

SPORT RULES AND REGULATIONS

17.0.0 GENERAL SPORT RULES

PHILOSOPHY OF GENERAL SPORT RULES: *As with all of the rules and regulations of the Association the general rules and regulations for sports are adopted by the membership via their representation on the WIAA on the WIAA Representative Assembly.*

17.1.0 SCHOOL YEAR - The school year is defined as August 1 until the final spring state tournament has been completed (high school) or until after the completion of the final sports season (middle level).

17.2.0 IN SEASON - DEFINITION - In season will be the first day of turnouts for that sport and will conclude with the final day of the state event for that sport in that classification at the high school level or a maximum of twelve consecutive weeks as determined by the league at the middle level.

17.2.1 In the absence of a sport being offered by the middle level school, a maximum of twelve (12) consecutive weeks as determined by the school board within the high school season dates shall apply.

17.2.2 The first day of the fall sports season is the first allowable practice date for all fall sports except high school football.

17.3.0 ALTERNATE SEASON - DEFINITION - An alternate season is a sports season other than the regular sports season designated by the WIAA Executive Board. The alternate season must not exceed the same number of weeks as the regular season in that sport.

17.3.1 If the established sports seasons do not meet local needs (e.g. because of climate, facilities, availability of coaches) a school or group of schools may petition the WIAA Executive Board for the establishment of an alternate sport season.

17.3.2 When individuals/teams play in the alternate season, a **postseason qualifying event must also be held during the alternate season**, and at least one (1) individual qualifies for **the final culminating event** in that sport, the individuals/teams are required to have a minimum of ten (10) days of practice prior to any subsequent competition. Practices are not required in golf, but are allowed. **Individuals/teams may not exceed twenty (20) practices prior to first round of the final culminating event.** These practices (including golf) may **begin on April 1 or on another date as established by the WIAA Executive Board**. Each member of the team is allowed to practice. Schools may schedule two (2) contests after the first ten (10) practice days provided these contests would not exceed the **season** limitation. Only players that have had ten (10) days of practice may take part in these contests.

17.3.3 During the additional practice period all regular rules and regulations apply.

17.3.4 Contests that are conducted during an alternate season must meet all regulations pertaining to that sport.

17.4.0 POSTSEASON CONTESTS - Postseason contests are those contests held in order to qualify for State Tournament and are played after the regular season has terminated.

PHILOSOPHY OF THE OUT-OF-SEASON REGULATIONS: *The out-of-season regulations are established to limit the involvement of the school and school coach to the WIAA designated season, thereby providing student athletes the opportunity to participate in a wide range of activities during the school year and ensuring that each school has an equal opportunity to provide fair competition.*

17.5.0 OUT-OF-SEASON - DEFINITION – Out-of-season is that time during which paid or volunteer coaches cannot coach present or future squad members.

HIGH SCHOOL - Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sport state tournament. The August 1 cutoff date is waived for school coaches who coach during the summer in non-school programs provided that team has qualified for the next level of competition which ultimately leads to the state/regional/national championship/World Series in baseball and softball.

MIDDLE LEVEL – Out-of-season for middle level sports shall be from August 1 until the first day of the specific sport turnouts and from the conclusion of the final league contest of that specific sport season until the conclusion of the middle level spring league schedule, or the final spring school contest in the event the school is not a member of a league in that sport, or the final day of the high school spring state championships, whichever is later.

17.5.1 For the purposes of the out-of-season regulations, the WIAA has determined that slow pitch and fast pitch softball; interscholastic/collegiate/folk style/ USA wrestling, freestyle wrestling, and Greco-Roman wrestling; and unified sports teams shall be considered separate and distinct sports.

17.5.2 School sponsorship or promotion of practice and/or participation is restricted to the WIAA designated season for that sport.

A. ASB funds cannot be used for an out-of-season event.

B. School wide posting or distributing of information pertaining to a specific event or activity is permissible.

17.5.3 Practice shall be limited to each sports season as defined under each sport.

- 17.5.4 Use of school equipment, facilities and/or transportation is contingent upon local school district written policy.
- A. School uniforms may be worn ONLY during the WIAA season for that sport except during Washington State Coaches Association feeder or all state contests. NOTE: Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms) and are defined in the adopted rule book for each specific sport.
 - B. Football helmets and shoulder pads may be worn only during the WIAA season for that sport except as approved through the local school district policy.
 - C. Coaches may not transport current and/or prospective athletes to an out-of-season event in their particular sport.
- 17.5.5 A coach of a school team (paid or volunteer) may coach only during the WIAA sport season.
- 17.5.6 **DEFINITION OF COACHING**
- A. Coaching is defined as overseeing any regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season.
 - B. Coaching is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or part of their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.
 - C. Any adult or non-school personnel coaching during a scheduled team practice or contest is considered to be a coach for that team.
- 17.5.7 **PRESEASON MEETINGS**
- A. A coach may have one (1) organizational meeting with the incoming freshmen or sophomores at each middle or junior high school or at the high school for students who are enrolled in the middle or junior high school whose attendance area is within the high school's attendance area to cover information that is not sport specific.
 - B. A coach may have two (2) additional meetings with the squad prior to the opening day of practice to issue equipment, to explain to the participants such issues as insurance, physical examinations, season's plans, training regulations, summer activities, leadership training, or any other pertinent information deemed necessary by the coach
 - C. This restriction does not apply to fundraising activities unless the fundraising activities include the students participating in skills that are specific to the sport being coached
 1. Fundraising activities are subject to the approval and rules of the participating school districts and/or Association Student Body governments.
 2. Participating in fundraising activities cannot be a requirement, incentive for, or a condition of participation on a team.
 - D. Organization or implementation of the wrestling weight management program is not considered to be the one (1) organizational meeting.
- 17.5.8 In the sport coached, a school coach may not sponsor, coach or direct activities which resemble out-of-season practices or contests to any student at that high school or any feeder school(s) for that high school in the school district except during the designated season for that sport until after the final spring WIAA tournament is completed (high school) or until after the completion of the final spring sports season (middle level.) A feeder school may be either grades 7 and 8 or grades 7, 8 and 9.
- A. A coach may coach his/her child at any time provided no other students who attend or feed into that school are involved, individually or as members of a team.
 - B. Following the completion of the school season for that sport, a school coach may coach high school seniors.
 - C. Public School District defined: The school district for public schools is defined by public school boundaries.
 1. If a school district has specific boundaries for its high school(s) and middle school(s), a high school coach may coach students in the high school and the middle school(s) that feed directly to the high school only during their designated season (when the high school and middle level programs overlap or if that coach has a written agreement with the school district to coach at both the high school and middle level) or during the summer.
 2. During the out-of-season time period, the coach could coach high school students attending a different high school or a middle school that does not feed directly to the high school in which that coach was hired to coach.

3. If a school district has an open enrollment policy, then a high school coach may coach students in the high school in which the coach is contracted to coach during the designated high school season, middle level students within that school district during the time period the high school and middle level season overlap or if that coach is contracted to coach at both the high school and middle level, or during the summer.
 - D. During the out-of-season time period, a private high school coach may not coach prospective middle level students. Prospective middle level students include:
 1. Middle level students who attend a designated private feeder school owned and operated by the high school where the coach is contracted to coach; or
 2. In the case where no designated private feeder school exists, middle level students who reside in the public school district where the private high school is located.
 - E. Exception: A coach, on an annual basis, may coach an individual(s) that has been invited to participate or has qualified for a national event which has been approved by the Association. The number of allowable practices, contests, and student athletes to be involved will be determined by the Association.
- 17.5.9 STUDENTS AS MANAGERS OF HIGH SCHOOL TEAMS
- A. A manager of a team is limited to preparing water/drinks, keeping statistics, and providing supplies to the coach and/or players.
 - B. Managers are not allowed to participate in any warm-up or practice drills in the same role as the athletes.
- 17.6.0 PHYSICAL EDUCATION CLASSES:** A member school makes decisions regarding curriculum content and teachers and may limit the involvement of its coaching staff in teaching specific courses. Coaches may teach physical education classes provided all of the following conditions are met:
- 17.6.1 The class must include students who do not participate in the sport the coach coaches.
 - 17.6.2 A variety of sports must be taught during the quarter or semester.
 - 17.6.3 A variety of offensive and defensive strategies in each sport should be emphasized. Class time should not be used to teach offensive and/or defensive strategies that will be implemented by the school team, particularly if the defensive strategies are designed around a specific opponent from another school or another school team.
 - 17.6.4 Videotapes or films may be shown to the entire class for group instruction. Videotapes or films of interscholastic contests should not be viewed on a one-to-one basis during class time.
 - 17.6.5 Class members may not challenge one another for positions on the varsity squad in a specific sport. Example: A high jumper jumping during class time for his/her class grade would be allowed, as long as he/she does not challenge another student for a position on the varsity track team.
 - 17.6.6 Class time may not be used to choreograph, critique, nor judge/officiate a competitive routine.
- 17.7.0 OUT-OF-SEASON CONDITIONING** - A member school may organize and supervise an out-of-season a conditioning program during the out-of-season time period which may include weight training, running and exercising provided all of the following conditions are met:
- 17.7.1 Participation in out-of-season conditioning cannot be a requirement, incentive for, or a condition of participation on a school team;
 - 17.7.2 It is open and advertised to all students at that school;
 - 17.7.3 Instruction in specific sports skills is not provided.
- 17.8.0 OPEN GYM** - Schools may conduct open athletic facilities (gym, pools, field, and track) in the out-of-season if all of the following conditions are met:
- 17.8.1 The program is part of the school district organized recreational or activity program; and
 - 17.8.2 Activities are open and advertised to all members of the student body of that school; and
 - 17.8.3 Students have a choice of activities; and
 - 17.8.4 No coaching or drilling of the athletes attending occurs; and
 - 17.8.5 Supervision is provided by any individual approved by the school district; and
 - 17.8.6 Participation in open gym cannot be a requirement or condition of participation on a school team.
- 17.9.0 SPORT CAMPS OR CLINICS** - Participants in a school-sponsored sport may attend camps or clinics.
- 17.9.1 If the participant's coach is an organizer of a camp or clinic, the participant may attend only if it is offered during the summer or during the season in which that sport is offered.
 - 17.9.2 Participation in a sport camp or clinic cannot be a requirement or condition of participation on a school team.

PHILOSOPHY OF SUMMER ACTIVITIES: *Students may be afforded the opportunity to participate in activities during the summer if they so choose. Students should also be provided with an opportunity to participate with their families during the summer or simply take a break from sports prior to the start of fall sports turnouts. Limiting participation during the month of August for fall sports athletes helps to ensure that all students begin the fall sports season on an equal basis.*

17.10.0 SUMMER ACTIVITIES - Summer is defined for high schools as the first day following the WIAA spring tournaments through July 31. Summer is defined for middle level schools as the first day following the final day of the spring sports schedules through July 31.

17.10.1 Coaches may conduct activities during the summer on their own, as individuals.

17.10.2 School districts may authorize the use of facilities, school equipment (such as football helmets and shoulder pads, balls, etc), sport specific apparatus (such as batting cages, football sleds, nets, etc), facilities, and/or transportation for individuals and/or teams of that school during the summer if approved by the local school board.

17.10.3 School districts may provide liability insurance for summer programs.

17.10.4 School districts may not allow for the use of school uniforms during the summer. Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms) and are defined in the adopted rule book for each specific sport.

17.10.5 Participation in summer programs cannot be a requirement or condition of participation on a school team.

17.11.0 PHYSICAL EXAMINATION - Prior to the first practice for participation in interscholastic athletics a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical examination.

17.11.1 Results of the exam shall indicate:

- A. Documentation of a detailed review of the student's medical history with special attention to presence or absence of cardiovascular/pulmonary risks and/or previous significant injury and rehabilitation there from.
- B. Documentation of satisfactory examination of the cardiopulmonary system.
- C. Documentation of satisfactory sport-specific orthopedic screening examination.
- D. A written statement by the examiner as to the fitness of the student to undertake the proposed athletic participation, together with suggestion for activity modification if necessary.

17.11.2 Those licensed to perform physical examinations include a Medical Doctor (MD), Doctor of Osteopathy (DO), Advanced Registered Nurse Practitioner (ARNP), Physician's Assistant (PA), and Naturopathic Physician.

17.11.3 The school in which this student is enrolled must have on file a statement (or prepared form) from a medical authority licensed to give a physical examination, certifying that the participant's physical condition is adequate for the activity or activities in which the student wishes to participate.

17.11.4 To resume participation following medical care by a medical authority licensed to perform a physical examination **and/or a dentist (for dental injury) or podiatric physician (for a foot and/or ankle injury)**, a participating student must present to the school officials a written release from a medical authority licensed to perform physical examinations as listed in 17.11.2 and/or a dentist **or podiatric physician** as applicable.

17.11.5 To resume participation following medical care for suspicion of concussion or concussion, both the school athletic director and the medical authorities approved by the WIAA to make return to practice/play decisions (MD, DO, PA, ARNP, LAT) shall use the WIAA's designated "Return to Practice and Competition for Athletes with a Suspected Concussion" form. This new rule will be known as the "Kenney Bui Rule."

17.11.5 The physical examination shall be valid for twenty-four (24) consecutive months to the date unless otherwise limited by local school district policy or when the physician indicates the physical is only good for less than twenty-four (24) consecutive months.

17.11.6 For each subsequent twenty-four month period the student shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.

17.12.0 PRACTICE REGULATIONS - School sponsorship or promotion of practice and/or participation is restricted to the WIAA designated season for that sport. Several practice regulations that apply to all sports during the school year are as follows:

17.12.1 **PRACTICE DEFINITION** – Practice is defined as a school scheduled **in-person** team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice.

- 17.12.2 **MINIMUM PRACTICE REQUIREMENT:** Each student is required to complete the minimum number of practices in a specific sport the day before participating in a game. The minimum number is included in the specific sport sections of the WIAA handbook.
- 17.12.3 For the purpose of meeting the pre-contest practice requirements, an athlete must be medically cleared by a medical authority licensed to perform a physical examination (also refer to 17.11.2) to fully participate in practice. An individual may meet pre-contest practice requirements only when practicing during regular team practices.
The intensity and duration of each athlete’s participation in practice will be determined by the coach of that team.
- 17.12.4 Practice shall be limited to each sports season as defined under each sport. Up to five (5) practices from one (1) sport may be transferred to another sport except football in the same season provided practice in the succeeding sport begins **within three (3) school business days** following the last practice in the previous sport.
- 17.12.5 A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season.
- 17.12.6 One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.
- 17.12.7 Schools may conduct practice or contests during any six days of the week.
Practice and/or competition may be held on a nationally recognized holiday.
- 17.12.8 Practice on a game day shall not allow an athlete to become eligible for competition on that day.
- 17.12.9 Participation in pre-contest warm-up exercises shall not count toward the pre-contest practice requirement.
- 17.12.10 Interruption of Pre-contest Practices - If an individual athlete's pre-contest practice is interrupted, the following procedure will be used to assure that an appropriate period of practice precedes interscholastic competition:
- A. An interruption of up to three (3) consecutive school scheduled practice days will have no effect on the previous practice days in determining compliance with pre-contest practice requirements. For example: If an athlete has completed seven (7) days of practice and then did not practice for three (3) consecutive school scheduled practice days, the previous seven (7) days would still count toward the minimum individual practices required before interscholastic competition.
 - B. Beginning with the fourth (4) consecutive school scheduled practice day without practice, the following sliding scale will be used to determine compliance with pre-contest practice requirements. For example: If an athlete had completed six (6) days of practice, then missed five (5), upon return only two (2) practices would be deducted and the athletes would still have four (4) practices toward meeting the minimum pre-contest requirement.

Consecutive Practices Missed	Total Practices Lost
3	0
4	1
5	2
6	3
7	4
8	5
9	6
10	7
11	8
12	9
13	10
14	11
15	12
16	13
17	14
18	15

- C. Once the pre-contest practice requirements have been met, each school has the authority to establish minimum requirements regarding return to play.
- 17.12.11 Practice Accommodations for Circumstances Beyond the Control of the School - A school/school district must request and be approved by the WIAA office staff to adjust the process to meet the minimum practice requirements due to circumstances beyond the control of the school (facilities not available, roads impassable, prohibitive weather conditions, teacher strike/walk-out, emergency conditions, etc.)
The accommodations will be approved in order for a school to offer the minimum number of practices required for a specific sport prior to the first scheduled contest and for no more than one-half the minimum

number of practices. The practice accommodations will not be granted for a jamboree nor for individual athletes on a team.

While the number of pre-contest practices will not be waived, the following rule exceptions regarding pre-contest practice requirements will be allowed in the order listed during the season only after every effort has been made to reschedule the contest(s) that are affected.

- A. Number of practices in a week - exception that will be allowed:
Provided that the local school board approves a practice for a seventh day of the week, that practice can count toward the minimum practice requirements.
If the minimum practice requirement still cannot be met, then the following will be waived:
- B. Practice on a game day – Exception that will be allowed:
A practice may be held on the same day as the first contest, which can count toward the number of required practices.
If the minimum practice requirement still cannot be met, then the following will be waived:
- C. One (1) day is equal to one (1) practice - Exception that will be allowed:
Two (2) practices may be held on the same day and may be counted as two (2) practices for purposes of meeting the number of required practices. In this situation, the maximum number of practices that may be counted is two (2).

17.12.12 Waiver of Individual Practice Requirements

- A. An individual who participates in any level of WIAA sanctioned sport postseason playoffs and who cannot meet the minimum practice requirements for the immediate succeeding sport season will be allowed to waive up to a maximum of one-half of the required individual practice days for that sport only if the available team practice days are insufficient to meet the minimum requirement before a scheduled contest and only if practice in the succeeding sport begins immediately following the postseason event.
- B. An individual, who participated and qualified in the alternate (fall) season for a spring state championship and who also participated in a spring sport, will be allowed to waive up to a maximum of one-half of the required individual practice days for the alternate season sport before a scheduled contest in that sport.

17.13.0 SQUAD - DEFINITION - A group of students playing together against another group of students is a squad. A student is considered a member of a squad when the student is included on a school's eligibility list for that sport.

17.13.1 A school may have only one varsity team in each sport.

17.13.2 A school may have as many subvarsity teams as allowed by its league.

17.14.0 AUTHORIZED CONTESTS

17.14.1 **HIGH SCHOOL** - Individuals or teams representing a member high school in an interscholastic athletic contest may compete only against teams or individuals from (a) another WIAA member high school; (b) Out-of-state schools which are members of state high school associations that belong to the National Federation; and (c) Alumni or teachers of that school.

17.14.2 **MIDDLE LEVEL** - Individuals or teams representing a member middle level school in an interscholastic athletic contest may compete only against teams or individuals from (a) another WIAA member middle level school; (b) Out-of-state middle level schools which are members of state high school associations that belong to the National Federation; and (c) Alumni or teachers of that school.

PHILOSOPHY OF CONTEST LIMITATION: *The limitation on the number of contests per day, per week, and per sport per season is predicated on the length of each sports season including state playoffs and as an effort to support local school district desires to promote health and safety, minimize loss of school time, travel and expenses.*

17.15.0 CONTEST LIMITATION - Any athletic practice or contest involving participants from at least two (2) different schools, or more than 50 percent of the number required for full participation in any sport by any non-interscholastic team, or any alumni team is considered a game, meet, match, or scrimmage and must count as a contest toward the maximum number of allowable contests for the team and individual in that sport.

17.15.1 WEEK – definition – A calendar week is 12:00 am Sunday through 11:59 pm Saturday.

17.15.2 Each contest must be credited to a squad.

17.15.3 Practice or scrimmage with another team or school during the regular or postseason must be counted as a contest.

17.15.4 Each individual and squad is limited to participating in only the maximum number of contests allowed for that sport.

17.15.5 When determining contest limitations, any league varsity contest will count as a contest for both schools' varsity teams.

DEFINITION OF VARSITY AND SUBVARSITY SQUADS:

- A. *In a team sport, a varsity squad is the group of individuals who represent a member school at the highest level of competition in a sport.*
- B. *A sub-varsity squad is defined as any level of play below the varsity level (junior varsity, c-team, freshman team, etc.) the membership of a sub-varsity team shall typically be composed of varsity substitutes and any other non-varsity players identified on the school's eligibility list.*

- 17.15.6 An overtime period is considered an extension of the final period of the contest.
- 17.15.7 **INCOMPLETE CONTEST** - Any contest called by the official(s) before it can be considered a regulation contest according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:
 - A. The contest shall continue from the point of suspension at a later time.
 - B. All conditions of that contest shall be the same (lineup, innings pitched, batting order, fouls, timeouts, etc.) of each team will remain exactly the same as when the contest was suspended.
- 17.15.8 **POSTSEASON QUALIFYING EVENTS** – Postseason contests are those events that are held after the regular season for the purpose of seeding individuals or teams into the next qualifying event or elimination events that qualify individuals or teams directly to the state tournament.
 - A. **A league championship event where neither individuals nor teams qualify for the postseason must count toward the regular season contest limit.**
 - B. Postseason qualifying events are not counted in the regular season contest limitation.
 - C. Following the conclusion of the regular season, individuals who have qualified for the next level of competition may practice with individuals from other schools only if the season contest limitation has not been exceeded. Each practice session is equal to one (1) contest.
- 17.16.0 **MEMBER SCHOOLS INVITATIONAL TOURNAMENTS AND MEETS** - Member schools may sponsor or participate in invitational tournament(s) or meet(s).
 - 17.16.1 **Tournament - defined - a series of contests where more than two (2) teams compete against each other on the same day or within a 24 hour period, whether or not there is an ultimate winner or prize. This includes elimination-style, consolation-style, and round-robin events where teams compete against more than one (1) competitor per day (regardless of the name of the event).**
 - 17.16.2 Each team is permitted to participate in invitational tournaments or jamborees as listed in that particular sport section.
 - 17.16.3 Each contest in an invitational tournament must be counted as one (1) seasonal contest toward the team and individual contest limitation, unless otherwise indicated in the specific sport section.
 - 17.16.4 The same rules governing the number of **contests** per day and other playing rules will be followed.
- 17.17.0 **MIDDLE LEVEL TOURNAMENTS and PLAYOFFS** - A middle level school program shall not permit playoffs after the conclusion of the regular season (maximum number of events allowed.) Culminating events may be allowed provided participants or teams do not exceed the maximum number of events or contests allowed in that sport.
- 17.18.0 **COMPETITION AGAINST NON-MEMBER SCHOOLS** - Requests to play/practice a non-member school must be submitted in writing to the WIAA Executive Director and approved prior to the event.
- 17.19.0 **CANCELED CONTEST** - When a scheduled contest is canceled, neither team is declared a winner or loser. Both teams may schedule a substitute contest.
- 17.20.0 **FORFEITED CONTEST** - When a scheduled contest is forfeited, the team granted the forfeit is declared the winning team and the team that caused the forfeit is declared the losing team. Only the team granted the forfeit is allowed to schedule a substitute contest.
- 17.21.0 **WAIVER OF CONTEST LIMITATIONS FOR POSTPONEMENTS** - The WIAA Executive Director shall have authority to develop criteria and procedures to grant a waiver of the number of contests per week or duration of time between contests provided written request of member schools includes the following:
 - 17.21.1 Specifies rescheduled dates, locations, and opponents.
 - 17.21.2 School board/Superintendent concurrence and approval of the request.
 - 17.21.3 If approval of the request impacts opponents, those schools must have school board and Superintendent approval of any schedule change not complying with rule.
 - 17.21.4 No other rule is waived for individual student or team.
 - 17.21.5 Under no circumstance shall the limitations and/or time elements for individual players specified in the WIAA adopted sports rule books (e.g. pitcher limitations, number of events in track, time between events, number of quarters per day, etc.) be waived.

- 17.22.0 EXTRA QUARTERS, MIDDLE LEVEL** - An additional recognized time period may be played following the regular contest for those players who were not starters and who played in less than one-half of the regular contest. Examples: A 5th quarter is allowable for non-starters and players who played in two (2) quarters or less of the regular basketball game. Two additional volleyball games are allowable for non-starters and players who played in two (2) games or less of the regular match.
- 17.23.0 EXTRA QUARTERS, HIGH SCHOOL LEVEL** - An additional time period may NOT be played following the regular contest at the high school level unless the squad consists of freshmen only.
- 17.24.0 RULES GOVERNING ATHLETIC COMPETITION** - The rules governing interscholastic athletics for each particular sport are listed in the section of this Handbook under that sport. Any exceptions to those rules appear in this Handbook under that sport.
- 17.24.1 In the event the NFHS rules conflict with any of the provisions of RCW Chapter 49.60, the affected student may file a notice of appeal pursuant to Article 19.
- 17.24.2 Each participating school shall follow the contest rules of the State Association of which it is a member, or rules which have been approved by that State Association for interstate competition.
- 17.24.3 No school which is a member of a NFHS member state high school association shall compete in any contest in any other state if the contest involves conditions that would violate the regulations or established policies of that state high school association.
- 17.24.4 Request for sanction of interstate competition must be completed by the host school online through the NFHS Website at nfhs.org.
- 17.24.5 Interstate competition occurs when either teams or individuals who represent their schools travel across state lines to participate in competitive sports events, including but not limited to such events as “shoot-outs,” “showcases,” “round-robin tournaments,” etc.
- 17.25.0 RULES GOVERNING NATIONAL AND INTERNATIONAL COMPETITION**
- 17.25.1 **The WIAA Executive Board will consider requests for teams of WIAA member schools invited to participate in national events. Specific criteria regarding team roster, number of allowed practices, etc. must be met.**
- 17.25.2 International competition must be approved by the Washington State Coaches Association, the WIAA, and the National Federation.
- 17.25.3 An additional contest against an international touring team is allowed once during any three (3) year period. Contests against schools from Canada and Mexico must be within the allowable contest number, since schools from Canada and Mexico are considered to be from bordering states.
- 17.26.0 UNIFORM REQUIREMENTS** - Uniforms worn by an individual or team representing a member school must comply with the adopted rule book requirements for the activity.
- 17.26.1 **WAIVER OF UNIFORM REQUIREMENTS** - The member school principal may approve exceptions to wearing of the adopted school uniform upon written request from parents (and student) provided the request is based on:
- A. The style of uniform is not in compliance with the student's religious beliefs,
- B. Personal modesty and/or physical appearance.
- 17.26.2 For granting exception(s) to the school adopted uniform, the uniform must comply with the following:
- A. Meet the WIAA adopted rulebook requirements of the sport.
- B. Be of the same color(s) of school adopted uniform worn by other players.
- C. An exception authorized for multiple participants shall be for the same style and color(s) for any given activity.
- D. A copy of the notification from the school principal or athletic director or designee should be given to the coach for informing game officials to avoid penalty.
- 17.26.3 **SPONSOR'S NAME OR LOGO ON SCHOOL UNIFORM OR EQUIPMENT**—A sponsor's name or logo is not permitted on any apparel or equipment approved by the school to be worn or used during the pre-contest warm-ups or during a contest.
- 17.26.4 **EXCEPTION FOR HAIR DEVICES** - For granting exceptions for hair devices due to religious or medical reasons, the head covering must comply with the following:
- A. The student-athlete is responsible to insure that the head covering is not abrasive, hard or dangerous to any other player and is attached in such a way that it is highly unlikely to come off during play.
- B. The head covering must be similar in color to the predominant color of the jersey, if possible. White, gray, black or beige is also acceptable.
- C. The uniform number(s) on the front and back of the jersey must also be visible at all times.

PHILOSOPHY OF JAMBOREES: *The purpose of a jamboree is to provide game-like conditions in a controlled setting so that special emphasis can be placed on safety and the preparation of every student athlete for regular season contests. Jamborees have also been developed to provide an opportunity for participants, coaches, and spectators to learn contest rules from officials.*

- 17.27.0** DEFINITION - An abbreviated interscholastic contest. Also refer to the specific sport rules regarding the definition of a jamboree.
- 17.27.1 A student must meet all eligibility rules in order to participate in a jamboree.
 - 17.27.2 A student may participate in a jamboree the day following eight (8) days of practice.
 - 17.27.3 The jamboree may count toward the minimum practice requirement.
 - 17.27.3 All jamborees are limited to one (1) day.
 - 17.27.4 Jamborees must be conducted within the first three (3) weeks of the fall and winter seasons and within the first four (4) weeks of the spring season. NOTE: The season begins on the first scheduled school practice day.
 - 17.27.5 Three (3) or more schools are involved and each school must play at least two (2) opponents.
 - A. If one (1) of the schools withdraws from the jamboree within four (4) days or less of the jamboree and a replacement school cannot be found, the hosting school may contact the WIAA staff to restructure the event.
 - B. The jamboree limit per school will continue to be in effect.
 - 17.27.6 Scores may be kept, but championship events are not allowed.
 - 17.27.7 Each squad and each player is limited to schedule and to participate in only one (1) jamboree.
- 17.28.0** **NUMBER OF MIDDLE LEVEL SQUADS** - Each middle level school may field one or more A or B squads of seventh, eighth or ninth grade teams in each sport. The limitation of contests applies to each squad and to each player.
- 17.29.0** **NUMBER OF HIGH SCHOOL SQUADS** - Each high school may field no more than one (1) Varsity squad per sport. The limitation of contests applies to each squad and to each player.
- If a school plans to have additional squad(s) in a sport, other than those indicated on the enrollment form, the school must notify the Association Executive Director in writing.
- 17.30.0** **REFUSING TO PLAY** - Individuals or teams are obligated to participate in a contest or athletic event to its normal conclusion unless the contest is terminated by mutual consent of the school officials involved due to unusual weather or game conditions, or situations which could be hazardous to participants or spectators. Any coach is prohibited from unilaterally refusing to play.

PHILOSOPHY OF CROWD MANAGEMENT: *Each WIAA member school is responsible for managing the student and adult spectators attending an event on behalf of that school. Member schools are expected to promote fairness, equity and safety during all contests. Standards of acceptable behavior at events must be developed and monitored at each event in which the school participates. Inappropriate behavior at an event will cause the school to follow the article regarding rule violations and penalties.*

- 17.31.0** **SUPERVISION OF TEAM/CONTEST** - During the sport season, all team/contestant activity (designated practice, turnouts, games, meets, playoffs) shall be under the supervision of a school approved supervisor.
- 17.32.0** **CROWD CONTROL RESPONSIBILITY** - Member schools are obligated to maintain proper crowd control at all interscholastic activities. The WIAA Executive Board shall have full authority to penalize any member school whose representatives or spectators may be adjudged, upon evidence presented, to have violated these obligations. The Association shall have no responsibility for crowd control or for the actions of school representatives.
- 17.33.0** **ALL STAR CONTESTS** - The WIAA will not sanction all-star contests.
- 17.34.0** **AUTHORITY OF DESIGNATED TEAM PHYSICIANS** - A school may designate a team physician or other designated medical authority to provide medical coverage/services for teams/participants from that school. When present at a contest involving a team/participant for which the physician is responsible, a team physician or designated medical authority shall have the following authority in addition to that normally associated with the practice of medicine and surgery:
- 17.34.1 To determine whether an injured participant for whom the designated medical authority has responsibility may continue in the contest. A coach, official, parent, another physician, or any other person may not overturn the designated medical authority's decision against further participation.
 - 17.34.2 To interrupt a contest if, in the designated medical authority's opinion, continuation would post a significant threat to the safety, health, or life of a competitor, due to an injury to a competitor. Authority to suspend or terminate a contest rests with the game management.
 - 17.34.3 To enter the field of competition as necessary to fulfill required responsibilities.
 - 17.34.4 To consult with designated tournament medical authorities of medical decisions affecting competitors for whom the physician has responsibility.
 - 17.34.5 To provide, when requested by an opposing team, medical coverage/services for that team in the absence of a team designated medical authority from that school.