

- 16.2.0 DIRECTORS MEMBERS OF FACULTY** - No school group or individual contestant shall be eligible to represent the school in a contest or meet unless the director/coach is at least a part-time employee of the school district in which he/she teaches and the holder of a valid certificate to teach in the state of Washington.
- 16.2.1 Special Certificates for Teachers - When regularly certified teachers are unavailable, school officials may apply to the State Board of Education for special certification for special certification for teachers of specialized subjects. The issuance of consultant special certifications is limited to (a) persons highly qualified and experienced in fields of knowledge taught in the common schools, (b) instructional functions other than regular teaching or (c) persons who are identified as possessing competencies in specified fields and who are assigned instructional responsibility for intramural/interscholastic activities which are part of the district-approved program. Such certificates are issued to individuals who are screened by local school district or educational service district superintendents using criteria approve by the State Board of Education and Superintendent of Public Instruction, The certificate is valid for two (2) years only for the activity specified [WAC 180-80-250(2)].
- 16.3.0 SUPERVISION OF GROUPS/CONTESTANTS** - During the activity, all groups/contestants shall be under the supervision of a school district staff member.
- 16.4.0 COMMUNICATION WITH WIAA** - The State Director to Thespians and the presidents of WATE and other appropriate professional organizations shall submit to the Executive Director a roster of state officers, state committee and district officers upon their election or selection to office.
- 16.5.0 WIAA COMMUNICATION WITH THEATRE/DRAMA ORGANIZATIONS** - The WATE and Thespian Executive Boards are advisory board to the WIAA Executive Board.
- 16.6.0 JUDGING** - Sponsors of theatre/drama events should refer to WIAA for suggestions for qualified judges.
- 16.6.1 WIAA may facilitate a clinic for adjudicators from the theatre community.
- 16.7.0 AWARDS** - A school may accept cash and/or any award for participating in a community activity.

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. AFFIRMATION OF ASSOCIATION GOALS 2.2.1, 2.2.4 AND 2.2.8. THEREFORE:*

- 17.1.0 SCHOOL YEAR** - The school year is defined as being the first day of turnouts for fall sports 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.
- 17.2.1 In the absence of a sport being offered by the middle level school, 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 and qualify for postseason qualifying events 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. These practices (including golf) may start no sooner than twenty (20) school days prior to round one of the state tournament. 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 total yearly 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. AFFIRMATION OF ASSOCIATION GOALS 2.2.2 AND 2.2.4. THEREFORE:*

17.5.0 OUT-OF-SEASON - DEFINITION – Out-of-season is that time during which paid or volunteer coaches can not 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 conclusion of the final day of the middle level spring league schedule, or the final spring school contest in the event the school is not a member of 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 shall be considered separate and distinct sports. In addition, interscholastic wrestling, freestyle wrestling, and Greco-Roman wrestling shall be considered separate and distinct sports.

17.5.2 School sponsorship or promotion of practice and/or participation in a given sport contest is restricted to the WIAA designated season for that sport. School wide posting or distributing of information pertaining to a specific event or activity and/or encouraging students to participate in the 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. 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 conduct practice only during the WIAA sport season.

17.5.6 Practice is defined as a regularly scheduled 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. A practice 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.

17.5.7 A coach may have one (1) organizational meeting with the incoming freshmen or sophomore at each middle or junior 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 and one (1) meeting with the squad prior to the opening day of practice to issue equipment and to explain to the participants such issues as insurance, physical examinations, season's plans, training regulations and any other pertinent information deemed necessary by the coach.

A. 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. Fundraising activities are subject to the approval and rules of the participating school districts and/or Association Student Body governments.

B. 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 (high schools and feeder schools 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.

- B. 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 is contracted 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 during the summer.
- C. During the out-of-season time period, a private high school coach may not coach middle level students who
- 1) Attend a designated feeder school owned and operated by the high school where the coach is contracted to coach; or
 - 2) In the case where no designated feeder school exists, reside in the public school district where the private high school is located.
- D. A coach may coach seniors who are past squad members after the season is over for one practice and one Washington State Coaches Association all-state game.
- 17.5.9 STUDENTS AS MANAGERS OF HIGH SCHOOL TEAMS
- A. A manager of a team is limited to preparing water/drinks 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.
- 17.5.10 SQUAD MEMBERS AS VOLUNTEER COACHES – High school players may serve as middle level assistant coaches/volunteers during the designated middle school season. These high school students must meet WIAA coaches standards minimum requirements as stipulated in Article 23.0.0.
- 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 be open to all students. 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 during class time.
- 17.7.0 YEAR ROUND CONDITIONING** - A member school may organize and supervise a year-around conditioning program to include weight training, running and exercising provided all of the following conditions are met:
- 17.7.1 Participation in year round conditioning cannot be a requirement or condition of participation on a school team;
 - 17.7.2 It is open to all students;
 - 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 off 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; 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 at any time during the school year or during the summer unless that participant's coach is a clinician/organizer of that camp or clinic.

17.9.1 A participant in a school sponsored sport cannot attend any camps or clinics in that sport after July 31 through the end of the school year if the participant's coach is a clinician/organizer of that camp or clinic.

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. AFFIRMATION OF ASSOCIATION GOALS 2.2.2 AND 2.2.3. THEREFORE:*

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 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
 - 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 an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a written release from a physician licensed to perform physical examinations as listed in 17.11.2 and/or a dentist as applicable.
- 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 in a given sport contest must be 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 regularly scheduled 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 For the purpose of meeting the pre-contest practice requirements, an athlete must participate in a majority of a designated practice time. An individual may meet pre-contest practice requirements only when practicing during regular team practices.
- 17.12.3 Practice shall be limited to each sports season as defined under each sport. Practices in one (1) sport can not be transferred toward the number of practices required in another sport.
- 17.12.4 A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season.
- 17.12.5 One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.
- 17.12.6 Practice days are considered to be Monday through Saturday.
- A. Sundays may not be counted toward meeting the minimum practice requirements.
- B. A nationally recognized holiday is an allowable practice day.
- 17.12.7 Practice on a game day shall not allow an athlete to become eligible for competition on that day.
- 17.12.8 Participation in pre-contest warm-up exercises shall not count as a required practice.
- 17.12.9 **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, excluding Sunday, will have no effect on the value of 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, excluding Sunday, 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 total number of days missed will be subtracted from the number of days previously practiced to determine compliance with pre-contest practice requirements. For example: If an athlete completed six (6) days of practice, and then did not practice for five (5) school scheduled practice days, only one (1) of the previous practice days could be counted toward meeting the minimum pre-contest requirement. If an athlete completed eight (8) days, and then missed five (5) days, only three (3) of the previous days could be counted toward meeting the minimum pre-contest practice requirements.
- C. Once the pre-contest practice requirements have been met, each school has the authority to establish minimum requirements regarding return to play.
- 17.12.10 **Waiver of Individual Practice Requirements**
- A. An individual who participates in any level of WIAA sanctioned sport post season sports playoffs and who cannot meet the minimum practice requirements for the succeeding sport 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 for each individual involved in the preceding playoffs are insufficient to meet the minimum requirement before a scheduled contest.
- B. An individual, who participated and qualified in the alternate (fall) season for a spring state championship and who also participates 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.

17.14.0 AUTHORIZED CONTESTS- 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 school; (b) Out-of-state schools which are members of state high school associations that belong to the National Federation; (c) College freshmen; and (d) Alumni 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.*

AFFIRMATION OF ASSOCIATION GOALS 2.2.1 AND 2.2.4. THEREFORE:

17.15.0 CONTEST LIMITATION - Any athletic practice or contest involving participants from at least two (2) different schools, any non-interscholastic teams, or any adult 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. Refer to "Practice Regulations."

- 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 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 a varsity contest:

- 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.

A pattern of attempting to circumvent rules, regulations and/or policies shall be subject to review and possible penalty to be imposed by the WIAA Executive Board.

- 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:
 - 17.15.7.1 The contest shall continue from the point of suspension at a later time.
 - 17.15.7.2 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 held after the regular season for the purpose of seeding individuals or teams into the next qualifying event or which qualify individuals or teams directly to the state tournament are not counted in the regular season contest limitation.
- 17.15.8 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).

- 17.16.0.1 Each team is permitted to participate in invitational tournaments or jamborees as listed in that particular sport section.
- 17.16.0.2 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.
- 17.16.0.3 The same rules governing the number of games per day and other playing rules will be followed.
- 17.16.0.4 Invitational tournaments shall be held on the premises of the sponsoring school or within the school district of the sponsoring school.

17.17.0 MIDDLE LEVEL TOURNAMENTS and PLAYOFFS - A middle level school program shall not permit play-offs 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 SUNDAY CONTESTS** - Participation on Sunday in any athletic contest or other WIAA sanctioned event cannot be expected or required of any school without prior permission and approval of each participating school's local school board, nor can any penalty or forfeiture be imposed for not participating on Sunday.
- 17.22.0 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:
- 17.22.0.1 Specifies rescheduled dates, locations, and opponents.
 - 17.22.0.2 School board/Superintendent concurrence and approval of the request.
 - 17.22.0.3 If approval of the request impacts opponents, those schools must have school board and Superintendent approval of any schedule change not complying with rule.
 - 17.22.0.4 No other rule is waived for individual student or team.
 - 17.22.0.5 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.
- 17.23.0 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.
- 17.24.0 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**.
- 17.25.0 RULES GOVERNING ATHLETIC CONTESTS - INTERSTATE 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.
- 17.25.1 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.
 - 17.25.2 Rules Governing Interstate and International Competition - WIAA being a member in good standing of the NFHS, accepts the rules of that organization, as now or hereinafter amended for all interstate (including Canada, Mexico, and International) contests.
 - 17.25.3 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.
 - 17.25.4 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.
 - 17.25.5 Request for Sanction – Only a member school of an NFHS member state association, or a school approved by such an association, or such an association itself, is eligible to request sanctioning through the NFHS Interstate Sanctioning Program.
 - 17.25.6 Interstate Competition – 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.
 - 17.25.7 Non-bordering State Sanction Requirement: No sanction is required from the NFHS office if all competing schools, regardless of the number of competing schools, are from states which border the host state. Each state association shall sanction through the NFHS office interstate competition by a member school involving either:
 - A. Eight (8) or more schools, at least one (1) of which is from a state that does not border the host state; or
 - B. Five (5) or more states, at least one (1) of which does not border the host state.
 NOTE: Alaska and Hawaii are considered to border Washington, in addition to Idaho and Oregon.

- 17.26.0 RULES GOVERNING ATHLETIC CONTESTS - INTERNATIONAL COMPETITION** - International competition must be approved by the Washington State Coaches Association, the WIAA, the National Federation, and the National Representative of the International Sports Federation involved. Application must be submitted to the WIAA office at least sixty (60) days in advance of the event.
- 17.26.1 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 Canada and Mexico are considered to be from bordering states.
- 17.27.0 UNIFORM REQUIREMENTS** - Uniforms worn by an individual or team representing a member school must comply with the adopted rule book requirements for the activity.
- 17.27.1 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.
- 17.27.2 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 should be given to the coach for informing game officials to avoid penalty.
- 17.27.3 **PLACEMENT OF EMBLEM ON SCHOOL UNIFORM OR EQUIPMENT** – Manufacturer's logos must meet NFHS specifications as outlined in the appropriate sport rule book. 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 precontest warm-ups or during a contest.

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.*

- 17.28.0 DEFINITION** - An abbreviated interscholastic contest. Also refer to the specific sport rules regarding the definition of a jamboree.
- 17.28.1 No student may participate in a jamboree unless all eligibility rules, including all pre-contest practice requirements, have been met.
- 17.28.2 All jamborees are limited to one (1) day.
- 17.28.3 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.
- 17.28.4 Three (3) or more schools are involved and each school must play at least two (2) opponents.
- 17.28.5 Scores may be kept, but championship events are not allowed.
- 17.28.6 Each squad and each player is limited to schedule and to participate in only one (1) jamboree.
- 17.29.0 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.
- 17.30.0 NUMBER OF HIGH SCHOOL SQUADS** - Each high school may field no more than one (1) Varsity and one (1) Junior Varsity squad per sport. The limitation of contests applies to each squad and to each player.
- 17.30.1 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.
- 17.31.0 REFUSING TO PLAY** - 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.
- 17.32.0 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 district staff member.
- 17.33.0 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.
- 17.33.1 The Association shall have no responsibility for crowd control or for the actions of school representatives.

17.34.0 FILMING OR VIDEO TAPING - Schools may film or video tape any game(s) to be shown at a later time. Arrangements to film or videotape must be made through the site manager, and/or be in compliance with WIAA policy. Viewing of videotapes for coaching purposes is permitted during the season at any time except during a contest or any intermission during a contest.

17.34.1 Leagues may develop policies and procedures RESTRICTING the exchange of film or videotape within their league.

17.34.2 Film or videotape may NOT be used for any commercial purposes other than customary news reporting without prior permission from involved schools. If the event is a post season contest, permission may be obtained from the WIAA.

17.34.3 Computer printout data may be viewed at half time provided such tabulation is limited to statistics of the game being played and was generated by the team's coaching staff. Any other game statistics must be accessible to all competing teams coaching staff.

17.35.0 ALL STAR CONTESTS - The WIAA will not sanction all-star contests.

17.36.0 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:

17.36.1 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.

17.36.2 To interrupt a contest if, in the designated medical authority's opinion, continuation would pose 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.

17.36.3 To enter the field of competition as necessary to fulfill required responsibilities.

17.36.4 To consult with designated tournament medical authorities of medical decisions affecting competitors for whom the physician has responsibility.

17.36.5 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.

17.37.0 EMERGENCY TREATMENT OF THE NON-PARTICIPANT - Contest managers should be prepared to respond to injuries that may occur to spectators or other attendees who are not actively involved in the contest, as well as to injuries involving the contest participants. As with any injury, the primary goal is to provide medical personnel with quick, easy access, and allow them to perform their job with as little outside interference as possible. In the event that an injury occurs to someone not actively involved in the contest, the following procedure should be followed.

17.37.1 Do not stop the contest. This will only focus attention on the injury and could hinder the ability of the medical personnel to respond quickly and perform their job.

17.37.2 Assign supervisors to assist in keeping the area accessible to medical personnel and free of unwanted onlookers.

17.37.3 Be aware of possible exits that are away from the high-traffic areas in case the injured party needs to be transported out of the building.

17.1.0 SCHOOL YEAR

1. When do the WIAA rules take effect?

The school year begins with the first day of the fall sports season and ends the first day following the spring sports tournaments.

17.2.0 IN SEASON

2. My team did not qualify for postseason playoffs. How long can we continue to practice as a team with our coach?

The season concludes with the final day of the state event for the classification your school participates in for that sport and in that classification (the 1B state basketball tournament, for example, ends two weeks earlier than the 2A and 3A state basketball tournaments while the 2B, 1A and 4A state basketball tournaments end one week earlier than the 2A and 3A state basketball tournaments). Even though the team did not qualify, your coach could continue to coach your team until the conclusion of the state tournament for that sport.

3. Our basketball team is planning to play in a summer basketball tournament on the Sunday after the spring tournaments. With the impending weather reports, the state softball tournament may be postponed until after that date. Will our coach violate the out-of-season rule if she coaches us on Sunday, even though the softball tournament may not be completed?

NO. Coaches can not be responsible for the spring tournament being postponed due to inclement weather.

17.3.0 ALTERNATE SEASON

4. When can a team that participates in the alternate fall season begin practice for the spring state tournament?

Whether or not the team qualified in the fall for a spring state tournament, the team is allowed to begin practice no sooner than twenty (20) school days prior to the first day of the state tournament.

5. I qualified in the fall district tournament for the state tennis tournament in the spring. Are there practice requirements and, if so, can any of my teammates hit balls with me during spring practice?

You are required to have ten (10) days of practice prior to the state tennis tournament. Any of your teammates, whether they qualified for the state tournament or not, could participate in the practices.

17.4.0 POSTSEASON CONTESTS

6. With the season limitation for baseball at twenty (20) games, if our team schedules and plays in only nineteen (19) games during the regular season, would we be allowed to play a game during the week between the regionals and the semifinals?

YES.

17.5.0 OUT-OF-SEASON DEFINITION

7. Our football team is planning a team camp in the second week in August, which we realize is during the out-of-season period for our football coach. The coach will not assist in organizing or coaching and, in fact, he will not attend. The school is not sponsoring the camp. Will it be OK for the students to participate?

YES. The out-of-season coaching rules do not prohibit students from participating in events at any time.

17.5.2 SCHOOL SPONSORSHIP

8. May a school hold a student benefit fund-raiser basketball game out-of-season that involves only seniors?

NO, school sponsorship or promotion or practice and/or participation is limited to the designated WIAA season for that sport.

9. **Is it permissible for a school to sponsor a spring vacation basketball tournament and invite other school teams?**
NO, this would be a violation for each school involved.
10. **Is it a violation when a school vehicle is used to transport students to a winter freestyle wrestling tournament?**
Only if the tournament occurs outside the designated WIAA wrestling season.
11. **An ASB pays the league entry fee for summer league competition. Is this a violation?**
NO.
12. **If a school does not have a junior high program in a sport, may the high school coach of that sport work with seventh and eighth graders?**
In the absence of a sport being offered at the middle level, the local school board could designate twelve (12) consecutive weeks within the high school season for a middle level season. The high school coach could then work with those middle school students during the concurrent seasons.
13. **If our school does not have a separate eighth grade program, could those eighth graders practice with the high school team?**
The school must designate a twelve-week season, even though not sponsoring a separate program. Although they would not be allowed to compete on behalf of the school (unless in a 1B school), the school then has the authority and responsibility to determine if eighth graders would be allowed to practice.

17.5.4 SCHOOL EQUIPMENT

14. **Can school uniforms or equipment be used by students participating in all star contests?**
School uniforms may be worn ONLY if the all star contests are sponsored by the Washington State Coaches Association.
NOTE: Use of school-issued football helmets and shoulder pads is contingent upon local school district policy.
15. **Since uniforms are considered to be the school-issued contest uniform, if a school surpluses old school uniforms, or if the student athletes purchase the old school uniforms, could they be worn during a community basketball tournament?**
YES.
16. **Could a school provide facilities, sport specific apparatus (such as batting cages, football sleds, nets, etc.), school equipment (such as football helmets and shoulder pads, balls, etc.) to be used during the summer?**
YES, contingent upon local school board approval.
17. **Could a school authorize school district vehicles to be used to transport individuals and/or teams to summer camps or clinics if approved by the local school board?**
YES, contingent upon local school board approval.
18. **Are schools authorized to provide insurance to cover summer programs?**
YES, contingent upon local school board approval.

17.5.5 A COACH

19. **At what point does an individual become a "coach" and at what point does the out-of-season rule apply to that new coach?**
A newly hired coach is considered a coach when a verbal/written agreement is made with the school district.
- 1) If the new baseball coach was hired by the school district after August 1 for that school year, then he/she may continue to coach through the school year up to and through the baseball season.
 - 2) If the new basketball coach was hired by the school district in April of 2010 for the 2010-11 school year, that coach must end involvement with current and/or potential athletes on July 31, 2010.

20. **Could a gymnastics coach be coaching in the same training facility with current and/or potential athletes if those athletes are being coached by someone else?**
YES, a coach may be in the same facility, as long as that coach is not coaching any current and/or potential athletes.
21. **We have a former NBA player now living in our community. Is it permissible to bring him in to assist in practices once in awhile?**
This person would be considered a volunteer coach and must be approved as a volunteer according to local school district policies. Volunteer coaches are subject to the out-of-season rules in the same manner as paid coaches.
22. **Are there any restrictions regarding alumni returning to the school during the winter break to assist with the wrestling program?**
Alumni assisting in any manner with a school sports program must be approved volunteers according to local school district policies.
23. **Could a middle level coach work with the high school team outside the middle level season?**
NO, not unless the person is hired by the school district to coach at both levels and then, only during the designated season for each level. The specific sports coaches are considered to be coaches of all student athletes within that school district.
24. **Since a coaching contract is typically four to five months in length, could a coach work with students outside the parameters of the coaching contract during the school year?**
NO, when a coach is hired to coach an interscholastic team, that coach has committed to following the WIAA school year.
25. **Could a coach be involved in coaching one of his/her athletes who has been nominated as a member of a regional or national team in that sport during the out-of-season time period?**
NO.
26. **Could a coach work with his/her student athletes at a club, YMCA, YWCA, college, etc., during the school year out of his/her sport season, if that position was his/her primary source of income?**
NO.
27. **May a coach take a player to a clinic for his/her sport during the school year?**
YES, during the sport season. NO, during the out-of-season time period.
28. **Could the high school basketball coach work with the middle school basketball team during the fall (which is the designated season for this middle level basketball league)?**
ONLY if the school district has a contract with this coach to coach at both levels. A high school coach could coach middle level players during the time period that the middle level season overlaps the high school season.
29. **Could a middle level softball coach hit balls with his/her daughter in the neighborhood park?**
YES, WIAA out-of-season rules do not prohibit immediate family obligations. However, if another member of the daughter's team participates, the out-of-season rules would be violated.
30. **Although not coaching the team, could a basketball coach take his/her players to a spring tournament?**
NO, the coach may provide, post or distribute information to his/her players regarding the spring tournament, but could not transport them to the site or be involved in coaching.
31. **May a high school coach, coach USAV junior high age teams?**
YES, if the coaching occurs outside the WIAA season and none of the USAV team members are potential members of the high school team. There is no such restriction if done during the time period the junior high and high school seasons overlap.
32. **May a high school coach serve as the head or assistant coach for an AAU basketball team comprised of high school players from different high schools?**
YES, only if the athletes are not from the coach's high school team or if the coaching takes place during the summer.
33. **Is it a violation for a coach or school designee to distribute information for clinics and camps prior to the last spring state tournament?**
NO, this is not a violation. The distribution of materials should be approved by school administrators and is permitted.

34. **The swim coach of our high school, who is employed to coach swimming only, also works for the community pool and serves students from the school in the following situations:
This individual coaches an AAU swim team during the summer. Violation?**
NO.

This individual coaches an AAU swim team during April. Violation?
YES.
35. **A coach receives a free trip if he/she solicits five participants for an interscholastic athletic trip. Is this permitted?**
This is a violation if it occurs during the school year and outside the designated season.
36. **During the summer, a school coach attends camp along with squad members who have remaining eligibility and, while at camp, instructs squads of students from that coach's school. Is this permitted?**
No violation.
37. **A coach organizes an after-school team of students for a summer league. Is this a violation?**
NO if done during the summer.
38. **Is it OK for a coach to organize students during the school year to attend summer "team" camp?**
YES, provided it is understood that participation is optional and not a requirement or prerequisite to turning out for the sport the following year.
39. **A coach organizes squad members to participate in a non-school activity out of the specified sport season during the school year. Is this a violation?**
YES.
40. **Could a track coach transport his/her students to an indoor track meet prior to the WIAA track season?**
NO.
41. **May the basketball coach of a school team coach one of the school's basketball players in an AAU league during the WIAA basketball season?**
YES.
42. **I have a softball coach traveling to Southern California in January with a club team. One of our girls made the team. Can he coach the team if he is in the stands when our girl plays, and our girl is in the stands when he coaches?**
NO.
43. **Could a basketball coach use some of his/her players to demonstrate a teaching skill to other coaches during a clinic?**
YES, provided the only contact with the team is to notify them of the time and date of the clinic, and the skills they will be asked to perform. During the clinic itself, the coach can merely introduce the players and the skill.
44. **Could a coach utilize some of his/her players to assist in conducting a clinic or camp for students in grades six or below?**
Not if during the out-of-season time period.

17.5.6 PRACTICE

45. **As the 2004 state championship coach, I have been asked to assist in the drafting of high school players for an all star spring basketball tournament? Is that OK?**
You may assist in evaluating and drafting players onto all star teams only if none of your players are involved. Analyzing players on their performance and ability is a primary function and a regular responsibility of a coach during a practice and is permissible only during the designated WIAA season.

17.5.7 MEETINGS AND FUNDRAISING

46. **Since a coach may have one preseason meeting with his/her squad, is it permissible for that meeting to take place at a University of Washington basketball game prior to the start of the WIAA basketball season?**
YES, since WIAA rules allow for one preseason meeting, each school has the authority to determine the date, time and place for that meeting.

47. **Our basketball coach would like to sponsor a three-on-three spring basketball tournament to raise money for our team to go to a summer team basketball camp. Would that be permissible?**
NO, fundraising activities can not be specific to the sport coached during the out-of-season time period.

17.5.8 SCHOOLS

48. **Which students are affected by the out-of-season coaching rules?**
“Current members or future squad members grades 7-12” applies to students in the school district in which the coach is hired to coach.
- 1) The school district for public schools is defined by public school boundaries.
 - a) 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 is hired to coach at both the high school and middle level) or during the summer.
 - i. 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.
 - b) If a school district has an open enrollment policy, then a high school coach may coach students only in the high school in which the coach is hired to coach during the designated high school season or during the summer.
 - 2) During the out-of-season time period, a private high school coach may not coach middle level students who
 - a) attend a designated feeder school owned and operated by the high school where the coach is hired to coach; or
 - b) in the case where no designated feeder school exists, reside in the public school district where the private high school is located.
49. **Are there any WIAA regulations governing the participation of a high school athlete between school sport turnouts or seasons?**
NO, students may participate in non-school programs as they choose. The WIAA out-of-season rules prohibit the involvement of school coaches except during the designated WIAA season or during the summer.
50. **Is it OK for a coach to work with seniors after they have finished their season?**
NO, seniors are considered to be current members of the squad until the end of the school year. Even though the seniors have completed their final year of that sport, they are still eligible to participate in any succeeding sports until the end of the school year.
51. **May high school players play on a USAV team if coached by their school coach?**
YES, current and/or prospective players may be coached by their school coach during the WIAA volleyball season, but not during the out-of-season time period.
52. **Is unsupervised use of school outdoor facilities for specific sport practice by several ‘team members’ in violation of out-of-season rules?**
This “practice” is a violation only if the school or coach organizes or promotes it. If school-owned equipment is not used and it is not during school time, it is permissible for students to practice together.
53. **May a softball coach of a school team coach a member of that school’s basketball team in an AAU league during the softball season?**
YES, as long as he/she is not under the direction of the school’s basketball coach.

17.5.9 TEAM MANAGERS

54. **Could a female swimmer serve as manager for the boys’ swim team?**
YES, as long as she is not receiving any coaching.
55. **Could an eighth grade boy serve as manager for the high school boys’ basketball team?**
YES, as long as no direct coaching is taking place.
NOTE: A manager is restricted to preparing water/drinks and providing supplies to the coach and/or players. Coaches would be violating the out-of-season coaching rules by including managers in any warm-up or practice drills in the same role as the athletes.

17.5.10 SQUAD MEMBERS AS VOLUNTEER COACHES

56. **Could a high school senior assist with the middle level basketball program in the fall?**
YES. High school students may serve as middle level volunteer assistant coaches during the designated middle school season when under the direct supervision of the middle level coach. These high school students must meet WIAA coaches standards minimum requirements to hold a valid First Aid Certification and a valid CPR card.

17.7.0 YEAR-ROUND CONDITIONING PROGRAM

57. **Could a football coach supervise the weight room in August?**
Schools may sponsor a year-round weight training and conditioning program that must be open to all students and can not include instruction in specific sport skills and/or drills. Each school has the authority to determine who will supervise the weight room.
58. **My school has advertised in the school bulletin that the weight room will be open for wrestlers beginning October 1st. Can students not interested in wrestling be denied access to the weight room?** The access to the weight room is considered to be part of a year-round conditioning program and must be open to all students within the school.
59. **Could a school district approved conditioning coach or supervisor test the participants in that summer program during the three-week period prior to the start of the fall sports season?**
YES, testing of participants is permissible as long as the testing is a normal portion of the conditioning program and the test does not include any activity that resembles a drill or specific function of any fall sport.
60. **Could a track coach run with his/her team during the winter for conditioning purposes?**
YES, running is considered as part of any conditioning program and this would be legal as long as no coaching is taking place, and the running is part of the year-round conditioning program.
61. **Could a cross country coach follow in a car behind his/her squad during the spring?**
YES, as long as no coaching takes place.

17.8.0 OPEN GYM

62. **Could a coach have an open gym time period for his/her sport during the noon hour or after school outside the regular sport season, during the school year?**
NO, schools may sponsor an open gym program, which is open and promoted to all students, with a range of activities available. No coaching is permitted. The gym supervisor must be approved by the school.
63. **A coach opens the gymnasium and supervises but does not direct drills for students. A variety of activities are available and the gym is open to all. Is this a violation?**
NO.
64. **The softball coach wants to set up the batting cage during the open gym time period each day. Is this legal?**
YES, as long as a number of sport opportunities are available for the interested students (batting cage, volleyball net and standards, basketball hoop, etc.). Coaches may not give instruction, but may provide general supervision.
65. **Is it legal for the basketball coach to be supervising the gym while the basketball team players are running drills or plays during open gym time?**
YES, as long as the players are not being coached.
66. **Is it legal for the volleyball coach to play with the students?**
YES, as long as no coaching is taking place.
67. **I play basketball at a 3A school. My coach has been asked to coach a non-school team in a tournament that is scheduled for the last weekend in February. Since our team did not qualify for the 3A state tournament, we are ok to play on his team right?**
YES. The season for 3A basketball ends on the Sunday following the conclusion of the 3A state basketball tournament, not following your final regular season contest.

68. **Is it legal for the basketball coach to supervise basketball intramurals?**
YES, provided the students form the teams themselves, and no coaching takes place. The coach can merely serve as a gym supervisor in that case.
69. **Our boys swim coach plans to apply for an open coaching position with the local swim club (not affiliated with the high school) in which one athlete from a school that coops with our school team is a member. Would it be a violation for this person to coach both programs?**
YES. This coach cannot be coaching ANY of the students in the school feeder system, grades 7-12, including all students attending the school of any cooperative program during the out-of-season time period.

17.10.0 SUMMER ACTIVITIES

70. **A local WIAA member high school has a summer football program. The middle school in the school district is not a member of the WIAA. Can the middle school students who will attend the high school during the next fall participate in the summer program?**
There is no WIAA rule to prohibit participation in the summer program as long as the last middle school sports event has been completed and the local school district allows summer participation for these students.
71. **May a high school baseball coach be actively involved in a summer baseball program before school is out, if the majority of the summer team roster is composed of that coach's high school team?**
YES, a coach may coach non-school teams and players during the season. However, requiring participation by student-athletes as a condition for playing on a school team would constitute a violation.
72. **Are students that participate in a school-sponsored summer program required to meet all WIAA eligibility requirements?**
WIAA rules and regulations do not govern summer programs, other than to define the time period for summer, and to allow school districts to sponsor programs. Local school districts have the authority to determine what programs will be sponsored by the school(s) within that district, and may add restrictions as deemed appropriate. The WIAA rules of eligibility do not apply, although local school districts could add that stipulation.

17.12.1 PRE-CONTEST PRACTICES

73. **One of our volleyball players will be on vacation with her family the day that volleyball practice starts. Since her dad is a club coach, could he run her through practice drills so she can count those days toward meeting the minimum pre-contest practice requirements?**
NO. Only the practices run by authorized school coaches may count toward meeting the minimum practice requirements.
74. **One of the wrestlers will return from basic military training one week into the wrestling season. Can basic training count towards the pre-contest practice requirements?**
NO. Only the practices run by authorized school coaches may count toward meeting the minimum practice requirements.
75. **One of the soccer players on our team has been training with the Olympic Development Program (ODP) in another state. Can those practices count towards the pre-contest practice requirements?**
NO. Only the practices run by authorized school coaches may count toward meeting the minimum practice requirements.
76. **Four of the football players will be showing their steers at the county fair in August and will miss three days of football practice. Could the coach run a practice for them on the fairgrounds?**
YES, contingent upon the school administration approving the site with the school coach running the same practice as that conducted at the school site.
77. **One of the boys on the basketball team broke his hand and has not been cleared by his physician to scrimmage with the team, although he has been cleared to run for conditioning. If he runs on the sidelines during a practice while the team is scrimmaging, can that count as a practice?**
NO. The player must be able to participate in all phases of the practice in order for it to count toward meeting the minimum practice requirements.

78. **One of the players on our volleyball team has a job that conflicts with after school practice. The coach also teaches an advanced PE class and is willing to run a special practice for her during the class. Will that allow for her to play in our first match?**
NO, participating in physical education classes does not constitute a practice.
79. **Due to a severely sprained ankle, one of our swimmers is unable to swim at this point. If she assists the coach with timing and other managerial duties, can those practice sessions count toward meeting the practice requirements?**
NO, she must participate fully in the practice sessions in order for them to count toward the minimum practice requirement.
80. **Instead of a practice on the field, our coach plans for the teams to watch game films and talk strategy to prepare for an upcoming game.**
For the purpose of meeting the pre-contest practice requirements, the practice must be a physical activity.
81. **One of the gymnasts on our team also participates in club gymnastics. She intends to practice for about 15 minutes at school, then continue the practice at the club where she competes. Is that legal?**
NO, students can not be given special treatment (late arrival, early dismissal, etc.) for non-school programs on a regular basis and can only count those practices conducted by the authorized school coach. (Also reference WIAA 18.19.2)
82. **After one of the volleyball players had participated in two practices, it was discovered that her physical was not valid. Do those two practices count toward meeting the minimum practice requirement?**
NO, a valid physical MUST be on file before a student may participate and count the practices.

17.12.2 SPORT SPECIFIC PRACTICE

83. **We had a student who turned out for baseball and practiced with the team for five days and then decided to participate in track instead. Can those baseball practices apply to track?**
NO. Practices in one sport can not be transferred toward the number of practices required in another sport.
84. **One of the girls on the basketball team was ill and unable to meet the ten minimum practice requirement before the first game. Since the girls teams will be away for their game, could she practice with the boys team to get in a valid practice?**
Provided the practice with the boys team was identical to the girls team practice, and the boys coach is also under contract by the school district to coach the girls team, the practice could count.

17.12.3 PRACTICE DURING WIAA SEASON ONLY

85. **Our coach is planning to sponsor an open gym for the basketball players in October as a preparation for the upcoming season. He has a written schedule for conditioning and plays to work on, and he will be there to assist as needed. Is that legal?**
NO, coaches may conduct practice ONLY during the WIAA sport season.

17.12.4 ONE DAY EQUALS ONE PRACTICE

86. **Due to an illness, one of our soccer players missed three practices. The coach is willing to run two practices in a day, one early in the morning, and one later in the afternoon, in order for this player to be eligible for the first game. Will that be acceptable?**
Each school has the authority to decide when, where, and how long practice sessions will be conducted. However, whether the student participates in one or two practices in a day, one day is equal to one practice for the purposes of meeting the minimum practice requirements.

17.12.5.A SUNDAY PRACTICE

87. **I need only one more practice to be eligible for our first soccer game, and my coach is willing to have a special practice on Sunday.**
While WIAA rules do not prohibit a Sunday practice, Sundays may not be counted toward meeting the minimum practice requirements.

17.12.5.B NATIONAL HOLIDAY PRACTICE

88. **Our family generally travels out of state on Thanksgiving to spend time with relatives, but my gymnastics coach has scheduled practice on Thursday, Friday and Saturday of that holiday weekend. Can he do that?**
Each school has the authority to decide when, where, and how long practice sessions will be conducted. A nationally recognized holiday is an allowable practice day.

17.12.6 GAME DAY PRACTICE

89. **One of our basketball players needs only one more practice in order to play in our first game tomorrow night. If the coach runs a special practice tomorrow morning would he be eligible to play?**
NO, while the coach could schedule a practice, providing it is a full practice, it could count toward the minimum practice requirement, but practice on a game day does not allow an athlete to become eligible for competition on that day.

17.12.7 PRE-CONTEST WARM-UPS

90. **One of the soccer players on our team needs only one practice to play in our first game this afternoon. If the coach extends the pre-game warm-up to a full practice, could she play in the game?**
NO, participation in pre-contest warm-up exercises can not count as a practice and practice on a game day does not allow an athlete to become eligible for competition on that day.

17.10.8 INTERRUPTION OF PRE-CONTEST PRACTICE

91. **After participating in five days of practice, one of the baseball players was in a car accident and unable to practice for two weeks. Now that he has a doctor's clearance to participate, does he need only the five remaining practices before being eligible to play in a game?**
NO, he will need the full ten practices before he will be eligible to play. Beginning with the fourth consecutive scheduled practice day that he missed, the number of days missed is subtracted from the number of days practiced.
92. **One of our softball players participated in twelve practices, then became ill and missed the next eight practices. How many practices is she required to participate in before she is eligible to play?**
That decision is left to the local school administration, the coach, the parents, and her physician. Once the pre-contest practice requirements have been met, the school will make the determination on the minimum requirements regarding return to play.

17.12.9 WAIVER OF PRACTICE REQUIREMENTS

93. **Because I played in the pep band during the state basketball tournament, I missed the first four softball practices. I know the basketball players need only five (of the ten) pre-contest practices in order to be eligible for our first game, but I was told I have to participate in the full ten practices. Is that right?**
YES. Only athletes competing in any level of WIAA sanctioned postseason playoffs are allowed up waive up to one-half of the minimum pre-contest practice requirements. Band, cheer or dance/drill participants who perform at a sport state championship event must complete all precontest practices in the succeeding sports season before competing in a contest.
94. **Several of the football players on our team also play basketball. Since they won the football state championship, we plan to give them the next week to rest before beginning basketball practices since they will need to practice only five days before our first basketball game.**
The provision to waive up to one-half of the practice requirements is available ONLY if the players are unable to meet the practice requirement. If practices are scheduled, they should be expected to participate and are not allowed to waive that practice.
95. **My doubles partner and I qualified for the state tennis tournament in the fall since our school participates in an alternate season program. We both played baseball in the spring, so could we waive half of the required spring practices in the alternate sport?**
YES. Since the doubles team qualified in the fall (alternate) season and each member is also participating in a spring sport, up to one-half of the required number of practices may be waived.

96. **Could the son of one of the football coaches practice with his dad's team even though the son attends a different high school in a multi-high school district? The son's team did not make the playoffs so his team's season is over, but he wants to continue to practice.**
NO, only students who are members of the school may practice with the team.
97. **Our middle school provides a four-sport season for students with ninth graders competing at the high school level in sports not offered at the middle school. The middle level sports season are somewhat different than the three high school sports seasons. If a ninth grader completes a middle level season then plays at the high school level in a different sport, is that student required to complete all of the precontest practices or would that student be allowed to waive up to half of those practices due to competing in another sport?**
The only waiver of the precontest practices is for students participating in a sport state championship event.
98. **I played tennis during the alternate fall tennis season and qualified for the spring state tennis championships. I have been playing baseball during the spring season. Can I waive any of the precontest practices for tennis?**
Yes, up to five (5) tennis practices may be waived since you have been participating in a spring sport.

17.11.0 PHYSICAL EXAMINATION

99. **A family friend is a Doctor of Chiropractics and has agreed to provide athletic physical exams for our family. Will this physical exam be accepted for interscholastic participation?**
NO, only those licensed to perform physical examinations are able to provide physical exams for athletic participation. Those licensed to perform physical examinations include MD, Doctor of Osteopathy DO, Certified Registered Nurse (ARNP), Physicians Assistant (PR), and naturopathic physicians.
100. **I had a physical exam in April for spring sports. For how long is my physical good?**
Physical exams are good for 24 months.
101. **I was injured for the early part of the basketball season, but have finally been cleared by a chiropractor to resume athletic participation. Is the medical release from a chiropractor acceptable?**
NO, the written release to resume participation must come from a physician licensed to perform physical examinations as outlined in WIAA rule 17.11.0
102. **Can a student get a waiver of the Physical Exam requirement for religious reasons?**
NO, the physical exam requirement is a health and safety requirement for all students who choose to participate in athletics at a member school. (17.11.0)

17.15.2 COUNTING CONTESTS

103. **If a junior varsity team plays a varsity team, how does that game count?**
It counts as a JV contests for the JV team, and as a varsity game for the varsity team.