

## UPDATES MADE TO THE 2023-24 WIAA HANDBOOK SINCE THE ORIGINAL POSTING ON August 1, 2023:

### Approved during the August 14, 2023 WIAA Executive Board Meeting:

- 1) 17.11.11 Practice Accommodations for Circumstances Beyond the Control of the **Individual/Team/School** - A school/school district ~~must request and be approved by the WIAA office staff to~~ **may** adjust the process to meet the minimum practice requirements when practice has not been held due to circumstances beyond the control of the school (facilities not available, roads impassable, prohibitive weather conditions, teacher strike/walk-out, emergency conditions, etc.) **an individual or a team has not been able to meet the minimum pre-contest practice requirements prior to the first contest.**

While the number of pre-contest practices will not be waived, the following rule exceptions will be ~~approved~~ **allowed** in the order listed for a school to offer the minimum number of practices for the **individual and/or** team required for a specific sport prior to the first scheduled contest and for no more than one-half the minimum number of practices. ~~The practice accommodations will not be granted for a jamboree or for individual athletes on a team.~~

  - A. Every effort must be made to reschedule the contest(s) that are affected.
  - B. Number of practices in a week - exception that will be allowed:  
Provided that the local school board approves a practice for a seventh day of the week, that practice can count toward the minimum practice requirements.  
If the minimum practice requirement still cannot be met, then the following will be waived:
  - C. Practice on a game day – Exception that will be allowed:  
A practice may be held on the same day as the first contest, which can count toward the number of required practices.  
If the minimum practice requirement still cannot be met, then the following will be waived:
  - D. One (1) day is equal to one (1) practice - Exception that will be allowed:  
Two (2) practices may be held on the same day and may be counted as two (2) practices for purposes of meeting the number of required practices. In this situation, the maximum number of practices that may be counted is two (2).
- 2) **18.8.6.B The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester/trimester.**

NOTE: When the new language went into the 2022-23 handbook regarding the approved amendment for academic probation, the middle school component of the rule was inadvertently omitted.
- 3) 18.11.4 Residence Area for private schools shall be a fifty (50) mile radius from the school address. Any move by the family unit within the 50-mile radius from the school would require continuous enrollment and **athletic eligibility** at the original private school of residence. NOTE: Refer to Article 3.1.1 for status of a private school district.  
  
\*\*Clarifies that athletic eligibility also remains at the private school upon any move within the 50 mile radius.
- 4) **23.6.0 SHARED COACHING** - ~~The WIAA Executive Director~~ **A school district** may approve shared coaching in diving, pole vaulting and gymnastics that have been determined to pose a safety or health concern for student athletes due to the qualifications or lack thereof of available coaching staff. Prior to approval the following criteria must be documented or verified ~~to the Executive Director by the requesting member school:~~
  - 23.6.1 The ~~requesting~~ school district has determined no qualified coaching is available, and the shared coach is qualified and approved (employed) by the local school district in compliance with Coaching Standards as set forth by the WIAA.

- 23.6.2 The "specialized" program must be made available to all athletes in that event (e.g., under the safety purposes of this permissive rule, if a school sends one (1) pole vaulter to a shared coach, the school must send all pole vaulters from the school).
- 23.6.3 Coaching will be only during the WIAA adopted season for the sport.
- ~~23.6.4 Approval must be requested during the first year of each classification period.~~
- 23.6.5 Each team must have a certified swim coach on site during practice and competition in order for an athlete(s) to be eligible to participate in swimming.
- 23.6.6 Each team must have a certified dive coach on site during practice and competition in order for an athlete(s) to be eligible to participate in diving.

4-1) Companion change:

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

**17.14.1 A practices involving students from more than one school conducted by a school district-approved shared coach will be considered a practice and will not count as a contest toward the maximum number of allowable contests for the individuals in that sport.**

5) **35.2.0 MAXIMUM FEE FOR REGULAR SEASON COMPETITIONS** - ~~\$250.00~~ **\$100.00 per routine** is the maximum amount that host schools can charge for regular season competitions.

NOTE: The amount was correct in 12.2.2 (Cheerleading as an activity) and in the Postseason SOP's, but was inadvertently not changed in 35.2.0 (cheerleading as a sport)

6) Number of football practices required.

**38.2.0 SENIOR HIGH SUMMER FOOTBALL**

Year	First Practice	Minimum Practice Days Per Individual Before Contact	Summer Coaching Limit	End Season 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 ~~four (4)~~ **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.

7) 44.3.2 Coaching is permissible during the break between the ~~first, second and third sets, not to exceed two (2) minutes~~ **1st and 2nd sets (two minutes maximum) and the 2nd and 3rd sets (10 minutes maximum) and any official suspension of play.**

NOTE: This handbook change will mirror what is currently in the Postseason SOP's for tennis.

8) **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 ~~Weight classes for females in postseason are determined by the WIAA Executive Board and are available on the WIAA Website at [www.wiaa.com](http://www.wiaa.com).~~ **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.

**Rationale:** We typically include in the handbook ONLY exceptions to the NFHS rules, but do not restate the NFHS rule. Staff recommends, however, an exception since the boys weights are changing this year and the girls weights have been established for the first time by the NFHS. Including the weight classes in the handbook would be helpful to coaches and AD's.

9) APPENDIX 7– PHILOSOPHY AND PROTOCOLS RELATED TO WIAA HANDBOOK RULE 24.0.0 ILLEGAL RECRUITING

1, Washington Interscholastic Activities Association's philosophy on the recruiting of student-athletes to or from schools. That philosophy, outlined in WIAA Handbook Rule ~~24.0.0~~ **27.0.0**, states: