

- 30.2.5 **Appeal Hearings:** The League/District/District Directors' Appeals Board/WIAA Executive Board shall hear all appeals brought under the provisions of these rules. The president of the League/District/District Directors' Appeals Board/WIAA Executive Board may appoint a hearing officer to preside over the hearing or may act as the hearing officer. The hearing officer may, at the beginning of the hearing, ask for statements clarifying the issues involved or upon which factual matters the appealing party will stipulate and agree to. The fact-finder shall make available written copies of any fact finding and may give testimony relative thereto. The appealing party shall present its defense and proofs. The parties may offer such evidence, including testimony of witnesses, as they desire and which is relative to the proceedings. Each party shall have the right to question, for clarification, witnesses of the adverse party. All parties shall be afforded the opportunity to examine all documents introduced.
- During the hearing, the rights of the hearing body shall be, but shall not be limited to: Limit testimony to the appeal or reconsideration topic, question witnesses and/or testimony for clarity and understanding, hear from witnesses of their choosing, and instruct witnesses of their rights.
- Witnesses shall have the right, but shall not be limited to: Elect to present testimony free from interruption and/or questioning during prepared testimony, respond to rebuttal of their testimony, and present written statements as testimony.
- 30.2.6 **Hearing in Absence of Member:** The hearing may proceed in the absence of any party who, after it is shown has received due notice thereof, fails to be present or fails to request an adjournment. Adjournment may be considered by the hearing officer upon the request of a party or upon the initiative of the hearing officer. However, a decision shall not be made solely upon the default of a party, but shall be based upon the evidence in the matter before the hearing body.
- 30.2.7 **Closing of Hearing:** The Hearing officer shall specifically inquire of all parties whether they have further evidence. Upon receiving negative replies, the hearing officer shall declare the hearing closed.
- 30.2.8 **Decision of the Hearing Body:** The decision of the hearing body shall be deliberated during closed sessions and shall be made within seven (7) school business days of the closing of the hearing. The decision shall be in writing, signed by the hearing officer and shall state the findings and conclusions. It shall be mailed to the appealing party by certified mail, return receipt requested. All decisions of the hearing body shall be final and non-appealable except as provided by these rules.
- 30.2.9 **Reconsideration:** Notice of a request for reconsideration of a decision by the League/District/District Directors' Appeals Board/WIAA Executive Board shall be submitted in writing to the League/District/District Director's Appeals Board/WIAA Executive Board within ten (10) school business days of receipt of the decision provided such request is based upon new information not previously or reasonably available at the time of the hearing/decision and/or misapplication of the School Due Process Procedures. Upon receipt of notice, the League/District/WIAA Executive Board shall within thirty (30) school business days respond to the request and/or schedule a reconsideration hearing.

31.0.0 SPECIFIC SPORT RULES AND REGULATIONS

- 31.1.0 CONTEST RULES** - Except when otherwise indicated, the contest rules developed by the National Federation of State High School Associations (NFHS) shall apply.
- 31.2.0 Playing periods may be shortened if mutually agreed upon or in any emergency, by agreement of coaches or ordered by the referee, provided it is determined to shorten the playing periods before the contest or before the final period.**

32.0.0 BASEBALL

32.1.0 SENIOR HIGH SCHOOL BASEBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	10	April 8	20 + Jamboree	May 25
2024-25	March 3	10	April 7	20 + Jamboree	May 31

- 32.2.0 JAMBOREE** - A baseball jamboree is an abbreviated contest during which no more than six (6) innings per team and/or six (6) innings per player may be played. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 32.3.0 INVITATIONAL TOURNAMENTS** - Each game played in an invitational tournament must count toward the team and individual participant contest limitation.
- 32.4.0 PLAYER LIMITATION** - Starting a contest shall count as one of the twenty (20) contests allowed for an individual. Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the twenty (20) individual season contest limit.
- 32.5.0** An additional contest is allowed annually for an approved WIAA Foundation Game.
- 32.6.0 PITCHER LIMITATION**

- 32.6.1** The pitching limitation rule applies during all regular season and postseason games, as well as to tied, suspended, discontinued or protested games.
- 32.6.2** The pitching limitation rule is based upon the number of pitches thrown during a calendar day with a maximum of 105 pitches in a calendar day. At the beginning of the at bat, if the pitch count is less than 105, a pitcher will be allowed to finish the at bat.
- 32.6.3** High school pitching limitation
- | # PITCHES | REQUIRED REST |
|-----------|-----------------|
| 76 - 105 | 3 calendar days |
| 51 - 75 | 2 calendar days |
| 31 - 50 | 1 calendar day |
| 1 - 30 | 0 days |
- 32.6.4** Counting pitches
- Every legal or illegal pitch thrown from the pitching mound to a batter will count toward the pitching limitation.
 - The home scorebook will be official recording for pitch counts unless otherwise designated by the schools, league, WIAA district, or the WIAA state office.
 - Violations of the pitch count rule are considered in the same manner as a school using an ineligible player. Unless finishing the at bat, the pitcher becomes ineligible to pitch after the maximum daily limit is reached.
- 32.7.0** **CALLED CONTEST** - When a non-league or league contest is called by the umpire before the contest can be considered a regulation game according to NFHS rules, and the league has no rule pertaining to the situation, the contest may be continued or replayed.
- The pitcher limitation rule shall apply.
- 32.8.0** **SUSPENDED CONTEST** - In State tournament play (regionals, semi-finals, and finals), any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:
- 32.8.1** The contest shall continue from the point of suspension.
- 32.8.2** The lineup and batting order of each team will remain exactly the same as when the contest was suspended. The pitch count is a daily limit and must meet the limitation above.
- 32.9.0** **GAME ENDING PROCEDURES** - NFHS Rule 4-2-2, in which the game shall end when the losing team is behind ten (10) or more runs and has had at least five (5) turns at bat, applies during all regular season and postseason games.
- 32.10.0** **SPEED UP RULE** - By WIAA Executive Board approval, local leagues may adopt speed up rules for league play. Speed up rules may be used during all state qualifying contests.
- 32.11.0** **NFHS RULE EXCEPTION - EXTRA HITTER** - A subvarsity baseball team will be allowed to add an extra hitter (EH) to its lineup.

32.11.0 **COACH EJECTION** - Whenever a baseball coach is ejected, a two-part plan that is meant to reduce the number of baseball coach ejections must be completed, which requires an ejected coach to complete the NFHS "Teaching and Modeling Behavior" online course and develop a plan to reduce ejections overall with their athletic director, principal, and superintendent/designee before the coach may be allowed to return to coach.

There is a fee for the course which can be found at <https://nfhslearn.com/courses/teaching-and-modeling-behavior> as well as a link on the WIAA baseball page under "helpful links". The certificate of completion and the plan to reduce ejections must be received by Cindy Adsit cadsit@waaa.com, before the coach may be allowed to return to coach

32.61.0 MIDDLE LEVEL SCHOOL BASEBALL

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

- 32.62.0** **SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.
- 32.63.0** **JAMBOREE** - A baseball jamboree is an abbreviated contest during which not more than six (6) innings per team and/or six (6) innings per player may be played. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.
- 32.64.0** **PLAYER LIMITATION** - A player shall participate in no more than three (3) baseball contests per week.

- 32.64.1 Extra Innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who played in two (2) innings or less of the regular contest. Up to four (4) extra innings may be played.
- 32.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the ten (10) individual season contest limit.

32.65.0 PITCHER LIMITATION

- 32.65.1 The pitching limitation rule applies during all regular season games, as well as to tied, suspended, discontinued or protested games.
- 32.65.2 The pitching limitation rule is based upon the number of pitches thrown during a calendar day with a maximum of 80 pitches in a calendar day. At the beginning of the at bat, if the pitch count is less than 80, a pitcher will be allowed to finish the at bat.
- 32.65.3 Middle level pitching limitation
- | # PITCHES | REQUIRED REST |
|-----------|-----------------|
| 61 - 80 | 3 calendar days |
| 41 - 60 | 2 calendar days |
| 21 - 40 | 1 calendar day |
| 1 - 20 | 0 days |
- 32.65.4 Counting pitches
- Every legal or illegal pitch thrown from the pitching mound to a batter will count toward the pitching limitation.
 - The home scorebook will be official recording for pitch counts unless otherwise designated by the schools or league.
 - Violations of the pitch count rule are considered in the same manner as a school using an ineligible player. Unless finishing the at bat, the pitcher becomes ineligible to pitch when the maximum daily limit is reached.

32.66.0 CALLED CONTEST – Refer to high school baseball.

32.67.0 NFHS RULE EXCEPTIONS

- 32.67.1 BAT SPECIFICATIONS – Any bat with a BBCOR, USA or USSSA certification mark is legal at the middle level.
- 32.67.2 EXTRA HITTER - A middle level baseball team will be allowed to add an extra hitter (EH) to its lineup.
- 32.67.3 Middle level leagues may utilize 80-foot base paths and a 54-foot distance from the front edge of the pitching rubber to the front point of home plate.

33.0.0 BOYS and GIRLS BASKETBALL

33.1.0 SENIOR HIGH SCHOOL BASKETBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	November 13	10	January 1	20 + Jamboree	March 2
2024-25	November 18	10	January 6	20 + Jamboree	March 8

33.2.0 JAMBOREE - A basketball jamboree is an abbreviated contest of a maximum of twenty (20) minutes. Each player and each squad is limited to one (1) jamboree consisting of a maximum of twenty (20) minutes. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

- 33.3.1 Each interscholastic contest played must be credited as a contest to a definite squad.
- 33.3.2 Players may participate in a maximum of 80 quarters during the regular season.
- 33.3.3 Any appearance in a quarter, regardless of the length of time played, shall be considered as one (1) quarter. This is interpreted as meaning when a player is beckoned onto the floor and the ball becomes alive, that the player has participated in one (1) quarter.
- 33.3.4 An additional contest is allowed annually for an approved WIAA Foundation Game.
- Quarters played during an approved WIAA Foundation Game do not count against the quarterly season limitation.
- 33.3.5 An additional contest against an international touring team is allowed once every three (3) years according to the criteria outlined in International Sanction Procedures.

- A. Quarters played during an additional contest against an International touring team do not count against the quarterly season limitation.
- 33.3.6 Each 1A, 2A, 3A or 4A varsity squad is allowed to schedule and to participate in only one (1) contest per day.
- A. Players in a 1A, 2A, 3A or 4A school may participate in a maximum of five (5) quarters in one (1) day.
- 33.3.7 Each 1B or 2B varsity squad is allowed to schedule and to participate in two (2) contests in one (1) day, on eight (8) different occasions, provided there is a minimum of 45 minutes rest between contests and at least two (2) other schools are involved.
- A. Players in a 1B or 2B school may participate in a maximum of eight (8) quarters in one (1) day except when playing one (1) opponent, then they are limited to five (5) quarters in a day.
- 33.3.8 Each subvarsity squad from any classification is allowed to schedule and to participate in two (2) contests in one (1) day, on eight (8) different occasions, provided there is a minimum of 45 minutes rest between contests and at least two (2) other schools are involved.
- 33.3.9 Postseason games do not count against the game or quarterly season limitation.
- 33.3.10 FIFTH (5th) QUARTER - A fifth (5th) quarter may be played only by freshmen basketball squads following the regular contest. The 5th quarter is for players who were not starters and who played in three (3) quarters or less of the regular contest.

33.4.0 ADDITIONAL RULE ADOPTIONS

- 33.5.1 **NFHS Basketball Rule 5-5-3**, utilizing a 40-point differential, will apply for all regular season and postseason contests. Beginning in the second half, if the point differential reaches 40 points or more, the game clock shall run continuously for the remainder of the contest, regardless of the score after that point, except for an official's time-out, a charged time-out, time between quarters, or the administration of free throws.
- 33.5.2 **NFHS Basketball Rule 10-4-j**, Team must go directly to their designated half court for warming up and are restricted to warming up only on their designated half court before the game and at half time. If a team runs around the court or on the opposing team's baseline (whether the opposing team is on the court or not) or through the opposing team's warm-up drills, an indirect technical for unsportsmanlike conduct will be issued to the head coach and the coach will lost the ability to stand and coach during the game.
- 33.5.3 **A single flagrant foul or two (2) technical fouls assessed to a player during a basketball game is/are considered to be an ejection. A single flagrant foul, the second direct technical foul or the third technical (any combination of direct or indirect) charged to the head coach results in disqualification and ejection.**
- 33.5.4 **SHOT CLOCK OPERATIONS** can be found on the WIAA Website at www.wiaa.com.
- A. Simplified shot clock rule modifications.
1. A 30-second clock shot shall be utilized
 2. The mid-court division line (over and back) shall be utilized.
 3. The 10-second backcourt count shall be in effect.
 4. Closely guarded violations occur when:
 - a. A team in its front court controls the balls for five (5) seconds in an area enclosed by screening teammates.
 - b. A closely guarded player anywhere in the front court holds or dribbles the ball for five (5) seconds. This count shall be terminated during an interrupted dribble.

33.61.0 MIDDLE LEVEL SCHOOL BASKETBALL

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

- 33.62.0 **SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.
- 33.63.0 **JAMBOREE** - A basketball jamboree is an abbreviated contest during which a squad may play no more than 20 minutes. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.
- 33.64.0 **SQUAD AND CONTEST LIMITATIONS** - Each interscholastic contest played must be credited as a contest to a definite squad.

- 33.64.1 Middle level basketball players may play in two (2) contests, a total of up to eight (8) quarters, in one (1) day, on four (4) different occasions, provided there is a minimum of 45 minutes rest between contests and at least two (2) other schools are involved.
Athletes would still be limited to 40 quarters in a season.
- 33.64.2 There shall not be more than three (3) contests per week per squad.
- 33.65.0 PLAYER LIMITATION** - The ten (10) contest limitation equates to a maximum of 40 quarters per season; the 12 contest limitation equates to a maximum of 48 quarters per season.
- 33.65.1 Seventh (7th) and eighth (8th) grade teams are allowed to play in quarters up to eight (8) minutes in length **utilizing a stop clock or in quarters of up to ten (10) minutes in length using a running clock.**
- 33.65.2 Seventh (7th) and eighth (8th) graders may participate in a maximum of four (4) quarters in a day except as in 33.64.1.
- 33.65.3 Any appearance in a quarter, regardless of the length of time played, is to be considered as one (1) quarter.
- 33.65.4 Four (4) quarters played against the same squad is one (1) contest.
- 33.65.5 Four (4) quarters played against the same school, same day, different squads (i.e., varsity and junior varsity squads) is one (1) contest.
- 33.65.6 Four (4) quarters played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, junior varsity on Thursday) is one (1) contest.
- 33.65.7 A total of four (4) quarters played against two (2) different schools, same day, and different squads is one (1) contest.
- 33.65.8 One (1) or more quarters played against two (2) different schools, different days during the same week, different squads would be two (2) contests.
- 33.65.9 Fifth (5th) Quarter: A fifth (5th) quarter may be played following the regular contest. The 5th quarter is for players who were not starters and played in two (2) quarters or less of the regular contest.
- 33.66.0 RULEBOOK** - The NFHS rules modifications at the high school level apply.
- 33.66.1 Middle level leagues have the option to utilize all high school shot clock rules or only the 10-second backcourt possession rule.
- 33.66.2 When playing four (4) quarters of ten (10) minutes of running clock, the following additional rules will be in effect:**
- A. The clock will continue to run except the last two (2) minutes of the second quarter or the fourth quarter unless one (1) team is up by 30 or more points.**
 - B. During the last two (2) minutes, the clock will stop only for free-throws, time-outs (called either by one (1) of the teams or by the official), or injuries.**
 - C. Half time will be five (5) minutes.**
 - D. During each four (4) minute overtime period, the clock will continue to run the first two (2) minutes and will stop during the last two (2) minutes.**

34.0.0 GIRLS BOWLING

34.1.0 SENIOR HIGH SCHOOL GIRLS BOWLING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	October 30	0	December 4	18 + Jamboree	February 3
2024-25	November 4	0	December 9	18 + Jamboree	February 8

- 34.2.0 JAMBOREE** – A bowling jamboree is an abbreviated match of two (2) games. All general jamboree rules also apply. Please refer to general jamboree rules.
- 34.3.0 TEAM - DEFINITION** – Five (5) players make up a bowling team. The team roster may include up to seven (7) players.
- 34.4.0 MATCH – DEFINITION** – A match consists of three (3) games.
- 34.4.1 Five (5) Baker Games is the same as one (1) regular game.
- 34.4.2 **MATCH SCORE** – Match scores may be determined by one (1) of the two (2) following methods:
- A. The total pin count of the five (5) players may be added together to create one (1) composite scratch score.
 - B. Each game in a match may be considered separately, with the game scores then added together to create a match score.
- 34.5.0 SEASON LIMITATION** – Eighteen (18) regular season matches are allowed, one (1) of which may be a one (1)-day invitational tournament in which a team may play three (3), three (3)-game matches.

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

35.0.0 CHEERLEADING AS A SPORT

35.1.0 SENIOR HIGH SCHOOL CHEERLEADING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	October 30	10	December 4	10	February 3
2024-25	November 4	10	December 9	10	February 8

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

35.2.0 MAXIMUM FEE FOR REGULAR SEASON COMPETITIONS - **\$100.00 per routine** is the maximum amount that host schools can charge for regular season competitions.

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

35.3.1 NFHS Spirit Rule 2-1-5 Addition: Members of a cheer squad involved in stunting, including bases, fliers and spotters, shall wear their hair away from the face and off the shoulders.

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

36.0.0 BOYS and GIRLS CROSS COUNTRY

36.1.0 SENIOR HIGH SCHOOL CROSS COUNTRY

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	August 21	10	September 18	10 + Jamboree	November 4
2024-25	August 26	10	September 23	10 + Jamboree	November 9

36.2.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to 2 miles. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

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

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

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

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

36.61.0 MIDDLE LEVEL SCHOOL CROSS COUNTRY

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

36.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

36.63.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to one (1) mile. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

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

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

37.0.0 DANCE/DRILL AS A SPORT

37.1.0 SENIOR HIGH SCHOOL DANCE/DRILL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	November 13	10	January 8	10	March 23
2024-25	November 18	10	January 13	10	March 29

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

- 37.1.0 MAXIMUM FEE FOR REGULAR SEASON COMPETITIONS** - \$100.00 per routine is the maximum amount that host schools can charge for regular season competitions.

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

38.0.0 FOOTBALL

38.1.0 Definition of levels of contact:

- 38.1.1 Thud – Drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
- 38.1.2 Live Action – Drill is run in game-like conditions and players may be taken to the ground.

38.2.0 SENIOR HIGH SUMMER FOOTBALL

Year	First Practice	Minimum Practice Days Per Individual Before Contact	Summer Coaching Limit	End Summer
2023-24	May 26	3	No limit	July 31
2024-25	June 1	3	No limit	July 31

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

- 38.2.1 Contact is not allowed during the first three (3) days of practice for each individual player. Should a player begin turnouts any time after the first day of summer practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is "contact" until all required safety pads are worn.
- 38.2.2 A maximum of ten (10) practices with full pads and full contact practices are allowed regardless of the number of coaches and/or players involved in any given practice.
- A. Contact may be allowed only during one (1) of the two-a-day workouts.
- 38.2.3 After **five (5)** full pad/contact practices, teams would be allowed to scrimmage other schools or participate in full contact team camp contests.
- 38.2.4 The athletic director at each school is required to maintain the summer practice schedule.

38.3.0 SENIOR HIGH SCHOOL FOOTBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	August 16	12	October 2	10 + Jamboree	December 2
2024-25	August 21	12	October 7	10 + Jamboree	December 7

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

- 38.3.1 Contact is not allowed during the first three (3) days of practice for each individual player. Should a player begin turnouts any time after the first official day of practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is "contact" until all required safety pads are worn.
- 38.3.2 Schools may schedule a maximum of five (5) two-a day workouts per individual participant. Each two-a-day workout shall count as only one (1) practice day.

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

38.4.0 JAMBOREE

- 38.4.1 A jamboree could be held after eight (8) practices have been completed.
- 38.4.2 An individual is limited to participation in a maximum of forty (40) snaps.
- 38.4.3 For the purposes of the player limitation, participating in two (2) to twenty (20) snaps shall be the same as participating in one (1) quarter of a regular game; twenty-one (21) to forty (40) snaps shall be the same as participating in two (2) quarters of a regular game.
- NOTE: This situation would occur only when a jamboree is held within three (3) days of a regular game.
- 38.4.4 Competition shall be limited to eleven-on-eleven for member schools that participate in eleven-man football and shall be limited to eight-on-eight for member schools that participate in eight-man football.
- 38.4.5 The following scrimmage concepts apply:
- A. All NFHS contest rules shall apply with the following exceptions:
 1. No score will be kept.
 2. There will be no kickoffs or punt returns.
 3. A coach shall be on the field with the team.
 - B. Registered officials will officiate the event and shall be given the opportunity to present information about contest rules to coaches, participants and spectators.
- 38.4.6 All eligible squad members shall have an opportunity to play in the jamboree. Teams shall be scheduled for scrimmage by ability squads, e.g., first team vs. first team, second team vs. second team.

- 38.5.0 **PLAYER LIMITATION** – A football participant shall be eligible to compete in up to four (4) quarters of play during any two-day period of the football season and a maximum of eight (8) quarters during any week as defined in the WIAA handbook. Example: A player may play four (4) quarters in a contest on Saturday, and again on Monday, regardless of the starting time of either contest.

- 38.5.1 A player may play in up to forty (40) quarters of play during a season, exclusive of a jamboree.
- 38.5.2 Subvarsity players may play in up to fifty (50) quarters during a football season.
- 38.5.3 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.
- 38.5.4 **FIFTH (5th) QUARTER** - A fifth (5th) quarter may be played by subvarsity football squads following the **subvarsity** contest. The fifth (5th) quarter is for players who were not starters and played in three (3) quarters or less of the regular contest.
- 38.5.5 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.

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

- 38.6.1 The '1B' schools will be granted a WIAA sponsored state championship played in conjunction with the football championships regardless of the number of teams participating in the state.
- 38.6.2 Eight-person football teams shall play on a full size regulation field.

- 38.7.0 **SIX-PERSON FOOTBALL** – Only schools in the 1B classification will be permitted to participate in six-person football. A maximum of 16 players will be allowed to suit up during a contest.

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

- 38.8.1 During 11-on-11 games, the game clock shall run continuously beginning in the second half.
- 38.8.2 During 8-on-8 games, the game clock shall run continuously whenever the 40 point differential is reached.
- 38.8.3 **TIE-BREAKER (KANSAS TIE-BREAKER)** - Tie Breakers may be used if approved by the league or the teams involved. Tie-breaker procedures can be found in the NFHS with the following modifications.
- For all Football playoff contests the following variation of the Kansas Tie-Breaker will be used during overtime: Both teams will have an opportunity to score starting at the 25-yard line. If the score remains tied, a second series will start at the 25-yard line. If the score remains tied, then both teams will be given a series starting at the ten (10) yard line and continue from that mark until the game is decided. Once the defense obtains possession of the ball through an interception or recovered fumble, the ball is dead. All other overtime rules in the National Federation Football Rulebook shall apply.

38.61.0 MIDDLE LEVEL SCHOOL FOOTBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit
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12 weeks	12	6 + Jamboree for 7th and 8th grade teams 7 + Jamboree for 9th grade teams 7 + Jamboree for 7th and 8th graders playing on a 9th grade team
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- 38.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.
- 38.63.0 JAMBOREE** - All criteria for a jamboree at the high school level apply. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.
- 38.64.0 PRACTICE** - The first three (3) days of practice for each football player shall be without shoulder pads. The same practice requirements at the high school level apply.
- 38.65.0 PLAYER LIMITATION** - A football participant shall be eligible to compete in up to four (4) quarters of play during any three-day period of the football season
- 38.65.1 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.
- 38.65.2 FIFTH (5th) QUARTER - A fifth (5th) quarter may be played. The 5th quarter is for players who were not starters and played in three (3) quarters or less of the regular contest. This quarter shall not include kick offs, punts, tries or field goals.
- 38.65.3 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.
- 38.66.0 TEAM LIMITATION** - A team shall be allowed one (1) week during the season to play two (2) contests.
- 38.67.0 LENGTH OF PLAYING PERIODS**- Varsity teams that involve ninth (9th) grade students, and may include some eighth (8th) or seventh (7th) grade students, may play ten-minute quarters. Seventh (7th) and eighth (8th) grade teams shall play no more than eight-minute quarters.
- 38.68.0 POINTS AFTER TOUCHDOWN** - To promote place kicking, a football league may adopt a rule, whereby a successful place kick after a touchdown scores two (2) points. A successful extra-point attempt by any other method shall be awarded one (1) point.
- 38.69.0 TIE-BREAKER (KANSAS TIE-BREAKER)** - Tie-breakers may be used if approved by league action or teams involved.

39.0.0 BOYS and GIRLS GOLF

39.1.0 SENIOR HIGH SCHOOL GOLF

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	0	April 8	12 + Jamboree	May 22
Alternate	August 21	0	September 25	12 + Jamboree	November 11
2024-25	March 3	0	April 7	12 + Jamboree	May 29
Alternate	August 26	0	September 30	12 + Jamboree	November 16

- 39.2.0 JAMBOREE** - A golf jamboree is an abbreviated contest and is limited to 9 holes. All general jamboree rules also apply. Please refer to general jamboree rules.
- 39.3.0 DEFINITION OF A MATCH** - A match is defined as up to 18 holes. Regardless of the number of teams playing, if the match is 18 holes or less, it counts as just one contest for each school and individual.
- 39.3.1 INVITATIONAL TOURNAMENT - 12 regulation matches (team and individual) are allowed per season, one of which may be a one (1) day invitational tournament with a 36 hole limit.
- 39.3.2 INVITATIONAL TOURNAMENT – A school may schedule one (1) invitational tournament that does not count toward the 12 contest limitation (individual limit only) if at least six (6) schools are involved and the school has no more than two (2) golfers participating.
- 39.4.0 SCORING** - Methods of scoring matches will be determined by leagues.
- 39.5.0 RULES** - The United States Golf Association (USGA) rules will govern play, except in cases of local ground rule changes.

39.61.0 MIDDLE LEVEL SCHOOL GOLF

Total Season Including Practice	Season Contest Limit
12 weeks	8

- 39.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed twelve (12) weeks.
- 39.63.0 PLAYER LIMITATIONS** - During regular season play, the maximum number of holes of play per day shall be eighteen (18) unless a match is tied.
- 39.64.0 SCORING** - Methods of scoring matches will be determined by leagues.

- 39.65.0 MATCH LIMITATIONS** - There will be no more than two (2) matches per week during the specified season.
- 39.66.0 RULES** - The USGA rules will govern play except in cases of local ground rule changes.

40.0.0 GIRLS GYMNASTICS

40.1.0 SENIOR HIGH SCHOOL GIRLS GYMNASTICS

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	November 13	15	December 25	10 + Jamboree	February 24
2024-25	November 11	15	December 30	10 + Jamboree	February 22

40.2.0 JAMBOREE – A gymnastics jamboree is an abbreviated contest in which each participant is limited to competing in two (2) events. A jamboree could be held after eight (8) practices have been completed. A gymnastics jamboree must be conducted within the first four (4) weeks of the season. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

40.61.0 MIDDLE LEVEL SCHOOL GIRLS GYMNASTICS

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

40.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

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

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

41.0.0 BOYS and GIRLS SOCCER

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

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	August 21	10	September 25	16 + Jamboree	November 18
2024-25	August 26	10	September 30	16 + Jamboree	November 23

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

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	10	April 8	16 + Jamboree	May 25
2024-25	March 3	10	April 7	16 + Jamboree	May 31

41.3.0 PLAYING RULES

41.3.1 A combination of NFHS and FIFA rules will apply. NFHS and WIAA rules will apply for game management; FIFA rules will apply during the contest.

41.3.2 With the exception of the goal keeper, a yellow card cautioned player shall leave the field and may be replaced. Should the team with the cautioned player elect to play shorthanded, the cautioned player may not re-enter nor be replaced until the next legal substitution opportunity.

41.3.3 Any player that is issued a second yellow card caution in the same match will be disqualified from participating for the remainder of the match and the offending team will not be allowed to substitute for the disqualified player. This will not be counted as an ejection and schools will not be required to report it as an ejection to the WIAA. The player will remain with his/her team in the bench area. NFHS soccer rule 12.8.2, Situation 1, page 178: Player A2, having been cautioned earlier in the game, commits a second cautionable offense. RULING: Stop play, show the yellow card, subsequently show the red card to disqualify A2 and do not permit a substitution for the disqualified player.

41.4.0 JAMBOREE - A soccer jamboree is an abbreviated contest during which a squad may play in no more than forty (40) minutes of play. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

41.5.0 PLAYER LIMITATION

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

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

41.5.3 An additional contest is allowed annually for an approved WIAA Foundation Game.

41.6.0 NFHS RULE EXCEPTIONS

41.6.1 Tie-breakers

- A. Tie-breakers may be used if approved by the league or the teams involved.
- B. The following procedures will be utilized for all soccer playoff contests:
 1. Two (2) sudden death five (5) minute overtimes. If still tied, penalty kicks will decide the results.
 2. Only the 11 players involved in the final minute of the final overtime will be allowed to kick any penalty kicks.

41.6.2 Size of Field

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

41.61.0 MIDDLE LEVEL SCHOOL SOCCER

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

41.62.0 JAMBOREE - A soccer jamboree is an abbreviated contest and a team may not compete in more than half of the time allocated to a regulation contest. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

41.63.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

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

41.65.0 GAME LIMITATION - Middle level schools may play 30-minutes halves or 15-minute quarters.

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

42.0.0 GIRLS SOFTBALL

42.1.0 SENIOR HIGH SCHOOL GIRLS FASTPITCH and SLOWPITCH SOFTBALL – Fastpitch and Slowpitch softball are considered separate and distinct sports.

FASTPITCH

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	10	April 8	20 + Jamboree	May 25
2024-25	March 3	10	April 7	20 + Jamboree	May 31

SLOWPITCH

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	August 21	10	September 25	20 + Jamboree	October 28
2024-25	August 26	10	September 30	20 + Jamboree	November 2

42.2.0 JAMBOREE - A softball jamboree is an abbreviated contest and shall include no more than six (6) innings per team and/or six (6) innings per player. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

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

42.3.3 An additional contest is allowed annually for an approved WIAA Foundation Game.

42.4.0 NFHS softball rules

- 42.4.1 Leagues may adopt all NFHS rules listed "by state association adoption."
- 42.4.2 NFHS RULE EXCEPTION - EXTRA HITTER - A subvarsity softball team will be allowed to add an extra hitter (EH) to its lineup.
- 42.4.3 Game ending procedures - NFHS Rule 4-2-3, in which the game shall end when the losing team is behind ten (10) or more runs and has had at least five (5) turns at bat, applies during all regular season and postseason games.

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

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

- 42.6.1 The contest shall continue from the point of suspension at a later time.
- 42.6.2 The lineup and batting order of each team will remain exactly the same as the lineup and batting order when the contest was suspended.

42.61.0 MIDDLE LEVEL SCHOOL GIRLS FASTPITCH and SLOWPITCH SOFTBALL

Fastpitch and Slowpitch softball are considered separate and distinct sports.

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

42.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

42.63.0 JAMBOREE - A softball jamboree is an abbreviated contest and shall include not more than six (6) innings per team and/or six (6) innings per player. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

- 42.64.1 Extra innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who play no more than two (2) innings. Up to four (4) extra innings may be played.
- 42.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against ten (10) individual season contest limit.

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

The contest may be replayed.

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

- 42.66.1 EXTRA HITTER - A middle level softball team will be allowed to add an extra hitter (EH) to its lineup.

43.0.0 BOYS and GIRLS SWIMMING/DIVING

43.1.0 SENIOR HIGH SCHOOL GIRLS SWIMMING/DIVING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	August 21	10	September 25	12 + Jamboree	November 11
2024-25	August 26	10	September 30	12 + Jamboree	November 16

43.2.0 SENIOR HIGH SCHOOL BOYS SWIMMING/DIVING

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	November 13	10	December 25	12 + Jamboree	February 17
2024-25	November 18	10	December 30	12 + Jamboree	February 22

43.3.0 JAMBOREE - A jamboree is an abbreviated contest during which an individual is limited to two (2) events. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

- 43.5.1 Sharing of the pool may be done if it is the only alternative possible in order to have a program.

- 43.5.2 Coaches of teams sharing a pool must not allow team members of different schools to compete against each other during practice sessions.

44.0.0 BOYS and GIRLS TENNIS

44.1.0 SENIOR HIGH SCHOOL TENNIS

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	10	April 8	18 + Jamboree	May 25
Alternate	August 21	10	September 25	18 + Jamboree	November 11
2024-25	March 3	10	April 7	18 + Jamboree	May 31
Alternate	August 26	10	September 30	18 + Jamboree	November 16

44.2.0 JAMBOREE – A jamboree is an abbreviated contest during which an individual may play the equivalent of one (1) singles or one (1) doubles contest. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

44.3.1 A player may compete in a maximum of three (3) matches per day.

44.3.2 Coaching is permissible during the break between the 1st and 2nd sets (two minutes maximum) and the 2nd and 3rd sets (10 minutes maximum) and any official suspension of play.

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

44.3.4 Attire - Each participant must be wearing an appropriate tennis uniform approved by the school. All lettering or writing on the uniform is restricted to school identification and manufacturer logo (limited to 2 ¼ inches square"). Coaches are expected to enforce the dress code. If a violation occurs, the Event Manager or designee is empowered to enforce the Point Penalty System and may disqualify the participant.

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

44.5.0 MATCH REGULATIONS - A school may not **participate in** more than **eighteen (18)** contests for tennis. Every tennis contest must count as one (1) contest for the team and one (1) contest for the individual.

44.5.1 For the purpose of sub-varsity tennis matches, players may play up to three (3) sets against different players from opposing teams. This will be considered as one (1) contest for the individual.

44.5.2 An individual shall not play in more than **twenty-five (25)** contests on **eighteen (18)** team dates. A player can play one (1) singles match and one (1) doubles match on the same day during the regular season, and this will be considered as one (1) contest for the individual.

44.5.3 Invitational Tournaments

A. A one (1)-day invitational tennis tournament will count as one (1) contest for the team and one (1) contest individual tennis player provided the athlete does not play more than three (3) contests in one (1) day.

B. A two (2)-day invitational tennis tournament will count as two (2) contests for team and two (2) contests for the individual tennis player, provided the athlete does not play more than six (6) contests in the two (2) days.

C. Exception: An event scheduled over two (2) days in which only the consolation and championship semifinalists move on to the second day shall only count as a one (1) day contest for the teams entered and for the individual tennis players.

44.5.4 A team is limited to three (3) invitational tournaments per season.

44.61.0 MIDDLE LEVEL SCHOOL TENNIS

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

44.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

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

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

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

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

45.0.0 BOYS and GIRLS TRACK AND FIELD

45.1.0 SENIOR HIGH SCHOOL TRACK AND FIELD

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2023-24	February 26	10	April 8	10 + Jamboree	May 25
2024-25	March 3	10	April 7	10 + Jamboree	May 31

45.2.0 JAMBOREE – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

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

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

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

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

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

45.7.0 RULES MODIFICATIONS FOR ALL INTERSCHOLASTIC COMPETITIONS

Javelin - Only rubber-tipped javelins will be allowed.

45.61.0 MIDDLE LEVEL SCHOOL TRACK AND FIELD

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

45.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

45.63.0 JAMBOREE – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

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

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

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

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

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

46.0.0 GIRLS VOLLEYBALL

46.1.0 SENIOR HIGH SCHOOL GIRLS VOLLEYBALL

Classification Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Individual and Team Contest Limit	End Season
2023-24					

1B, 2B	August 21	10	September 25	18 + Jamboree	November 9
1A, 2A	August 21	10	September 25	18 + Jamboree	November 11
3A, 4A	August 21	10	September 25	18 + Jamboree	November 18
2024-25					
1B, 2B	August 26	10	September 30	18 + Jamboree	November 7
1A, 2A	August 26	10	September 30	18 + Jamboree	November 9
3A, 4A	August 26	10	September 30	18 + Jamboree	November 16

46.2.0 JAMBOREE – A jamboree is an abbreviated contest during which a team may not play in more than six (6) sets. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

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

46.3.1 By league adoption, varsity contests may be two (2) out of three (3) sets or three (3) out of five (5) sets. In non-league competition, the schools involved can mutually agree to play two (2) out of three (3) or three (3) out of five (5) sets. In league and non-league competition, '1B' schools also have the option for a guaranteed five (5) sets. In a 3/3 of 5/5 match, the final set can be played to 25 points.

46.3.2 By league adoption sub-varsity contests may be two (2) out of three (3) sets, a guaranteed three (3) sets, three (3) out of five (5) sets or five (5) out of five (5) sets. In a 3/3 of 5/5 match, the final set can be played to 25 points.

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

46.5.0 SEASON LIMITATION - INDIVIDUAL AND TEAM - 18 regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, or exhibition contests must count as one (1) of the 18 contests for the team.

46.5.1 Exception - A team may play in a maximum of two one day tournaments or one two day tournament and be allowed to count each tournament day as one of their 18 regular season contests.

Tournament Day Regulations - A combination of sets or matches may not exceed the equivalent of four (4) matches, which is equal to 20 sets. Such a tournament may start the preceding evening if the following conditions are met: Any local team may play the preceding evening contests. (Local area shall be defined as those teams that can travel to the tournament site without requiring overnight lodging.) The tournament will conclude, not to exceed 24 hours from the time it started on the preceding evening. (If the tournament started at 6PM on the first day, it must end by 6PM on the second day.)

46.5.2 If an individual or a team chooses to play in more than two (2) invitational tournament days in a season, the team must declare which tournament day counts as one (1) of the 18 contests for the individual or the team. Each opponent played in any subsequent tournament(s) counts as one (1) of the 18 contests for the individual or the team.

46.5.3 An additional contest is allowed annually for an approved WIAA Foundation Game.

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

COUNTING CONTESTS AND SETS

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

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

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

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

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

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

46.7.0 WARM-UPS: Warm-up procedures for all regular and postseason varsity contests will be the same as the warm-up procedures included in the Bound for State Volleyball Regulations adopted for the State Championships.

46.61.0 MIDDLE LEVEL SCHOOL GIRLS VOLLEYBALL

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

46.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

46.63.0 JAMBOREE – A volleyball jamboree is an abbreviated contest during which a team may not play in more than four (4) sets. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree guidelines.

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

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

46.64.2 Extra Sets: Two (2) extra sets may be played following the regular contest. The additional **sets** are for players who were not starters and played in only one set during the regular contest.

46.64.3 Up to three (3) sets played against the same squad, same day, is one (1) contest.

46.64.4 Up to three (3) sets played against the same school, same day, different squads (i.e., varsity and sub-varsity squads) is one (1) contest.

46.64.5 Up to three (3) sets played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, sub-varsity on Thursday), is one (1) contest.

46.65.6 Up to three (3) sets played against two (2) different schools, same day, different squads, would be two (2) contests.

46.65.0 SEASON LIMITATION - Ten (10) regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, exhibition contests, or each opponent played in an invitational tournament(s), must count as one (1) of the ten (10) contests for the team. The one allowable exception is described as follows:

46.65.1 Two (2) one-day tournaments may count as two (2) of the ten (10) contests. A combination of sets or matches may not exceed the equivalent of three (3) matches, which is equal to nine (9) sets in each tournament.

46.65.2 Each squad and each player is limited to schedule and to participate in two (2) tournaments.

46.66.0 PLAYER LIMITATION – An appearance in a match, regardless of the number of sets involved, must count as competing in three (3) sets toward the daily set/match limit.

46.67.0 NFHS RULE MODIFICATION - By league adoption, the net height may be set at seven (7) feet.

47.0.0 BOYS and GIRLS WRESTLING**47.1.0 SENIOR HIGH SCHOOL WRESTLING**

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Team Limit	Regular Season Individual Limit	End Season
2023-24	November 13	12	December 18	16 + Jamboree	45	February 17
2024-25	November 18	12	December 23	16 + Jamboree	45	February 22

47.2.0 JAMBOREE - One takedown tournament or jamboree will be allowed following eight (8) practices and the takedown tournament or jamboree may count as a required practice prior to the first match. The total wrestling time may not exceed the time permitted in a dual contest per individual. All general jamboree rules also apply. Please refer to general jamboree rules.

47.3.0 SCHOOL LIMITATION – A school shall not schedule more than sixteen (16) team dates per squad for wrestling competition.

47.4.0 PLAYER/MATCH LIMITATION - Each and every match wrestled must count as one of the forty-five (45) contests for the individual.

47.4.1 An individual may not wrestle more than forty-five (45) contests on sixteen (16) dates prior to any state qualifying tournament.

47.4.2 Each day of competition must count as one (1) of the 16 allowed team dates except as indicated below. Each individual is limited to the daily match limitation.

- A. A two-day wrestling tournament consisting of brackets larger than 16 individuals will count as one (1) of the 16 allowed team dates. Each individual is limited to the daily match limitation.

47.5.0 WEIGHT CLASSIFICATION

- 47.5.1 The 14 NFHS weight classes apply for males apply: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285.
- 47.5.2 The 14 NFHS weight classes for females apply: 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235.

NOTE: Females wrestling males during the regular season will follow NFHS male weight classes.

47.6.0 WEIGHT CONTROL PLAN – The Washington Wrestling Weight Management Program will be followed. The text of the Wrestling Weight Management Program can be accessed on the WIAA Web site at www.wiaa.com.

47.7.0 PARTICIPANT LIMITATION – A student must wrestle in all postseason tournament competition in or above the weight class determined by the weekly descent plan.

- 47.7.1 A contest shall be considered in the class for which the contestant made weight, even though the contestant may wrestle in another weight. (Example: Contestant weighs in at 119 pound legal weight for 119 class, the contestant then wrestles the match in the next class at 125 pounds. This contest shall be considered a contest in the 119-pound class.)

47.8.0 WEIGHING-IN OF CONTESTANTS –The host team is responsible for providing a certified scale for the weigh-in.

47.9.0 STATE TOURNAMENTS - The state shall be divided into four (4) regions for each classification when possible. Regional tournaments shall be conducted as eight-place tournaments unless otherwise directed by the WIAA Executive Board. The WIAA Executive Board shall determine regional placement of entries from WIAA Districts.

- 47.9.1 Two (2) wrestlers from the same school may qualify in the same weight class.

47.61.0 MIDDLE LEVEL SCHOOL WRESTLING

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

47.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports and may not exceed 12 weeks.

47.63.0 JAMBOREE – All high school jamboree rules apply. A wrestler in a jamboree may not wrestle in excess of time permitted in a dual contest. A jamboree could be held after eight (8) practices have been completed. All general jamboree rules also apply. Please refer to general jamboree rules.

47.64.0 INDIVIDUAL LIMITATION – Sixth graders are allowed to participate in middle level wrestling.

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

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

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

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

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

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

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

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

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