

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

Approved during the January 20-21, 2024 WIAA Executive Board meeting

- 1) New: outlines conditions for individual participants to compete in an international event.

17.24.0 RULES GOVERNING NATIONAL AND INTERNATIONAL COMPETITION

17.24.2 International competition must be approved by the Washington State Coaches Association, the WIAA, the National Federation **and the national governing body for that sport.**

17.24.3 **TEAM SPORTS:** An additional contest against an international touring team is allowed once during any three (3) year period. Contests against schools from Canada and Mexico must be within the allowable contest number, since schools from Canada and Mexico are considered to be from bordering states.

17.24.4 INDIVIDUAL SPORTS: An athlete can compete in an international event once every three years. The event does not count toward the individual or team limit in that sport.

- 2) Simply rennumbers the current articles.

18.6.3 **Home Based Education – Home School Contract must be on file annually in the principal's office or office of the principal's designee.** Home based students must register with a public school district with the intent to home school. Home based students do not receive assistance from the school district, nor does the school district receive FTE funding or any other outside sources for them. Home based instruction students are categorized as regular members of a school. Therefore, to be eligible for interscholastic activities, the student must:

- A. E Meet both WIAA and school district eligibility requirement standards of all students, including transfer student requirements.
- B. F. Meet and adhere to the same team responsibilities and standards of behavior and performance of other members of the team/squad.
- C. A. Participate as a member of the public school in which service area they reside with their family unit. After registering with the school district as a home school student, a student is subject to the transfer rules if they subsequently change schools.
- D. B. Provide to school authorities acceptable documentation of any interscholastic eligibility standards required of all other student participants.
- E. C. Comply with WIAA and local school regulations during the time of participation.
- F. D. Comply with RCW 28A.225.010 (4).

18.6.3 **Home Based Education – Home School Contract must be on file annually in the principal's office or office of the principal's designee.** Home based students must register with a public school district with the intent to home school. Home based students do not receive assistance from the school district, nor does the school district receive FTE funding or any other outside sources for them. Home based instruction students are categorized as regular members of a school. Therefore, to be eligible for interscholastic activities, the student must:

- A. Participate as a member of the public school in which service area they reside with their family unit. After registering with the school district as a home school student, a student is subject to the transfer rules if they subsequently change schools.
- B. Provide to school authorities acceptable documentation of any interscholastic eligibility standards required of all other student participants.
- C. Comply with WIAA and local school regulations during the time of participation.
- D. Comply with RCW 28A.225.010 (4).
- E. Meet both WIAA and school district eligibility requirement standards of all students, including transfer student requirements.
- F. Meet and adhere to the same team responsibilities and standards of behavior and performance of other members of the team/squad.

- 3) New: adds a reference to another handbook rule regarding eighth graders

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18.21.0 Eighth grade participation

18.21.9 Also refer to WIAA handbook rule 18.12.0.F.

4) Simply rennumbers the current articles.

18.24.0 AMATEUR STANDING - A student who represents a school in an interscholastic sport must be an amateur in that sport. An amateur student-athlete is one who engages in athletics for the physical, mental, social and educational benefits.

18.24.1 Name Image and Likeness (NIL): A student is in violation of this rule and shall immediately lose eligibility if that student, their family member, or anyone else on behalf of that student, enters into an agreement with an individual, corporate entity, partnership, association, or any other party or organization, for use of that student's NIL which in any way relates to the student's connection to their high school.

1. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no affiliation with the school team, school, WIAA District or WIAA state association.

2. The student does not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school, WIAA District, or WIAA state association as part of any endorsement.

18.24.2 In order to maintain amateur standing in that sport under WIAA jurisdiction, the student-athlete may not:

A. Accept merchandise or in-kind gifts of more than \$500 in fair market value per sport based upon performance in that sport during any one calendar year August 1 through July 31.

1. Reduced membership fees or reduced user fees from an athletic club, recreation center, golf course, etc., do not count toward this \$500 limit.

2. Defined games of chance are exempt from this rule.

3. Accept payment of expense allowances over the actual and necessary expenses for the athletic trip (NOTE: Entry fees and payment for lost wages are not considered a reimbursable expense.)

4. Awards that are permitted - Awards to athletic teams or to individual members of such teams under the jurisdiction of the Association may be made by a member school in the form of letters, insignias, certificates, medals, and/or trophies as are customarily emblematic of athletic competition and whose intrinsic values are insignificant.

B. Accept cash awards in that sport. A gift card that cannot be exchanged for cash or a voucher with no cash value is allowed.

~~1. This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no affiliation with the school team, school, WIAA District or WIAA state association.~~

~~2. The student does not appear in the uniform of the student's school and does not utilize the marks, logos, etc. of the school, WIAA District, or WIAA state association as part of any endorsement.~~

5) Simply rennumbers the current articles.

28.1.0 REPORTING RULE VIOLATIONS BY MEMBER SCHOOLS - When school personnel, WIAA District Director, or the WIAA staff has been advised of an allegation that a rule has been violated, the principal (or designee) of the school involved **must submit the online report form and include** any necessary action taken by the school in writing within five (5) school business days to: 1) the superintendent of the offending school, 2) the league of school membership for review and action, and 3) the appropriate WIAA District.

~~28.1.1 The offending school may appeal any league actions, first to the appropriate WIAA District for review and action and, following WIAA District action, to the District Directors and then to the WIAA Executive Board for review and action.~~

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~~28.1.2 — Should a violation be discovered within ten (10) days of the start of postseason competition, the appeal goes directly to the WIAA Executive Board.~~

~~28.1.3 — Only the WIAA Executive Board may remove an individual athlete or a team from postseason competition.~~

28.2.0 RULE VIOLATIONS INVOLVING SCHOOLS OR STUDENTS - Reports of students or schools in alleged violation of WIAA Rules and Regulations shall be handled as follows:

28.2.1 Schools, WIAA staff, WIAA District Directors, WIAA District Eligibility Committee Members, and/or the WIAA Eligibility Hearing Officer have the responsibility to report possible eligibility infractions or alleged school violations of WIAA rules and regulations in writing to the principal of the school involved, with copies sent to the involved school's superintendent, the appropriate league and WIAA District Directors at the earliest possible date for the principal's investigation and response to the notifying school.

28.2.2 The principal or designee of the school involved in the alleged violation shall reply to the notifying school principal or designee within five (5) school business days with the results of the investigation.

28.2.3 Copies of the report, including action taken, shall be sent to the involved school's superintendent, appropriate league, WIAA District Director and the notifying school's principal.

28.2.4 After five (5) school business days of receipt of notice of an alleged violation, upon receipt or absence of the investigation report, the league shall hear the allegations and determine the penalty, if any, in accordance with the WIAA School District Due Process Procedures.

28.2.5 The action of the league shall be forwarded to the appropriate WIAA District Board, then to the District Directors Appeals Board, then to the WIAA Executive Board for review. The WIAA Executive Board may appoint a fact finder to investigate the alleged violations. The Board at each level shall determine if the penalty is appropriate and in accordance with the WIAA School District Due Process Procedures. The Board at each level has the authority to alter penalties as deemed appropriate.

28.2.6 Violations of the Bound for State Tournament Regulations will be reviewed and processed by the WIAA Executive Board.

28.3.0 PENALTY FOR USE OF INELIGIBLE PARTICIPANT - Whenever possible, those responsible for the violation shall be penalized. Students who are not responsible for the violation shall be penalized as a last option. However, if students benefit or are responsible for the violation, that benefit or responsibility must be measured within the penalty

28.3.1 The appeal and supporting rationale must be filed with the appropriate league by the school principal/designee within two (2) school business days of the verification of an ineligible participant and declaration of contest(s) forfeiture.

28.3.2 The hearing procedures, as outlined in the WIAA Handbook, shall be followed. The WIAA district shall review the documentation and determine if the contest(s) should be forfeited. Any WIAA district action shall be in writing and shall specify the reasons for the decision. Failure of a school for any reason to enforce the regulation and/or decision of the WIAA district will be considered a school violation.

- 28.3.3 A school may appeal a ruling of forfeiture that is based on the contribution of an ineligible participant toward victory in a team sport. The school shall prove by a preponderance of evidence that the contest would have been won without the participation of the ineligible participant. The WIAA district may also impose a penalty against the member school.
- 28.3.4 Criteria to determine an individual athlete's contribution to a victory will include, but is not limited to, the following:
- A. Was the ineligible athlete a starter in the contest in question?
 - B. What was the ineligible athlete's amount of playing time?
 - C. What was the score when the contestant entered the contest and what was the score at the end of the contest?
 - D. What were the individual's statistics from the game and when were they achieved?
 - E. What was the contribution of the opposing player while this individual was in the game?
 - F. How did the role played in this game by this player compare to the role he/she played in other games?
 - G. Was anyone aware this athlete was ineligible prior to his/her participating?
 - H. What is the input from the opposing school or schools?
- 28.3.5 In the individual sports of bowling, cross country, golf, gymnastics, swimming and diving, tennis, track and field, and wrestling, the school must:
- A. Eliminate all matches, places, points, scores, etc., of involved student as an individual, and eliminate all contributions made by involved student toward team score.
 - B. Reduce team points (score) and adjust league standings and/or tournament places.
 - C. Return awards of individual(s) and, if appropriate, after adjusting standings, team awards.

28.4.0 APPEAL OF PENALTY FOR USE OF INELIGIBLE PARTICIPANT

- 28.4.1 The use of a participant who is ineligible by WIAA or local school district rules shall result in forfeiture of contests in which that participant took part, except in situations in which it is determined that the participant/parent/guardian provided the school with false information, or withheld information, which caused the school to declare the participant eligible. In such cases, the participant will be declared ineligible for interscholastic competition for a period of one (1) year. The one (1) year penalty begins on the day the determination is made that false information had been provided. The one (1) year penalty may be appealed to the WIAA Executive Director.
- 28.4.2 Should a member school determine that a participant is ineligible after that student has participated in one or more interscholastic competitions, that student may apply for eligibility through the process outlined in WIAA Rule 19. Should the participant be declared eligible during this process, the forfeiture(s) due to this participation shall be voided.
- 28.4.3 APPEAL OF PENALTY FOR USE OF INELIGIBLE PARTICIPANT IN A TEAM SPORT - In the event of a valid physical not being on file or an inadvertent error, the school officials may petition the League to have the forfeiture voided. The petitioning school shall have the burden to show the error was not

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intentional and occurred notwithstanding the maintenance of procedures reasonably adopted to avoid such an error.

INADVERTENT ERROR - DEFINITION- An inadvertent error is a mechanical, electronic, or clerical (incorrect posting) error that resulted in an ineligible participant competing in a contest.

28.5.0 PENALTIES FOR VIOLATIONS Violations of the rules of this Association shall render the offending school liable to a penalty by the action of the school, league, WIAA District or the WIAA Executive Board.

28.5.1 Letter of Remedy – the school that has violated a WIAA rule/regulation must write a letter to its league explaining the violation and the internal processes it will use so that further violations do not occur. The letter should also include the member schools suggestion for penalty.

28.5.2 Forfeiture of contest(s) - the forfeit of contests or meets may be included in penalties assessed for violation of Association rules.

28.5.3 Probation - The coach/personnel/school is placed on probation for a specified time by the league, WIAA District or WIAA Executive Board. During the probationary period, a school may participate in all interscholastic activities unless stipulated otherwise by the league or WIAA.

28.5.4 Restriction - The league, WIAA District, or WIAA Executive Board may take action that would restrict participation in league. The restriction may be applied to any and all individuals involved including a coach, participant, school employee, team, group, or school.

28.5.5 Suspension - All rights and privileges of member schools of the WIAA are withheld for a specified period determined by the WIAA Executive Board. The WIAA Executive Board may suspend a school in a particular sport or activity or in all sports and activities for a sports season or school year.

28.5.6 Violations of the rules of this Association shall render the offending school liable to a penalty by the action of the school, league, WIAA District or the WIAA Executive Board. The list of violations set forth in this listing is not all-inclusive, and if a violation of rules occurs which is not listed herein, then the appropriate body shall have the authority to assess penalties that are deemed appropriate.

28.5.7	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.
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Violations

Level 1	Level 2	Level 3
<ul style="list-style-type: none"> • Violation un-willfully committed • Self-reported violation • 1st violation 	<ul style="list-style-type: none"> • Violation willfully committed • Violation reported by others • 2nd violation 	<ul style="list-style-type: none"> • Recruitment • Blatant disregard for rule(s) • Continuous violation

Penalties

Probation	Restriction	Suspension
Fine \$25 - \$1,000	Fine \$500-1,500	Fine \$1,000-2,500
Suspension from 0-20% of allowable competition	Suspension from 10-50% of allowable competition	Suspension for up to one year of allowable competition

Forfeiture of Contests	Forfeiture of Contests	Forfeiture of Contests
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28.5.7 The WIAA Executive Board may expel a member school if a violation or series of violations occurs.

28.5.8 If a student who has been declared ineligible is permitted to participate in interscholastic competition because of a court restraining order and/or injunction against the school or WIAA, and if such restraining order and/or injunction subsequently is dismissed, stayed, reversed or the school or WIAA prevails at trial, one (1) or more of the penalties outlined above may be taken in the interest of restitution and fairness to other member schools.

28.5.9 If a student participates under a court order and then the Association prevails at trial, or the participant dismisses their action/lawsuit, or the injunction, restraining order, action/lawsuit is subsequently overturned or dismissed, the participant shall become immediately ineligible and shall remain ineligible for the period of time equal to that for which the student was allowed to participate under the restraining order or injunction.

28.5.10 When the WIAA is involved in legal cases, the Executive Board may seek to recover attorney costs when found to be the prevailing party.

28.6.0 Penalty Review Council - A council for penalty review to assist member schools, leagues, district directors, and the WIAA Executive Board in penalty review.

28.6.1 The purpose of this council will be to advise school personnel and league presidents on the issue of developing the appropriate penalty for violation of WIAA Rules and Regulations. Once a WIAA member school discovers--or is advised by another member school or WIAA staff--that it has violated a WIAA rule, the school must contact that school's league president. The member school may propose suggested penalties to the league or may seek advice from the council by contacting the chair.

28.6.2 In all cases, the "Penalty Options" chart shall be used to assist the school, league, and panel.

28.6.3 The council shall be comprised of five (5) individuals who will be appointed by the WIAA Executive Board. Each shall serve a two-year term, with the exception of the chair, who will serve a four (4) year term.

28.6.4 The Penalty Review Council shall adopt a schedule of fines and publish said schedule annually in the Association Handbook. The fine schedule shall also include any amounts paid by the Association or received by the school as a result of postseason competition. A fine shall not be levied against any individual within the interscholastic athletic program but may only be levied against the member school and only for selected violations as determined by the Penalty Review Council.

6) Adds a Q&A to help to clarify the eighth grade rule.

18.21.0 Eighth grade participation

Q&A-5: *As a 2B school with an enrollment of 115, can we bring up eighth graders to fill in some of the lower weight classes in high school wrestling?*

In a 2B school with an enrollment of 115, eighth graders could wrestle on the high school team only with league approval ~~and only if wrestling was not offered at the middle level.~~

Q&A-11: *We are a 2B school and currently have two eighth graders on our high school girls basketball roster. We started the season with 14 total girls but had a couple of girls sign up late and now have 16 turning out. Today we had a new eighth grader enroll and she wants to play high school basketball which gives us 17 total girls turning out. Can she play?*

Yes, since the rule states that eighth graders may be brought up to play at the high school level if at any time during the season the basketball participation numbers drop below 16. She is, however, restricted to playing sub-varsity only for the remainder of the school year (WIAA handbook rule 18.12.0.F)

7) New: clarifies eighth grade participation at the high school level (has been included in the Q &A for several years)

33.65.3 Any appearance in a quarter, regardless of length of time played, is to be considered as one quarter **except for the following: If an eighth grader also plays at the high school level, any appearance in a quarter at the middle level counts as four quarters toward the high school limit of 80 quarters.**

Approved during the November 13, 2023 WIAA Executive Board Meeting:

- 1) **8.3.0 TERM OF OFFICE** – Each member shall be elected for a term of three (3) years beginning August 1 during the first year of the term and concluding July 31 during the third year of the term. Board members may be re-elected. Each WIAA District shall determine the means to elect the Executive Board member from that WIAA District. ~~Members from WIAA District Districts 4 and 6 in 2024.~~
Beginning with the 2024-25 school year, Members will be elected by the following schedule: Districts 4 and 6 in 2024; WIAA Districts 2 and 5 in 2025; WIAA Districts 1 and 3 in 2026; WIAA Districts 4 and 6 in 2027; and succeeding years in a similar manner
- 2) **20.1.0 EJECTION FROM CONTEST** - **Upon ejection, a player becomes ineligible to participate in a contest. Upon ejection, a coach becomes ineligible to coach in a contest.** Conduct resulting in an ejection from an interscholastic contest administered by game officials, coaches or school administrators shall result in the following:
- 3) **25.2.5** By entering participants in postseason competition, each member school certifies that, barring injury, illness, religious observance or unforeseen events, the team or individuals representing the school will participate in every level of competition through the completion of the state championship event.
NOTE: An unforeseen event can include, but not be limited to, an individual that qualifies for two spring state championship events. In order to meet this rule, the athletic director for that individual's school must contact the WIAA staff who oversees at least one of the affected sports to withdraw the individual from one of the state championships by midnight on the Saturday prior to the beginning of the spring state championships.

Approved during the September 25, 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.

- 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.~~ **The 14 NFHS weight classes for females apply: 100, 105, 110, 115, 120, 125, 130, : 135, 140, 145, 155, 170, 190, 235.**

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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:

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.

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**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.

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- 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.~~ **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: