** - Each WIAA District team allocation will be multiplied by a factor of seven (7) to determine the individual qualifying places for each District qualifying meet; i.e. one (1) allocation = seven (7) individuals, etc. Any participant who finishes in the specified number of individual qualifying places in a District meet, and who is not on a qualified team, will qualify to run in the state meet as an individual entry.

33.61.0 MIDDLE LEVEL SCHOOL CROSS COUNTRY

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit	Individual Contest Limit
12 weeks	8	7 + jamboree	7 + jamboree

33.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

33.63.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to one (1) mile. All general jamboree rules also apply. Please refer to general jamboree rules.

33.64.0 SQUAD LIMITATION - A cross country team or team member shall not participate in more than two (2) cross country contests per week, with at least a 36-hour interval between contests.

33.64.1 County and district contests are permitted but are to be included in the seven (7) contests allowed.

33.64.2 Some classification should be used when competing which employs one or more of the following: Age, grade, height, weight, gender.

33.65.0 DISTANCE - The maximum distance for middle level/junior high school competition shall not exceed two (2) miles. Early season contests are recommended to be a shorter distance than the maximum, with the distance increased to the maximum approximately halfway through the season.

34.0.0 DANCE/DRILL AS A SPORT

34.1.0 SENIOR HIGH SCHOOL DANCE/DRILL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	November 14	10	January 9	10	March 25
2017-18	November 13	10	January 8	10	March 24

PHILOSOPHY OF DANCE/DRILL PROGRAMS: The WIAA provides member schools with the opportunity to offer dance/drill as either an activity or as a sport. This article outlines dance/drill as a sport. Should a member school wish to treat dance/drill as an activity, refer to the Fine Arts section of the handbook.

34.2.0 QUALIFICATION STANDARDS FOR THE DANCE/DRILL SPORT STATE CHAMPIONSHIPS - The qualification standards and requirements for the state dance/drill championships are outlined in the Dance/Drill Bound for State Regulations.

34.3.0 NFHS Spirit Rules apply.

35.0.0 FOOTBALL

35.1.0 SENIOR HIGH SCHOOL FOOTBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	August 17	12	October 3	10 + Jamboree	December 3
2017-18	August 16	12	October 2	10 + Jamboree	December 2

35.1.1 SENIOR HIGH SUMMER FOOTBALL

Year	First Practice	Minimum Practice Days Per Individual Before Contact	Summer Coaching Limit	End Season
2016-17	May 28	3	20 days	July 31
2017-18	May 27	3	20 days	July 31

35.2.0 PRACTICE - The first three (3) days of practice for each football player shall be without shoulder pads.

35.2.1 Contact is not allowed during the first three (3) days of practice for each individual player. Should a player begin turnouts any time after the first official day of practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is "contact" until all required safety pads are worn.

35.2.2 Schools may schedule a maximum of five (5) two-a day workouts per individual participant. Each two-a-day workout shall count as only one (1) practice day.

35.2.3 Following the first contest (jamboree or game) participants are limited to two (2) days per week (not counting contests) of thud or live action drills.

Definition of levels of contact:

Thud – Drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

Live Action – Drill is run in game-like conditions and players may be taken to the ground.

35.3.0 PRACTICE DURING THE SUMMER - The first three (3) days of practice for each football player shall be without shoulder pads (helmets are the only protective gear allowed.)

35.3.1 Contact is not allowed during the first three (3) days of practice for each individual player. Should a player begin turnouts any time after the first day of summer practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is "contact" until all required safety pads are worn.

35.3.2 A maximum of ten (10) practices with full pads and full contact practices are allowed.

35.3.3 After four (4) full pad/contact practices, teams would be allowed to scrimmage other schools or participate in full contact team camp contests.

35.3.4 The athletic director at each school is required to maintain the summer practice schedule.

35.4.0 JAMBOREE

35.4.1 An individual is limited to participation in a maximum of forty (40) snaps.

35.4.2 For the purposes of the player limitation, participating in two (2) to twenty (20) snaps shall be the same as participating in one (1) quarter of a regular game; twenty-one (21) to forty (40) snaps shall be the same as participating in two (2) quarters of a regular game.

NOTE: This situation would occur only when a jamboree is held within three (3) days of a regular game.

35.4.3 Competition shall be limited to eleven-on-eleven for member schools that participate in eleven-man football and shall be limited to eight-on-eight for member schools that participate in eight-man football.

35.4.4 The following scrimmage concepts apply:

A. All NFHS contest rules shall apply with the following exceptions:

1. No score will be kept.
2. There will be no kickoffs or punt returns.
3. A coach shall be on the field with the team.

B. Registered officials will officiate the event and shall be given the opportunity to present information about contest rules to coaches, participants and spectators.

35.4.5 All eligible squad members shall have an opportunity to play in the jamboree. Teams shall be scheduled for scrimmage by ability squads, e.g., first team vs. first team, second team vs. second team.

- 35.5.0 PLAYER LIMITATION** – A football participant shall be eligible to compete in up to four (4) quarters of play during any two-day period of the football season and a maximum of eight (8) quarters during any week as defined in the WIAA handbook. Example: A player may play four (4) quarters in a contest on Saturday, and again on Monday, regardless of the starting time of either contest.
- 35.5.1 A player may play in up to forty (40) quarters of play during a season, exclusive of a jamboree.
 - 35.5.2 Subvarsity players may play in up to fifty (50) quarters during a football season.
 - 35.5.3 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.
 - 35.5.4 FIFTH (5th) QUARTER - A fifth (5th) quarter may be played only by freshmen football squads following the regular contest. The fifth (5th) quarter is for players who were not starters and played in three (3) quarters or less of the regular contest.
 - 35.5.5 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.

35.6.0 EIGHT-PERSON FOOTBALL – Only schools in the 1B classification will be permitted to participate in eight-person football playoffs designated to determine state championships.

The '1B' schools will be granted a WIAA sponsored state championship played in conjunction with the football championships regardless of the number of teams participating in the state. However, if the number of '1B' teams falls below thirty percent (30%), the '1B' state playoffs will consist of only four (4) teams playing in the semifinal and final games.

35.7.0 GAME PROCEDURES – When the point differential is 40 points or greater, the game clock shall run continuously for the remainder of the game except for an injury time-out, a charged team time-out, time between quarters, or a score:

- 35.6.1 During 11-on-11 games, the game clock shall run continuously beginning in the second half.
- 35.6.2 During 8-on-8 games, the game clock shall run continuously whenever the 40 point differential is reached.
- 35.6.3 **TIE-BREAKER (KANSAS TIE-BREAKER)** - Tie Breakers may be used if approved by the league or the teams involved. Tie-breaker procedures can be found in the NFHS with the following modifications.

For all Football playoff contests the following variation of the Kansas Tie-Breaker will be used during overtime: Both teams will have an opportunity to score starting at the 25-yard line. If the score remains tied, a second series will start at the 25-yard line. If the score remains tied, then both teams will be given a series starting at the ten (10) yard line and continue from that mark until the game is decided. Once the defense obtains possession of the ball through an interception or recovered fumble, the ball is dead. All other overtime rules in the National Federation Football Rulebook shall apply.

35.61.0 MIDDLE LEVEL SCHOOL FOOTBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit
12 weeks	12	6 + Jamboree for 7th and 8th grade teams 7 + Jamboree for 9th grade teams 7 + Jamboree for 7th and 8th graders playing on a 9th grade team

- 35.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- 35.63.0 JAMBOREE** - All criteria for a jamboree at the high school level apply. All general jamboree rules also apply. Please refer to general jamboree rules.
- 35.64.0 PRACTICE** - The first three (3) days of practice for each football player shall be without shoulder pads. The same practice requirements at the high school level apply.
- 35.65.0 PLAYER LIMITATION** - A football participant shall be eligible to compete in up to four (4) quarters of play during any three-day period of the football season
 - 35.65.1 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.
 - 35.65.2 FIFTH (5th) QUARTER - A fifth (5th) quarter may be played. The 5th quarter is for players who were not starters and played in three (3) quarters or less of the regular contest. This quarter shall not include kick offs, punts, tries or field goals.
 - 35.65.3 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.
- 35.66.0 TEAM LIMITATION** - A team shall be allowed one (1) week during the season to play two (2) contests.
- 35.67.0 LENGTH OF PLAYING PERIODS**- Varsity teams that involve ninth (9th) grade students, and may include some eighth (8th) or seventh (7th) grade students, may play ten-minute quarters. Seventh (7th) and eighth (8th) grade teams shall play no more than eight-minute quarters.

35.68.0 POINTS AFTER TOUCHDOWN - To promote place kicking, a football league may adopt a rule, whereby a successful place kick after a touchdown scores two (2) points. A successful extra-point attempt by any other method shall be awarded one (1) point.

35.69.0 TIE-BREAKER (KANSAS TIE-BREAKER) - Tie-breakers may be used if approved by league action or teams involved.

36.0.0 GOLF

36.1.0 SENIOR HIGH SCHOOL GOLF

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	February 27	0	April 3	12 + Jamboree	May 24
Alternate	August 22	0	September 26	12 + Jamboree	November 12
2017-18	February 26	0	April 2	12 + Jamboree	May 23
Alternate	August 21	0	September 25	12 + Jamboree	November 11

36.2.0 JAMBOREE - A golf jamboree is an abbreviated contest and is limited to 9 holes. All general jamboree rules also apply. Please refer to general jamboree rules.

36.3.0 DEFINITION OF A MATCH - A match is defined as up to 18 holes. Regardless of the number of teams playing, if the match is 18 holes or less, it counts as just one contest for each school and individual.

36.3.1 INVITATIONAL TOURNAMENT - 12 regulation matches (team and individual) are allowed per season, one of which may be a one (1) day invitational tournament with a 36 hole limit.

36.3.2 INVITATIONAL TOURNAMENT – A school may schedule one (1) invitational tournament that does not count toward the 12 contest limitation (individual limit only) if at least six (6) schools are involved and the school has no more than two (2) golfers participating.

36.4.0 SCORING - Methods of scoring matches will be determined by leagues.

36.5.0 RULES - The United States Golf Association (USGA) rules will govern play, except in cases of local ground rule changes.

36.61.0 MIDDLE LEVEL SCHOOL GOLF

Total Season Including Practice	Season Contest Limit
12 weeks	8

36.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

36.63.0 PLAYER LIMITATIONS - During regular season play, the maximum number of holes of play per day shall be eighteen (18) unless a match is tied.

36.64.0 SCORING - Methods of scoring matches will be determined by leagues.

36.65.0 MATCH LIMITATIONS - There will be no more that two (2) matches per week during the specified season.

36.66.0 RULES - The USGA rules will govern play except in cases of local ground rule changes.

37.0.0 GIRLS GYMNASTICS

37.1.0 SENIOR HIGH SCHOOL GIRLS GYMNASTICS

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	November 7	15	December 19	10 + Jamboree	February 18
2017-18	November 6	15	December 18	10 + Jamboree	February 17

37.2.0 JAMBOREE – A gymnastics jamboree is an abbreviated contest in which each participant is limited to competing in two (2) events. A gymnastics jamboree must be conducted within the first four (4) weeks of the season. All general jamboree rules also apply. Please refer to general jamboree rules.

37.3.0 TEAM DEFINITION - A team must be comprised of no less than five (5) individuals in order to be classified as a team.

37.4.0 RULE BOOK - The WIAA rule book for gymnastics shall apply to all competitions.

37.61.0 MIDDLE LEVEL SCHOOL GIRLS GYMNASTICS

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	13	7

37.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

37.63.0 MEET LIMITATION - There shall be no more than one (1) meet per week during the specified season.

37.64.0 RULE BOOK - The WIAA rule book for gymnastics shall apply to all competitions.

38.0.0 SOCCER

38.1.0 SENIOR HIGH SCHOOL GIRLS SOCCER and 1B/2B BOYS SOCCER

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	August 22	10	September 26	16 + Jamboree	November 19
2017-18	August 21	10	September 25	16 + Jamboree	November 18

38.2.0 SENIOR HIGH SCHOOL 1A, 2A, 3A, and 4A BOYS SOCCER

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	February 27	10	April 3	16 + Jamboree	May 27
2017-18	February 26	10	April 2	16 + Jamboree	May 26

38.3.0 PLAYING RULES - A combination of NFHS and FIFA rules will apply. NFHS and WIAA rules will apply for game management; FIFA rules will apply during the contest.

38.4.0 ALTERNATE SEASON - A league may request the WIAA Executive Board to participate during an alternate season.

38.5.0 JAMBOREE - A soccer jamboree is an abbreviated contest during which a squad may play in no more than forty (40) minutes of play. All general jamboree rules also apply. Please refer to general jamboree rules.

38.6.0 PLAYER LIMITATION

38.6.1 A player may play in only two (2) halves in any one (1) day. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when a player is beckoned onto the field and the ball becomes alive.

38.6.2 Each participant is limited to 32-halves per season.

38.7.0 NFHS RULE EXCEPTION**38.7.1 Tie-breakers**

A. Tie-breakers may be used if approved by the league or the teams involved.

B. The following procedures will be utilized for all soccer playoff contests:

1. Two (2) sudden death five (5) minute overtimes. If still tied, penalty kicks will decide the results.
2. Only the 11 players involved in the final minute of the final overtime will be allowed to kick any penalty kicks.

38.7.2 Size of Field

- A. The field of play shall be 100 yards to 120 yards (90m to 110m) long and 55 yards to 75 yards (50m to 70m) wide, and it is recommended that a high school match be played on a field at least 110 yards by 65 yards (100m by 60m).
- B. Prior to the start of each season, each school shall designate what size field that their matches will be held on. Once a school has designated the size for their soccer fields, they shall be required to play all of their matches on that size soccer field for the remainder of the year.
- C. In the event that a school's field dimensions do not meet minimum standards, they shall line their field as close to the minimum standards as possible and shall indicate in their field designation that their field falls below minimum standards because of geographic restrictions.

38.61.0 MIDDLE LEVEL SCHOOL SOCCER

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	10 + Jamboree

38.62.0 JAMBOREE - A soccer jamboree is an abbreviated contest and a team may not compete in more than half of the time allocated to a regulation contest. All general jamboree rules also apply. Please refer to general jamboree rules.

38.63.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

38.64.0 PLAYER LIMITATION – A player may participate in a maximum of two halves in a day and a maximum of two (2) contests per week.

38.65.0 GAME LIMITATION - As a recommendation, middle level schools should play up to 30-minute halves. Permission for four (4) equal quarters of 15 minutes each will be granted with written request to the WIAA office.

38.66.0 MIDDLE LEVEL SOCCER RULEBOOK EXCEPTIONS - Same as listed for high school soccer.

39.0.0 GIRLS SOFTBALL

39.1.0 SENIOR HIGH SCHOOL GIRLS FAST PITCH and SLOW PITCH SOFTBALL – Fast pitch and Slow pitch softball are considered separate and distinct sports.

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2015-16	February 29	10	April 4	20 + Jamboree	May 28
2016-17	February 27	10	April 3	20 + Jamboree	May 27

39.2.0 JAMBOREE - A softball jamboree is an abbreviated contest and shall include no more than six (6) innings per team and/or six (6) innings per player. All general jamboree rules also apply. Please refer to general jamboree rules.

39.3.0 PLAYER/TEAM LIMITATION - Starting a contest shall count as one of the 20 contests allowed for an individual.

39.3.1 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against 20 individual season contest limit.

39.3.2 The number of contests played on any day by players and teams shall not exceed four (4) contests.

39.4.0 Additional NFHS softball rules - Leagues may adopt all NFHS rules listed "by state association adoption."

39.5.0 CALLED CONTEST - When a non-league or league contest is called by the umpire before the completion of the required number of innings, and the league has no rule pertaining to the situation, the contest can be continued or replayed.

39.6.0 SUSPENDED CONTEST - In State tournament play any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:

39.6.1 The contest shall continue from the point of suspension at a later time.

39.6.2 The lineup and batting order of each team will remain exactly the same as the lineup and batting order when the contest was suspended.

39.61.0 MIDDLE LEVEL SCHOOL GIRLS FAST PITCH and SLOW PITCH SOFTBALL

Fast pitch and Slow pitch softball are considered separate and distinct sports.

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	10 + Jamboree for 7 th or 8 th grade teams 10 + Jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th grade teams

39.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

39.63.0 JAMBOREE - A softball jamboree is an abbreviated contest and shall include not more than six (6) innings per team and/or six (6) innings per player. All general jamboree rules also apply. Please refer to general jamboree rules.

39.64.0 PLAYER LIMITATION - A player shall participate in no more than three (3) softball contests per week.

39.64.1 Extra innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who play no more than two (2) innings. Up to four (4) extra innings may be played.

39.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against ten (10) individual season contest limit.

39.65.0 CALLED GAME - When a non-league or league contest is called by the umpire before the completion of the required number of innings, and the league has no rule pertaining to the situation, then the contest is declared a "no contest".

The contest may be replayed.

39.66.0 ADDITIONAL NFHS SOFTBALL RULES - Same as listed for high school softball.

40.0.0 SWIMMING/DIVING

40.1.0 SENIOR HIGH SCHOOL GIRLS SWIMMING/DIVING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	August 22	10	September 26	12 + Jamboree	November 12
2017-18	August 21	10	September 25	12 + Jamboree	November 11

40.2.0 SENIOR HIGH SCHOOL BOYS SWIMMING/DIVING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	November 14	10	December 26	12 + Jamboree	February 18
2017-18	November 13	10	December 25	12 + Jamboree	February 17

40.3.0 JAMBOREE – A jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree rules.

40.4.0 CONTEST LIMITATIONS – Each WIAA District may sponsor up to four (4) 11-dive meets with each diver limited to participating in a maximum of four (4) such meets (in addition to the 12 regular season meets.)

40.5.0 SHARING POOL FACILITIES - Pool facilities may be shared only by member schools for practice with the following stipulations:

- 40.5.1 Sharing of the pool may be done if it is the only alternative possible in order to have a program.
- 40.5.2 Coaches of teams sharing a pool must not allow team members of different schools to compete against each other during practice sessions.

41.0.0 TENNIS

41.1.0 SENIOR HIGH SCHOOL TENNIS

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	February 27	10	April 3	16 + Jamboree	May 27
Alternate	August 22	10	September 26	16 + Jamboree	November 12
2017-18	February 2	10	April 2	16 + Jamboree	May 26
Alternate	August 21	10	September 25	16 + Jamboree	November 11

41.2.0 JAMBOREE – A jamboree is an abbreviated contest during which an individual may play the equivalent of one (1) singles or one (1) doubles contest. All general jamboree rules also apply. Please refer to general jamboree rules.

41.3.0 RULE BOOK - United State Tennis Association (USTA) contest administration rules shall apply.

- 41.3.1 A player may compete in more than two (2) matches per day.
- 41.3.2 Coaching is allowed between the first, second and third sets, not to exceed two (2) minutes.
- 41.3.3 A player must be granted a 15-minute rest period between matches if requested.
- 41.3.4 Attire - Each participant must be wearing an appropriate tennis uniform approved by the school. Cut-offs, jeans and exposed midriffs are illegal. All lettering or writing on the uniform is restricted to school identification and manufacturer logo (limited to 2 ¼ inches square".) Bandannas are illegal; single color unadorned sweat bands and/or head bands are permissible. Coaches are expected to enforce the dress code. If a violation occurs, the Event Manager or designee is empowered to enforce the Point Penalty System and may disqualify the participant.

41.4.0 INDIVIDUAL CONTEST - DEFINITION - A contest/match is equal to three (3) sets. Any portion of a set must be played within the sixteen (16) team contest limitation and must count as one (1) of the twenty-three (23) contests for the individual.

41.5.0 MATCH REGULATIONS - A school may not schedule more than sixteen (16) team contests for tennis. Every tennis contest must count as one (1) contest for the team and one (1) contest for the individual.

- 41.5.1 For the purpose of sub-varsity tennis matches, players may play up to three (3) sets against different players from opposing teams. This will be considered as one (1) contest for the individual.
- 41.5.2 An individual shall not play in more than twenty-three (23) contests on sixteen (16) team dates. A player can play one (1) singles match and one (1) doubles match on the same day during the regular season, and this will be considered as one (1) contest for the individual.
- 41.5.3 Invitational Tournaments
 - A. A one (1)-day invitational tennis tournament will count as one (1) contest for the team and one (1) contest individual tennis player provided the athlete does not play more than three (3) contests in one (1) day.
 - B. A two (2)-day invitational tennis tournament will count as two (2) contests for team and two (2) contests for the individual tennis player, provided the athlete does not play more than six (6) contests in the two (2) days.
 - C. Exception: An event scheduled over two (2) days in which only the consolation and championship semifinalists move on to the second day shall only count as a one (1) day contest for the teams entered and for the individual tennis players.
- 41.5.4 A team is limited to three (3) invitational tournaments per season.

41.61.0 MIDDLE LEVEL SCHOOL TENNIS

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	10

41.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

41.63.0 RULEBOOK - USTA (United States Tennis Association) contest administration rules apply.

41.64.0 PLAYER LIMITATION - Players may compete in only two (2) contests per week.

41.64.1 A player may not play more than one (1) singles match and one (1) doubles match on the same day against the same team during league competition in regular season play.

41.64.2 A player must be granted a 15-minute rest period between matches, if requested.

42.0.0 TRACK AND FIELD

42.1.0 SENIOR HIGH SCHOOL TRACK AND FIELD

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2016-17	February 27	10	April 3	10 + Jamboree	May 27
2017-18	February 26	10	April 2	10 + Jamboree	May 26

42.2.0 JAMBOREE – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree rules.

42.3.0 TEAM CONTEST LIMITATION – Each squad may schedule ten (10) contests. In addition, two (2) invitational contests may be scheduled that do not count toward the ten (10) contest limitation if at least six (6) schools are involved and the school has no more than five (5) athletes participating.

42.4.0 PARTICIPANT LIMITATION - An individual may compete in a maximum of ten (10) contests during the regular season. Within that limit, the individual may participate in a maximum of two contests per week.

42.5.0 CONTEST DEFINITION - Either a one (1) or two (2) day track and field meet will count as one (1) event if preliminary events are held on the first day and final events are held on the second day.

42.6.0 QUALIFYING AND DISTRICT EVENTS - Each WIAA District shall determine the deadline for entries to the district qualifying event.

42.6.1 A student may participate in an individual event in a district event even though the athlete did not qualify in the qualifying event if the District Board or the delegated committee involved gives consent.

42.6.2 Once entries to the district event are confirmed, a contestant will compete in those events for which he/she qualified on the district level.

42.6.3 If a qualified contestant cannot participate in the next qualifying event, that participant's school principal is responsible for notifying the appropriate contest manager, who in turn will notify the principal of the next qualified contestant.

42.7.0 RULES MODIFICATIONS for all interscholastic competition.

Javelin - Only rubber-tipped javelins will be allowed.

42.61.0 MIDDLE LEVEL SCHOOL TRACK AND FIELD

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	7

42.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

42.63.0 JAMBOREE – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree rules.

42.64.0 THROWING EVENTS - The league will determine the weight of the throwing implements.

42.65.0 PARTICIPANT LIMITATION - A participant is limited to two (2) contests per week.

In any competition a participant may enter a maximum of four (4) events per contest. If four (4) events are entered, the competitor may enter no more than three (3) track events or three (3) field events.

42.66.0 LIMITATION OF MEETS - A track squad or squad member shall not participate in more than two (2) contests per week. County and district meets are permitted but are to be included in the seven (7) contests allowed. One (1) event is considered participation.

42.66.1 The running of a preliminary contest may take place the same week as the championship contest if (a) such preliminaries are held at least three (3) days before the finals, and if (b) these preliminaries will be a part of the championship contest, but will not count as separate events.

42.66.2 Preliminary heats are considered as part of one (1) event.

43.0.0 GIRLS VOLLEYBALL

43.1.0 SENIOR HIGH SCHOOL GIRLS VOLLEYBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Individual and Team Contest Limit	End Season
2016-17	August 22	10	September 27	16 + Jamboree	November 12
2017-18	August 21	10	September 26	16 + Jamboree	November 11

43.2.0 JAMBOREE – A jamboree is an abbreviated contest during which a team may not play in more than six (6) sets. All general jamboree rules also apply. Please refer to general jamboree rules.

43.3.0 CONTEST DEFINITION - Regulation varsity contests, including all postseason contests, shall be three (3) out of five (5) sets.

43.3.1 By league adoption, varsity contests may be two (2) out of three (3) sets or three (3) out of five (5) sets. In non-league competition, the schools involved can mutually agree to play two (2) out of three (3) or three (3) out of five (5) sets. In league and non-league competition, '1B' schools also have the option for a guaranteed five (5) sets.

43.3.2 By league adoption sub-varsity contests may be two (2) out of three (3) sets, a guaranteed three (3) sets, or three (3) out of five (5) sets.

43.4.0 CONTEST LIMITATION - A team and each individual may play a maximum of four (4) contests per day.

43.5.0 SEASON LIMITATION - INDIVIDUAL AND TEAM - 16 regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, exhibition contests, or each opponent played in an invitational tournament(s), must count as one (1) of the 16 contests for the team. The one allowable exception is described as follows:

43.5.1 A one-day invitational tournament may count as one (1) of the 16 contests. A combination of sets or matches may not exceed the equivalent of four (4) matches, which is equal to 20 sets.

Such a tournament may start the preceding evening if the following conditions are met:

Any local team may play the preceding evening contests. (Local area shall be defined as those teams that can travel to the tournament site without requiring overnight lodging.)

The tournament will conclude not to exceed 24 hours from the time it started on the preceding evening. (If the tournament started at 6PM on the first day, it must end by 6PM on the second day.)

43.5.2 Each squad and each player is limited to schedule and to participate in only two (2) one-day invitational tournaments or one (1) two-day invitation tournament.

43.5.3 If an individual or a team plays in more than two (2) invitational tournaments in a season, the team must declare which tournament matches count as one (1) of the 16 contests for the individual or the team.

Each opponent played in any subsequent tournament(s) counts as one (1) of the 16 contests for the individual or the team.

43.6.0 PLAYER LIMITATION - Entrance into any set constitutes participation in that set. Entrance is interpreted as meaning when a player is beckoned onto the floor and the ball becomes alive-

COUNTING CONTESTS AND SETS

43.6.1. Up to five (5) sets played against the same squad, same day, is one (1) contest.

43.6.2 Up to five (5) sets played against the same school, same day, different squads (i.e., varsity and sub-varsity squads) is one (1) contest.

43.6.3 Up to five (5) sets played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, sub-varsity on Thursday), is one (1) contest.

43.6.4 Up to five (5) sets played against two (2) different schools, same day, different squads, would be two (2) contests.

43.6.5 Up to five (5) sets played against two (2) different schools, different days during the same week, different squads, would be two (2) contests.

43.6.6 Between six (6) and ten (10) sets played against the same school, or against two different schools, would be two (2) contests.

43.61.0 MIDDLE LEVEL SCHOOL GIRLS VOLLEYBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	8	10 + Jamboree for 7 th or 8 th graders 30 games + jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th graders

43.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

43.63.0 JAMBOREE – A volleyball jamboree is an abbreviated contest during which a team may not play in more than four (4) sets. All general jamboree rules also apply. Please refer to general jamboree guidelines.

43.64.0 CONTEST LIMITATION - A player or team shall participate in no more than three (3) contests per week.

43.64.1 The official contest may be two (2) out of three (3) sets or a guaranteed three (3) out of three (3) sets for regular season contests.

- 43.64.2 Extra Sets: Two (2) extra sets may be played following the regular contest. The additional **sets** are for players who were not starters and played in only one set during the regular contest.
- 43.64.3 Refer to Counting Contests and Sets in the high school volleyball section above to determine how to count a contest.
- 43.65.0 SEASON LIMITATION** - Ten (10) regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, exhibition contests, or each opponent played in an invitational tournament(s), must count as one (1) of the ten (10) contests for the team. The one allowable exception is described as follows:
- 43.65.1 A one-day culminating event tournament may count as one (1) of the ten (10) contests. A combination of sets or matches may not exceed the equivalent of three (3) matches, which is equal to nine (9) sets.
- 43.65.2 Each squad and each player is limited to schedule and to participate in only one (1) tournament as a culminating event.
- 43.66.0 NFHS RULE MODIFICATION** - By league adoption, the net height may be set at seven (7) feet.

44.0.0 WRESTLING

44.1.0 SENIOR HIGH SCHOOL WRESTLING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Team Limit	Regular Season Individual Limit	End Season
2016-17	November 14	12	December 19	16 + Jamboree	45	February 18
2017-18	November 13	12	December 18	16 + Jamboree	45	February 17

- 44.2.0 JAMBOREE** - One takedown tournament or jamboree will be allowed following eight (8) days of practice and the takedown tournament or jamboree may count as a required practice prior to the first match. The total wrestling time may not exceed the time permitted in a dual contest per individual. All general jamboree rules also apply. Please refer to general jamboree rules.
- 44.3.0 SCHOOL LIMITATION** – A school shall not schedule more than sixteen (16) team dates per squad for wrestling competition.
- 44.4.0 PLAYER/MATCH LIMITATION** - Each and every match wrestled must count as one of the forty-five (45) contests for the individual.
- An individual may not wrestle more than forty-five (45) contests on sixteen (16) dates prior to any state qualifying tournament.
- 44.4.1 An outing involving a cooperative wrestling program will equal one (1) team date (also refer to 4.8.E.)
- 44.4.2 Each day of competition must count as one of the 16 allowed team dates. Each individual is limited to the daily match limitation as stipulated in the NFHS wrestling rule book.
- 44.5.0 WEIGHT CLASSIFICATION**
- 44.5.1 NFHS weight classes apply for males.
- 44.5.2 Weight classes for females in postseason are determined by the WIAA Executive Board and are available on the WIAA Website at www.wiaa.com. Females wrestling males during the regular season will follow NFHS weight classes.
- 44.6.0 WEIGHT CONTROL PLAN** – The Washington Wrestling Weight Management Program will be followed. The text of the Wrestling Weight Management Program can be accessed on the WIAA Web site at www.wiaa.com.
- 44.7.0 PARTICIPANT LIMITATION** – A student must wrestle in all postseason tournament competition in or above the weight class determined by the weekly descent plan.
- 44.7.1 A contest shall be considered in the class for which the contestant made weight, even though the contestant may wrestle in another weight. (Example: Contestant weighs in at 119 pound legal weight for 119 class, the contestant then wrestles the match in the next class at 125 pounds. This contest shall be considered a contest in the 119-pound class.)
- 44.7.2 A student must wrestle a minimum of four (4) contests in interscholastic competition before the qualifying tournament.
- A. A contest won by forfeit does not count in satisfying this requirement.
- B. Any interscholastic contest counts as one (1) of the four (4).
- 44.8.0 WEIGHING-IN OF CONTESTANTS** –The host team is responsible for providing a certified scale for the weigh-in.
- 44.9.0 STATE TOURNAMENTS** - The state shall be divided into four (4) regions for each classification when possible. Regional tournaments shall be conducted as eight-place tournaments unless otherwise directed by the WIAA Executive Board. The WIAA Executive Board shall determine regional placement of entries from WIAA Districts.
- 66.9.1 Two (2) wrestlers from the same school may qualify in the same weight class.

44.10.0 UNIFORM VARIANCE - Wrestlers may wear a one-piece singlet as outlined in the NFHS wrestling rule book, or a two-piece outfit consisting of close-fitting “fight shorts” and a short-sleeved compression top. No combination of the two will be allowed. Wrestling teams must adhere to all other uniform regulations.

44.61.0 MIDDLE LEVEL SCHOOL WRESTLING

Total Season Including Practice	Minimum Practice Days Per Individual	Regular Season Team Contest Limit	Individual Contest Limit
12 weeks	8	10 + Jamboree	22

44.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

44.63.0 JAMBOREE – All high school jamboree rules apply. A wrestler in a jamboree may not wrestle in excess of time permitted in a dual contest. All general jamboree rules also apply. Please refer to general jamboree rules.

44.64.0 MATCH LIMITATION - A school may not schedule more than ten (10) team dates per squad. An individual may not wrestle more than 22 contests per season.

44.64.1 There shall be no more than two (2) contests per week per team and no more than four (4) matches per week per individual. The only exception is described in A and B below:

A. A one (1) day culminating wrestling tournament will count as one (1) team outing. A wrestler may wrestle no more than four (4) matches in the tournament.

B. For the purposes of rule 66.64.1, a team is limited to one (1) tournament of this type per season.

44.64.2 Length of Matches - There shall be a maximum of three 1 1/2-minute rounds (90 seconds).

44.64.3 The mat shall not be less than 20 feet by 20 feet. The recommended area is 24 feet by 24 feet or a 28-foot circle. It is recommended, but not required, that the mat covers be marked as indicated in the NFHS Wrestling Rules Book.

44.65.0 WEIGHT CONTROL PLAN - Prior to the first contest the family physician and or school physician and/or medical authority licensed to perform a physical exam shall certify the lowest weight class in which each participant may wrestle during that season.

44.65.1 A participant may wrestle only one (1) weight division higher than their actual weight.

44.65.2 The minimum weight for 75 pounders is established at 64, and 82 pounders at 70. In addition, all wrestlers in the Unlimited weight class must be within thirty (30) pounds of each other. For example, if one (1) wrestler weighs 178 pounds, the opponent may not weigh more than 208 pounds.

44.66.0 WEIGH-IN PROCEDURES - Wrestlers shall have the opportunity to weigh in shoulder-to-shoulder on the host team's scales a maximum of one (1) hour and a minimum of one-half (1/2) hour prior to the first contest.

44.66.1 No time should be allowed after this weigh-in to make weight.

44.66.2 Conferences of leagues may allow weigh-ins to occur after practice the day before the contest or before lunch on the day of the contest at the respective schools. The weigh-in must be certified in writing by an administrator of the school. This certification must be placed in a sealed envelope and presented to the referee and coach of the opposing team prior to the beginning of the contest.

44.66.3 The host team shall be responsible for providing a certified scale for the weigh-in.

A. Schools should make every effort to have scales certified by a professional scale-certifying expert.

B. Where it is impossible to get a professional scale certifying expert, the scale should be certified by district, league, school or officials associations.

C. Where scales cannot be or are not certified, the home scales (certified or not) shall be considered official.

44.66.4 Contestants with artificial limb(s) must weigh in with their artificial limb(s) for all contests.

44.67.0 WEIGHT ALLOWANCE - Beginning January 1 and continuing until February 1, two (2) additional pounds will be allowed in each weight class. Beginning February 1, and continuing for the remainder of the season, one (1) additional pound shall be allowed in each weight class. This will make a net increase of three (3) pounds beginning February 1. There shall be no additional weight allowance.

44.67.1 Where leagues have other seasons than January 1 - March 1, leagues are to use appropriate monthly weight plans.

44.67.2 Weight divisions - There may be up to twenty (20) weight divisions that are to be determined by the individual leagues. Each league has the authority to determine by vote of league members fewer weight divisions.

44.68.0 UNIFORM VARIANCE - Wrestlers shall wear any shoe deemed appropriate by the coach, activities coordinator, and/or wrestling official. **Wrestlers may wear a one-piece singlet as outlined in the NFHS wrestling rule book, or a two-piece outfit consisting of close-fitting “fight shorts” and a short-sleeved compression top. No combination of the two will be allowed. Wrestling teams must adhere to all other uniform regulations.**