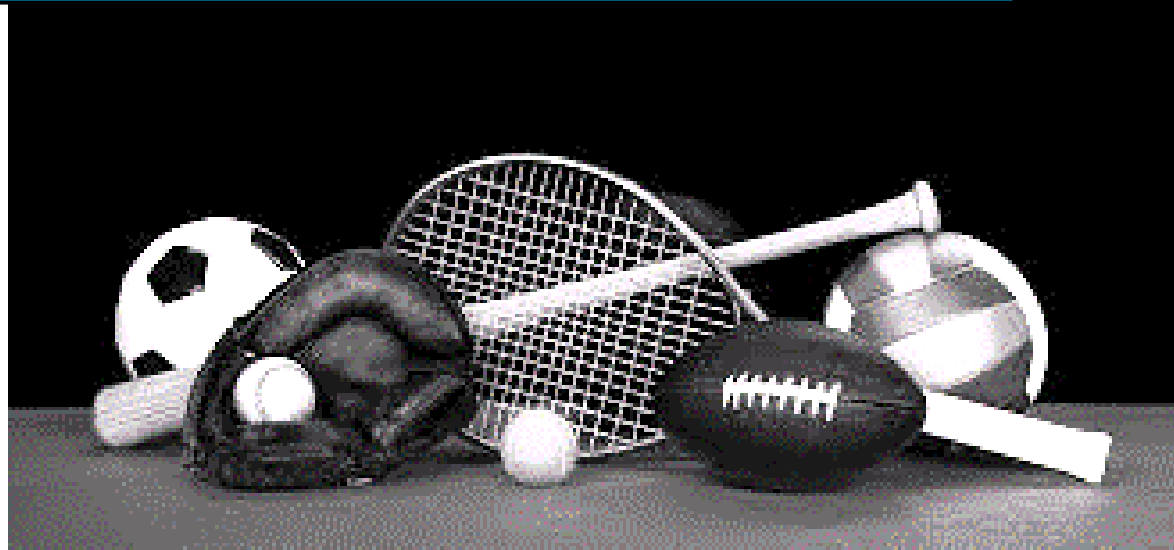


NORTH PUGET SOUND LEAGUE High School Principals' Association



2023-2024

2023-2024
NORTH PUGET SOUND LEAGUE HIGH SCHOOL PRINCIPALS' ASSOCIATION

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SECTION I

**THE CONSTITUTION OF THE NORTH PUGET SOUND LEAGUE
HIGH SCHOOL PRINCIPALS' ASSOCIATION**

1. **NAME:**
The name of this organization shall be THE NORTH PUGET SOUND LEAGUE OF HIGH SCHOOL PRINCIPALS' ASSOCIATION.

2. **OBJECTIVES:**
The objectives of this organization shall be to promote good fellowship and sportsmanship among the schools of the League; and to carry out the League's policies as determined by the North Puget Sound League Superintendents.

3. **MEMBERSHIP:**
This association shall consist of the principals or designee of the senior high schools in the North Puget Sound League.

4. **VOTING:**
 - a. In deciding matters involving senior high school problems, each senior high school shall be granted one (1) vote.
 - b. All decisions shall be determined by a majority vote of qualified voters, provided a quorum of eligible voters is present.
 - c. A quorum shall consist of qualified representatives from one half plus one of the schools in the League.
 - d. Upon request of one school and approval of the majority of member schools, voting will be by secret ballot.

5. **OFFICERS:**
 - a. The officer of the League Athletic Directors' Association shall be a President. The President shall be a NPSL Athletic Directors'. They shall perform the customary duties of his/her office. The President shall be elected at the last regular meeting in the spring for a term of two (2) years beginning August 1, following the election. In the event this person is no longer a NPSL AD there shall be an election for this position in addition to the other officers. To be eligible for office the presidential candidate must have been a member of the League for at least one year.
 - b. The officer of the League ADs Association shall be a Treasurer and League Scheduler. They shall perform the customary duties of his/her office. If decided by the league they can be the same person.
 - c. The League will have four (4) delegates to the West Central District. They shall be elected for a three (3) year term to coincide with WCD procedures.

6. **COMMITTEES:**
 - a. If needed, ad hoc committees will be appointed by a majority vote of the NPSL Principals' Association.

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7. **MEETINGS:**

- a. Special meetings may be called by the President, when necessary, provided NPSL High School Principal's Association members have been notified of the meeting and of the subject for consideration.

8. **AMENDMENTS:**

- a. This constitution may be amended by a two-thirds vote of all member schools.
- b. All proposed amendments must be presented at least one meeting, or at designated handbook review meetings, before a vote may be taken on the amendment.

9. **PRACTICES:**

Practices may be altered by a majority vote of qualified voters at any regular NPSL High School Principal's Association meeting, or any special meeting provided previous notice of the contemplated change has been sent to each school of the League.

10. **STATEMENT OF PHILOSOPHY:**

The Principals' Association, recognizing the need for a common philosophy and mutual understanding between the Superintendents and Principals' Association establish these principles for the guidance of North Puget Sound League inter-school relations:

- a. The Superintendents have the responsibility for establishing policies governing League activities such as Athletics (Boys & Girls) Programs, Forensics, Music, and Leadership-Student Relations.
- b. The Principals' Association has the responsibility for administering the affairs of the League in accordance with established policies.
- c. A systematic procedure shall be established for the development of policies and practices.
- d. The Principals' Association shall produce a handbook segregating and defining League policies and practices.
- e. There shall be an Athletic Directors' Association. Each high school and each district of the North Puget Sound League shall appoint one person to be its representative to the Athletic Directors' Association. Said Association shall have such responsibilities for the governing of athletic matters as delegated to them by the North Puget Sound League High School Principals' Association. The Athletic Directors' Association shall be responsible to the Principals' Association and make recommendations to the Principals' Association on athletic matters.
- f. The Athletic Directors' Association shall be represented by president or designee at the regular principals' meetings. The purpose of such meetings will be to review practices and policies for athletics and approve or disapprove of the athletic director's recommendations.

11. **GENERAL POLICIES:**

- a. The Washington Interscholastic Activities Association (WIAA) Handbook shall supersede any policy or practice in this handbook in the event of any conflict; however, the League still has the prerogative of establishing restrictions more stringent than those of the Washington Interscholastic Activities Association.
- b. Policies pertaining to each recognized activity shall be incorporated in the handbook under the section heading of that activity.

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- c. For purposes of interpretation, a League athletic activity shall be defined as one organized on a League-wide basis involving a League Division championship and recognized by WIAA when 50% or more of the League schools participate.

SECTION II

PRACTICES OF THE NORTH PUGET SOUND LEAGUE HIGH SCHOOL PRINCIPALS' ASSOCIATION

1. **DUES:**
The amount of the membership dues for League schools shall be determined by a majority vote of the schools. Starting 2023-2024 school year, the dues are \$2000.00 per member school.
2. **PASSES:**
 - a) The League Secretary shall print and issue passes, each of which may entitle one adults (21-years or older) to attend an activity at which a member school is host, and who are prepared to assist with supervision as needed upon request.
 - b) Each high school principal shall receive 25 passes for their school personnel.
 - c) Each district shall receive 10 passes for their district leadership.
 - d) Requests for passes shall be approved by the North Puget Sound League Principals' Association at the beginning of each school year.
 - e) Only the official NPSL Supervisory Pass will be accepted (except for #3 below).
 - f) NPSL passes will be suspended for all league playoffs, including tiebreakers. An administrative pass list will be established for participating schools. The NPSL will accept WSCA and WSSAAA passes from coaches and administrators of non-participating schools for league playoffs.
3. **PERMANENT PASSES:**
 - a) Those eligible for permanent passes will be high school coaches, Principals and Athletic Directors as well as district Athletic Directors and Superintendents that have served a minimum of ten (10) year in such a position in the South/North Puget Sound League and are no longer in a position warranting regular annual passes.
 - b) All permanent/lifetime league passes issued prior to the establishment of the North Puget Sound League shall be honored at any North Puget Sound League activity.
 - c) League passes shall be distributed by the Principals' Association.
 - d) Nominations for the honor of having a permanent pass are to be made by the Athletic Directors' Association and approved by the North Puget Sound League Principals' Association.
4. **ELIGIBILITY:**
NPSL schools will follow WIAA guidelines with respect to eligibility.
5. **TICKETS AND ADMISSIONS:**
 - a) Playing squads and managers shall be admitted to contests on coaches' authorization.
 - b) Cheerleaders in uniform from the visiting school are admitted free.
 - c) Prices for league contests shall be set by the Principals Association. Military with identification will be given the Sr & Jr High Students with ASB rate. The prices are as follows:

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<u>REGULAR SEASON PRICES – ALL evening events</u>		
Adults	Sr & Jr High	Elem Students
Student w/o ASB	Students with ASB	Sr Citizens 62+
	Military with ID	
\$7.00	\$5.00	\$2.00
<i>**Week 10 football games will operate as a regular season league game. NPSL ticket sales will go to the host school.</i>		
<u>NPSL PLAYOFF PRICES</u>		
Adults	Sr & Jr High	Elem Students
Student w/o ASB	Students with ASB	Sr Citizens 62+
	Military with ID	
\$8.00	\$5.00	\$2.00

- d) All events starting after 5:00 PM on weekdays shall charge an entry fee. This includes all sub-varsity level events preceding varsity contests. Individual sport exceptions to be approved by the league.
- e) Individual schools can properly authorize a family pass and/or ticket for home contests only. GoFan will allow spectators to enter a code to receive their authorized discount.
- f) Student spectators are not allowed to return to premises after leaving upon initial entrance.
- g) The league will accept electronic facsimiles (digital photos) of ASB cards for discount or admission.
- h) The proceeds from ticket sales at NPSL playoffs will be remitted to the league.

6. STARTING TIMES FOR ATHLETIC EVENTS:

Afternoon and evening athletic contests shall begin at the time designated in the individual sport guidelines in this handbook.

7. GAME PROTESTS AND/OR APPEALS:

Protest Procedures:

- a) Protest procedures for each sport as stated in the NFHS, WIAA or NPSL rule book for the specific sport must be followed or protests will not be heard.
- b) Protests regarding playing conditions, facilities and/or equipment must be filed prior to the start of the contest. Game officials and the opposing coach must be notified at that time.
- c) The basis of protest must involve a misapplication or misinterpretation of a rule or a game condition which may have an undue effect upon the outcome of the game or event.
- d) The protester must file a written request, which must include the facts and reasons for the protest, with his/her Athletic Director prior to 4:30pm of the next day. The Athletic Director of the protesting school will in turn notify the Sport Commissioner of the sport who will notify the President of the North Puget Sound Athletic Directors' Association

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and the Athletic Director of the school affected. The following action will be taken as expeditiously as possible and necessary:

- i. The Chairperson of the North Puget Sound Athletic Directors' Association shall assign a Protest Committee composed of three (3) Athletic Directors from schools not involved in the protest.
- ii. The Sport Commissioner of that sport shall be an ex-officio member at the protest meeting. The Protest Committee shall investigate and decide on the infraction or ruling and submit their decision in writing to the Athletic Directors' and the Principals' Association.
- iii. Should the decision of the Protest Committee be unsatisfactory to the school submitting the protest they may invoke the appeal procedures as outlined below:

Exceptions:

A violation report may be filed at a later date if the violation involves the eligibility of a participant as established in the WIAA Handbook or established rule book for that specific sport.

Appeal Procedures:

- a) Appeals regarding the Committee's decision shall be submitted in writing to the President of the Principals' Association within 3 school days following the decision.
- b) There shall be an Appeals Committee assigned by the President composed of three (3) members of the Principals' Association. The three members shall not be from schools involved in the protest.
- c) The Sports Commissioner shall be an ex-officio member at the appeal meeting.
- d) The Appeals Committee shall investigate and decide on the infraction or ruling and submit their decision in writing to the Principals' Association. Their decision shall be final.

8. **SANCTIONS:**

The Athletic Directors will impose sanctions on schools/teams only after extensive investigation. If necessary, the procedure used in Rule 7d(i)(ii)(iii) above can be utilized. Athletic Directors will consult the WIAA penalty chart when determining sanctions. Decisions of the Athletic Directors may be appealed to the Principals of the North Puget Sound League.

Violations other than athletic violations will be directed to the North Puget Sound League Principals' Association for action.

Reporting of all violations must be made within five (5) school days of the infraction discovery.

- a) Acknowledgement: A written letter to the school notifying the Principal and District AD of the violation. The school is responsible for the internal resolution of the situation.
- b) Reprimand: A written warning to the school notifying the Principal of the violation. The school is responsible for the internal resolution of the situation.
- c) Probation: A school or activity is placed on trial for a specified time. The League will review the matter at the end of the specified time and advise the school or activity of its status. As a condition of probationary status, the NPSL may impose one or more of the following restrictions: forfeiture of game(s) or season; playoff entry denial.

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- d) Suspension: All rights and privileges of that school or activity as the League Principals deem necessary. The League may suspend a school in a particular sport or activity or in all sports and activities.
- e) Expulsion: The school's membership in the North Puget Sound League is terminated.

9. **NPSL EJECTION SANCTIONS AND APPEAL PROCEDURES**

ATHLETIC DIRECTOR: It is your responsibility to submit the following items as one group (packet) to the League President if any of the individuals noted below (athlete, coach, and spectator) choose to apply for reinstatement or reduction of the imposed sanction.

- Hard copy printout of the North Puget Sound League Ejection Report
- Hard copy printout of the WIAA Online Ejection Report
- WIAA Conduct Report submitted by the official who applied the ejection penalty.
- Application for reinstatement/reduction from the ejected individual
- NFHS "The Role of the Parent in Sports" Course certificate (ejected parent spectator)
- NFHS Sportsmanship Course certificate (athlete, coach or ejected non-parent spectator)

ATHLETE EJECTION

NPSL schools will follow WIAA guidelines with respect to athlete, coach, and spectator ejections.

NPSL DISCIPLINE REVIEW COMMITTEE

The following district level athletic directors will compose the members of the NPSL Discipline Review Committee that shall have final authority for reinstatement/reduction of Athletes, Students and/or Spectators:

1. Kent SD
2. Auburn SD
3. Federal Way SD
4. Highline SD

**The vote for suspension and expulsion must be two-thirds of all member schools.*

10. **SPORTSMANSHIP PLAN:**

- a) Proactive Steps to Improve Sportsmanship
- b) Schools are to educate every coach, athlete, and parent on sportsmanship expectations.
- c) Ejections will be carefully tracked.
- d) A more welcoming environment will be established by host schools. Gym Managers, Athletic Directors' or administrators will welcome both the officials and visiting teams upon arrival and provide them with the necessary information.
- e) "Acceptable behaviors" will be included on every game program.
- f) A sportsmanship announcement will be made prior to each game (games that have pre-game announcements).
- g) Starters will shake hands prior to the contest (in sports where this is feasible).
- h) Schools are encouraged to announce a home and visiting athlete who exemplify good sportsmanship.
- i) A team sportsmanship champion will be named in each sport each season.

ADMINISTRATIVE SUPERVISION EXPECTATIONS

WIAA Member Schools are obligated to maintain proper crowd control at all interscholastic activities. The following guidelines have been established to ensure that supervisors know their role and fulfill this obligation. Athletic Directors are expected to share this information with the administrator and all supervisors.

Issues must be reported to the opposing school's Athletic Director and District Athletic Director, if applicable, within 24 hours.

HOST SUPERVISORS

1. Arrive on site at least 30 minutes prior to the contest.
2. Greet the visiting supervisor and provide them with a League Supervisor's Badge and radio if radio is available.
3. Make sure that Event Management Guidelines in North Puget Sound League Handbook are being followed.
4. If visiting supervisors have not identified themselves by the event start time, make an announcement for them to report to a designated area (i.e., "would the Auburn supervisor please report to the scorer's table").
5. Be easily identifiable through use of the supervisor's badge.
6. Be active and visible during all contests to discourage problems.
7. Do not become too involved in watching the event. Be observant, active, and consistent in supporting and applying the rules and procedures of the school and of the WIAA regarding inappropriate comments, noise makers, signs, and posters, sharing of time and/or competition floor by auxiliary groups (bands, pom pom, cheer squads, etc.), no continuous standing in non-designated student sections, etc.
8. Be willing to approach students and/or community representatives who display inappropriate behavior.
9. Notify visiting supervisor/staff of potential problems (or problem individuals.)
10. Be of assistance as requested by the facility staff or game management staff.
11. Assist in the orderly flow of traffic of fans entering and exiting the facility.
12. Foster the traits of good sportsmanship.
13. Monitor both teams as they exit the playing area.
14. Make sure that visiting teams are escorted to the locker-room and/or to their bus after the game.
15. Stay on duty at least until the opposing team/fan base is off site.

VISITING SUPERVISORS

1. Arrive on site prior to the start time for the contest.
2. Identify yourself as the "supervisor" to the people at the ticket window (or to someone if tickets are not being sold), ask them to introduce you to the home supervisor and pick up your supervisor's badge.
3. Be easily identifiable through use of the supervisor's badge.
4. Be active and visible in the student body cheering section during all contests to discourage problems.
5. Not become too involved in watching the event, but be observant, active, and consistent in supporting and applying the rules and procedures of the school and of the WIAA regarding inappropriate comments, noise makers, signs, and posters, sharing of time and/or competition floor by auxiliary groups (bands, pompom, cheer squads, etc.), no continuous standing, etc.

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6. Be willing to approach students and/or community representatives who display inappropriate behavior. Give these individuals a yellow unacceptable behaviors card as a warning if needed.
7. Notify home supervisor/staff of potential problems (or problem individuals.)
8. Be of assistance as requested by the facility security staff or tournament management staff.
9. Assist in the orderly flow of traffic of fans entering and exiting the facility.
10. Foster the traits of good sportsmanship.
11. Monitor your team as they exit the playing area.
12. Make sure all athletes are supervised from the locker room to the bus (or cars if a bus is not provided).
13. Stay on duty until your team, students, and majority of adults are off site.
14. Return supervisor's badge and request an escort to your vehicle if necessary.

NORTH PUGET SOUND LEAGUE EVENT SUPERVISION

These are the league recommendations for Sports Supervision to help promote positive sportsmanship in or fans, both students and adults.

Season	Sport	Location	Who
Fall	Cross Country	Home and Away	Designated Contact
Fall	Football Junior Varsity	Home and Away	Designated Contact
Fall	Football Varsity	Home and Away	Administrator or Designee
Fall	Golf	Home and Away	Designated Contact
Fall	Soccer - Girls Junior Varsity	Home and Away	Designated Contact
Fall	Soccer - Girls Varsity	Home	Administrator or Designee
Fall	Soccer - Girls Varsity	Away	Designated Contact
Fall/Winter	Swim/Dive	Home and Away	Designated Contact
Fall	Tennis - Boys	Home and Away	Designated Contact
Fall	Volleyball Junior Varsity	Home and Away	Designated Contact
Fall	Volleyball Varsity	Home	Administrator or Designee
Fall	Volleyball Varsity	Away	Designated Contact
Winter	Basketball – Boys & Girls Junior Varsity	Home and Away	Designated Contact
Winter	Basketball - Boys Varsity	Home	Administrator
Winter	Basketball - Boys Varsity	Away	Administrator
Winter	Basketball – Girls Varsity	Home	Administrator
Winter	Basketball - Girls Varsity	Away	Designated Contact
Winter	Gymnastics	Home and Away	Designated Contact
Winter	Wrestling	Home	Administrator or Designee
Winter	Wrestling	Away	Designated Contact
Spring	Baseball Varsity and Junior Varsity	Home and Away	Designated Contact
Spring	Soccer - Boys Junior Varsity	Home and Away	Designated Contact
Spring	Soccer - Boys Varsity	Home	Administrator or Designee
Spring	Soccer – Boys Varsity	Away	Designated Contact
Spring	Softball Varsity and Junior Varsity	Home and Away	Designated Contact
Spring	Tennis - Girls	Home and Away	Designated Contact
Spring	Track and Field	Home and Away	Designated Contact

1. Each event must have an identifiable contact who responds immediately to issues and/or emergencies.
2. Event supervisors are to wear a League Supervisor's Badge (see Building AD or Stadium Manager).
3. In some low number/low spectator sports the supervisor could potentially be one of the coaches.
4. Sports that attract a large crowd may require multiple supervisors and should be staffed accordingly.

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10. STUDENT/SPECTATOR CONDUCT:

- a) Bands shall not perform at games away from home except by special invitation of the host school. Good sportsmanship by all is our goal. Bands can contribute to that goal by adhering to the following:
 - 1. Bands are to play only during the time-outs, dead ball situations and between periods.
 - 2. Bands are to promote good sportsmanship for players, spectators and officials and avoid inciting overt attitudes toward officials. Actions by band members to try to distract players while shooting a free throw is considered poor sportsmanship, as are instruments, including drums used as distracting noisemakers.
 - 3. Band instruments may be used only as part of a total band.
 - 4. Noisemakers are not allowed. Band instruments, including drums, are to be used for playing music and in conjunction with approved and organized cheers led by the cheer staff, not as noisemakers.
 - 5. If amplifiers are used, they must be turned down to a level where announcers and cheerleaders can perform their responsibilities. Game management is authorized to control the volume.
- b) Any correspondence among schools, which pertains to student activities, should be co-signed by the principal or designee.
- c) **The schools of the North Puget Sound League prohibit noisemakers, including but not limited to items such as: drums, horns, megaphones, radios, thunder sticks and the discharge of confetti or powder substance during all athletic contests.**
- d) Cheerleaders can use megaphones in an organized cheer.
- e) Hanging signs, other than the official school banner, is up to each school's administration. If signs are allowed the following guidelines must be adhered to:
 - 1. Must be positive in nature,
 - 2. Do not mention the opponent,
 - 3. Not brought in by the opposing school
 - 4. Appropriate crash through banners are allowed for home teams only. (Non-offensive messages only).
- f) Half-time presentations must be discreet, non-offensive to the opposing school and approved by the principal of the host school. **Game starting time (prior to each half) may not be affected by home school presentation. See specific sport.**
 - 1. Student tunnels will be allowed only by students in school uniforms (bands, cheerleaders, drill teams).
 - 2. Any team or student guilty of misconduct or unbecoming behavior may subject themselves and their school to possible League sanctions.
 - 3. NPSL contests should be preceded by a "good sportsmanship" statement.
 - 4. Introductions are to be respectful for both teams involved.
 - 5. It is recommended that student spectators not be seated in the first-row bleachers.
 - 6. No full-face paint or body paint is allowed (face decals are acceptable). Shirts are always required to be worn by all.
 - 7. There will be no immediate rush onto the court or field following the end of competition by spectators.

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11. **AWARDS:**

- a) A standard league trophy may be purchased by member schools for the champion or co-champions of each division.
- b) NPSL will provide ribbons and medals for specific sports.
- c) Only NPSL schools are eligible for championship (trophies) in league activities. Non-member schools may compete in the League schedule against member schools, but they are ineligible for League championships or awards.
- d) Schools will be responsible for reproduction and the expense of certificates.
 - 1st team NPSL
 - 2nd team NPSL
 - Sportsmanship
 - Coach of the Year

12. **REGULATIONS FOR CONTROL AND ADDITION OF SPORTS ACTIVITIES:**

1. Sports activities recognized by the WIAA will be considered for possible inclusion as North Puget Sound League authorized activities.
2. North Puget Sound schools are members of the WIAA.
 - a. All sports must conform to WIAA rule and regulations.
 - b. The schools may participate in outside leagues as an independent school.
 - c. When a majority of League schools participate in a particular sport, the sport shall become an authorized League activity. Individual schools shall join the League and conform to League schedules and regulations.

13. **AUTHORIZED SPORTS:**

Authorized North Puget Sound League Sports Include:

(1)	Football	O	(8)	Gymnastics	G
(2)	Cross Country	B/G	(9)	Track	B/G
(3)	Volleyball	G	(10)	Golf	B/G
(4)	Swimming	B/G	(11)	Baseball	B
(5)	Basketball	B/G	(12)	Tennis	B/G
(6)	Wrestling	B/G	(13)	Fastpitch	G
(7)	Soccer	B/G	(14)	Bowling	G

B=Boys G=Girls O=Open to both Boys and Girls

14. **PROCESS TO REQUEST LEAGUE MEMBERSHIP:**

1. Written request to the NPSL Athletic Directors for membership consideration should occur by December 1st of the year requested for membership.
2. The Athletic Directors' may request an oral presentation by the school(s) seeking membership.
3. Recommendation by the Athletic Directors of the NPSL to the Principals of the NPSL to accept or deny membership.
4. Principals of the NPSL vote to accept or deny membership into the league.
5. School seeking membership will be notified in writing of acceptance or denial. In the event of a denial, the school seeking membership will receive a brief explanation as to why their application was denied.
6. Once accepted to the league, a new school may be charged a one-time admission fee as determined by the league.

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15. **CRITERIA FOR NPSL MEMBERSHIP CONSIDERATION:**

1. School Enrollment
 - a. Current Enrollment
 - b. Future Enrollment Trends
2. Athletic Program Offerings
 - a. District Athletic Philosophy
 - b. Athletic Program Levels
 - c. School Grade Level Structure
3. District/Community Issues
 - a. Travel/Proximity
 - b. Rivalries/Community Connection
4. League Issues
 - a. Balance of Divisions
 - b. Scheduling Issues
 - c. Facility Issues
 - d. Post-season Allocations
 - e. Willingness to Accept Leadership Roles (i.e., sport commissioners, host sites)

16. **ALIGNMENT CONSIDERATION:**

What is best for the NPSL? The NPSL 3A/4A multiclassification league was developed for what is the best in our communities and the member schools in the NPSL. This list is not in order of priority/importance:

1. Maintain current time away from class for teachers and coaches.
2. Maintain current late-night returns on school nights.
3. Maintain current travel times for teams and fans.
4. Stability of the league with changing classification
5. Support for all sub-varsity programs
6. Maintain current transportation costs.
7. Maintain current fan convenience and interest.
8. Retain the valued long-standing rivalries.
9. Ability to maintain competitive balance and reduce mis-match football games.
10. Maintain the administrative responsibilities among the NPSL Athletic Administrators
11. Promote and practice equity among our schools with high free and reduced numbers.
12. Retain positive gate and concessions for our ASB.
13. Retain quality competition at all levels.
14. Greater availability for teams and individuals to qualify for post season by appropriate classification.

SECTION III

PRACTICES OF THE NORTH PUGET SOUND LEAGUE ATHLETIC DIRECTORS' ASSOCIATION

1. **SCHEDULED CONTESTS:**

- a) North Puget Sound League contests established by schedule may not be changed by competing schools without authorization from the Principal and District Athletic Director from the respective schools. Any changes due to extenuating circumstances must be reported to the Commissioner of that sport so they can make the rest of the League aware

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of the change. Extenuating circumstances include school program conflict, facility conflict, bereavement, emergency school closure or weather cancellations. Contest cancellations due to emergency conditions will be determined by the school district policy of any school involved.

- b) New league schedules shall be presented to the athletic directors and developed on the following timeline:
 - Fall Schedules: Draft in December, Approved in January
 - Winter Schedules: Draft in March, Approved in April
 - Spring Schedules: Draft in May, Approved in June
- c) If a school cannot enter the League on the starting date, the school forfeits the contest or contests that were missed. Any exceptions must be approved by the Athletic Directors.
- d) Teams participating in the state final playoffs may request a schedule change for their first league game(s).
- e) The sport commissioner may determine date(s) for the rescheduled game.
- f) Monday through Wednesday of spring break is mandatory league reschedule days for all spring sports, unless stated differently in sports specific section.

2. **SCHEDULE PROCEDURES**

Section 1. Schedule Preparation: Schedules for each sport sponsored by the NPSL shall be prepared under the direction of the athletic directors of the league, when contest limits allow a schedule should be developed that includes at least one contest against each NPSL member school.

Section 2. Schedule Adoption: Schedules shall become effective when approved by a majority vote of the directors of athletics of the member schools. All schedules must be League approved prior to being posted on the NPSL League website.

Section 3. Member School Contests: League counting contests between member schools must be played with a season end date for those contests.

Section 4. Schedule Changes: Changing of the dates or dropping sub-varsity contests in the league master schedule must be mutually agreed upon between the two schools involved with the sub-varsity change with a season end date for those contests. Athletic Directors are not to schedule sub-varsity games when an NPSL team drops a squad until the NPSL Sport Commissioner has confirmed the number of sub-varsity squads and determined implications for the league schedule. The NPSL Sport Commissioner will send an email message to all member school athletic directors with instructions to cancel games in ArbiterSports and update sub-varsity schedule or approval to reschedule contests. Exceptions are rescheduling due to weather, transportation, facility issues or lack of registered officials. In all incidences the league President and Scheduler will be notified of changes.

Section 5. Schedule Guidelines:

- a) The high school schedules will be drawn on a two-year basis.
- b) High School League schedules are to be completed the year prior to the next two-year schedule period.
- c) Member schools are responsible to notify the league of any conflicts prior to final action to permit adjustments prior to adoption. This applies to foreseeable problems. Moving from

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the league adopted scheduled date needs approval from NPSL Athletic Directors'. The home team will make a recommendation to the League's Athletic Directors.

- d) Once final, schedules are sent out by the league scheduler. Each school is responsible to double check league schedules against the ArbiterSports schedules and notify the assigning official of any discrepancies.
- e) Member schools are responsible to enter their non-league schedules into ArbiterSports.

Section 6. League Championships: If a sport has a league champion it will be decided by either won-lost record or a designated league event. In the event of a tie: head-to-head criteria used to determine the champion; in a 3-way tie with each beating each other we will have a tri-champion.

3. MAKE-UP GAMES:

- a) All make-up games should be completed prior to the end of the regular League schedule.
- b) The Sports Commissioners will be empowered to schedule League contests after the season if unforeseen circumstances warrant this action.

4. OFFICIALS:

- a) Officials will be furnished to the North Puget Sound League from approved officials' associations.
- b) Exception to this rule can be found under individual sports.

- 5. ADMINISTRATIVE SERVICES:** The Athletic Directors shall appoint a Commissioner for each sport to interpret League rules, settle tie playoffs sites and times as needed, and direct rescheduling of make-up games. Interpretations of the Commissioner shall not change or alter Handbook rules.

Current Year Sports Assignments are as follows:

<u>Sport</u>	<u>Commissioner(s)</u>
Baseball	Terry Jenks/John Flanigan
Boys Basketball	
Girls Basketball	Chris Carr
Bowling	Jerry Peterson
Cheer/Dance	Mike Hanson
Cross Country	Greg Kaas
Fastpitch	Courtney McCurry
Football	John Price
Golf, B/G	
Gymnastics	John Price/Phil Willenbrock
Soccer, B/G.	John Yellam
Swimming, B/G.	Rob Swaim
Tennis	Greg Herd
Track & Field	Lisa Kelly
Volleyball	Kurt Phelps
Wrestling, B/G	B: Brian Smith/G: Rick Phillips
Awards	John Flanigan (Sportsmanship) / Phil Willenbrock (Awards)
Technology	Brian Smith

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f) Sport Commissioner Job Responsibilities

Responsibilities and Duties:

- Develop, design, present, and distribute sports schedules. Dec. (fall), April (winter), June (spring). Email proposed sports schedule one week in advance of the scheduled Athletic Directors' meeting to all the Athletic Directors for review.
- Pre/post season meetings - Set dates and location by the end of the year for upcoming school/sports year. The Athletic Director is the meeting facilitator. Communicate with coaches when sport meetings occur.
- Minutes pre/post season meeting submitted by the next Athletic Directors' meeting following the sport meeting to be distributed. Both divisions need to meet together.
- All league or all division selections are to be presented and distributed by the next Athletic Directors' meeting following the post-season meeting.
- Throughout the season, it is the sport commissioner's responsibility to keep standings or work with WIAA to keep standings, arrange for post-season officials, take the lead on specific sport related issues, report to the league on the status of the sport, and communicate to coaches and Athletic Directors on sport related issues.
- Post all-league selections on WPAN.

Preseason meeting - Possible agenda items:

- Handbook review and clarification
- Distribute schedule. Coaches exchange non-league schedules where appropriate.
- Discuss post-season tournaments format.
- Discuss any sport specific requirements.
- Discuss any special school specific circumstances.

Postseason meeting - Possible agenda items:

- All division or all-league selection
- Input on possible handbook changes
- Discussion of issues that came up during the season.
- Evaluation of post-season tournaments
- Handbook changes as necessary

- g) The Commissioner, or designee for each sport, is to be in attendance or available by phone at all League playoffs and tournaments involving the sport for which they are responsible. A participating coach may be a Meet Manager but may not be the designee. The designee may not be a participating coach in the relevant activity.
- h) Commissioners will send a league schedule to their respective officials' association assigning secretary.
- i) All League Teams – NPSL Sports Commissioners will lead NPSL coaches with the selection of All-League teams. NPSL All-League teams may not recognize more than the number of starters for their sport. Sport shall be limited to a First Team and Second Team of All-League athletes. See individual sport sections for more specific details regarding All-League teams.

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- j) The league Athletic Directors shall annually review and approve a stipend payment for the following league administrative positions (refer to annual budget form for stipend amounts):
- | | |
|-------------------|-----------------------------------|
| *League President | *League Treasurer |
| *League Secretary | *League Administrators (optional) |
6. **COACHES MEETING:**
- a) Athletic Director/Sport Commissioners must meet annually (before the first contest) with head coaches for that sport and review NPSL handbook practices and policies.
 - b) Post-season meetings will be arranged by the sport commissioner.
 - c) Head coaches will be required to attend all scheduled NPSL coaches' meetings and be cognizant of WIAA rules, NPSL rules, regulations, and practices, specific guidelines for their sport, and the current rules for their respective sport.
 - d) In the event the Head Coach is unable to attend a scheduled NPSL meeting, the school is expected to send a designee.
 - e) Failure to comply results in a handbook violation and a self-report.
 - f) All league selections will be facilitated by the Sports Commissioner at the post-season coaches meeting.
7. **FILMING:**
The North Puget Sound League will follow the rules of filming as outlined in the WIAA Handbook.
8. **UNMANNED AERIAL VEHICLES (DRONES):**
Unmanned aerial vehicles ("UAV"), also known as drones, are prohibited at North Puget Sound League athletic events for any purpose. This policy is in place to ensure the safety of participants, coaches, and spectators, and to maintain a fair and level playing field. A UAV is any aircraft without a human pilot aboard. An exception to this policy may be made for WIAA state-level events held at a North Puget Sound League site if specifically requested by WIAA for a broadcast partner and if the hosting district grants permission.
9. **SPORTS RULES AND REGULATIONS:**
- a) The Athletic Directors shall administer, review, and recommend changes in all sports rules and regulations.
 - b) The Athletic Directors shall consider recommendations for changes in a particular sport as presented by the majority of head coaches in that activity.
10. **EMERGENCY SERVICES:**
Each school shall be responsible for adequate first aid emergency procedures for visiting teams.
11. **NEWS MEDIA:**
The North Puget Sound League shall not release to the press the names of students suspended from athletics for disciplinary purposes.
12. **PRACTICES:**
Individual districts are responsible to set their own practice days.

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13. **NPSL SPORTSMANSHIP CODE:**
- Show pride, class, spirit, and respect.
 - Display modesty in victory and graciousness in defeat.
 - We value learning through competition and sportsmanship. Please enjoy the game.
14. **NPSL ATHLETIC CODE:**
- The NPSL code of conduct is intended to secure the educational benefits of personal growth and physical awareness inherent by participating in our athletic programs. Member schools agree that participants are always expected to display appropriate behaviors throughout the year. This philosophy endorses all existing WIAA, RCW's or member school regulations. Note: The NPSL supports a calendar-year system of appropriate behavior.
15. **RADIO/TELEVISION RIGHTS:**
- In general, radio or TV stations must meet with the approval of the NPSL Athletic Directors' and Principals prior to the start of a particular sports season.
- a) Radio: the NPSL permits and encourages live or delayed radio broadcasts with the approval of the home school.
 - b) Television: TV broadcast rights to NPSL games or activities, including Pixelott livestream, receive prior approval of the NPSL Athletic Directors and Principals of the participating schools. Live telecasts must be at the regularly scheduled time of NPSL games.
 - c) Media coverage of NPSL events should be pre-arranged.
 - d) Broadcast fees shall be established by individual districts as per site-based requirements.
16. **LEADERSHIP AND STUDENT CONNECTIONS:**
- The NPSL may create a student leadership structure for the purpose of connecting students to the common issues of leadership, sportsmanship and/or athletics.

SECTION IV

FINAL STANDINGS, PLAYOFF POSITIONS, AND TOURNAMENT MANAGEMENT

1. **CRITERIA FOR TIES FOR ALL SPORTS (other than Football & Volleyball)**
- Where a sport has a league/division champion it will be decided by win-loss record within the designated league schedule. In the event of a tie: head-to-head criteria will be used to determine the champion.
- Team sport post season (NPSL/WCD3) seeding will be based on league placement – baseball, volleyball, softball, football, soccer, bowling.
- 1. League Win-Loss Record
 - 2. If tied, Head-to-Head Criteria
 - 3. Apply Power Point if needed.
 - 4. Mini Playoff if needed.
 - 5. Any ties not covered by these procedures will be resolved by neutral League Athletic Directors as assigned by the league president.

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“Power Point Tie Breaking” -

❖ **For Example: Fourteen Team Division**

- 1st Place = 14 points
- 2nd Place = 13 points
- 3rd Place = 12 points
- 4th Place = 11 points
- 5th Place = 10 points
- 6th Place = 9 points
- 7th Place = 8 points
- 8th Place = 7 points
- 9th Place = 6 points
- 10th Place = 5 points
- 11th Place = 4 points
- 12th Place = 3 points
- 13th Place = 2 points
- 14th Place = 1 point

❖ **For Example: Seven Team Division**

- 1st Place = 7 points
- 2nd Place = 6 points
- 3rd Place = 5 points
- 4th Place = 4 points
- 5th Place = 3 points
- 6th Place = 2 points
- 7th Place = 1 point

- If two or more teams are tied for a place, add points together and divide by the number of tied teams.
- Teams earn the point values of the teams they defeat.

MINI-PLAYOFF FORMAT

If multiple teams are playing for the last playoff spot, a modified bracket will be utilized. Host team is team #1. **Utilizing the number draw, the team with the best draw number is team #1, etc.**

- A. Three teams for One Playoff Spot
 - a. Game 1 = Team #2 will play Team #3
 - b. Game 2 = Winner Game 1 plays Team #1
 - c. Winner Game 2 earns playoff spot
- B. Three teams for Two Playoff Spots
 - a. Game 1 = Team #2 plays Team #3. **Winner advances.**
 - b. Game 2 = **Loser** Game #1 plays Team #1. **Winner advances.**
 - c. **Once the 2 advancing teams are determined, revert to league tie-breaker language.**
- C. Four teams play for One Playoff Spot
 - a. Game 1 = Team #3 vs. Team #4
 - b. Game 2 = Team #1 vs. Team #2
 - c. Game 3 = winner of Game #1 vs. Game #2. Winner takes playoff spot
- D. Four teams play for Two Playoff Spots
 - a. Game 1 = Team #3 vs. Team #4
 - b. Game 2 = Team #1 vs. Team #2

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- c. Game 3 = winner of Game #1 vs. Game #2. Winner takes playoff spot. Loser takes final playoff spot.
- E. Length of mini contests
 - a. Baseball = 3 innings
 - b. Softball = 3 innings, with international rule after 4 innings
 - c. Volleyball = 2-out-of-3, with games 1 & 2 to 25 and game 3 to 15. Win by two. No cap.
 - d. Basketball = #2 & #3 play two 8-minute quarters, with the winner playing the #1 in two 8-minute quarters. Regular overtime procedures will be followed if necessary.

GENERAL PLAYOFF INSTRUCTION FOR GAME, MEET, OR TOURNAMENT MANAGERS

1. **TOURNAMENT WORKERS:**
Attached are guidelines and pay rules for management personnel that may be needed. It may be necessary to vary, because of special circumstances, but it is hoped that costs can be kept to a minimum and rates adhered to wherever possible by the game managers.
2. **PUBLICITY:**
No money will be budgeted for publicity. The manager is responsible for getting advance and other information to the news media. He/she should also be sure that the results of the tournament will be publicized if no members of the press cover the event. The manager is responsible for reserving a press section, if possible, close to the scorer's table.
3. **OFFICIAL SCOREKEEPER:**
The tournament manager shall appoint the official scorekeeper. It shall be his/her responsibility to keep the official records for both teams. His/her records are official.
4. **P.A. ANNOUNCER/INTRODUCTIONS:**
Care should be taken in the selection of the P.A. announcer. He/she should be a responsible person who can set the tone for the game, meet or match. The P.A. announcer should introduce the participants and their coaches, if appropriate, before each event. He/she should then announce the event in the normal manner, announcing starting line-ups, line-up changes, etc. Avoid announcements not pertaining to the program unless officially approved by the manager. The P.A. announcer should have excellent knowledge of the athletic events.
5. **PROGRAMS:**
These should be provided, if feasible, and profit may be kept by the host school.
6. **AWARDS:**
Order the necessary medals and ribbons. Medals for first place. Gymnastics and Cross-Country ribbons to 2nd-10th place. Wrestling ribbons to 2nd-4th place. Ribbons for all other sports 2nd-6th place.

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7. **POLICE ASSISTANCE:**
Tournament managers should work with local police in their respective areas. Anticipate possible needs in the following areas.
 - a) Crowd control inside facility.
 - b) Parking.
 - c) Traffic flow prior to and after the event.
 - d) Crowd control outside the facility, especially.

8. **MEDICAL AID:**
The tournament manager shall arrange for emergency services to be present or on call for all sessions.

9. **SPECIAL PROBLEMS:**
The manager is empowered to make any decisions and judgments deemed necessary that are not specifically covered in these instructions. He/she should confer with NPSL officials, if present, on any unusual problems that might occur.

10. **ADVANCE INFORMATION TO SCHOOLS:**
Each tournament manager is responsible for sending instruction bulletins to participating schools and coaches. The bulletins should cover items included in this guideline and items peculiar to the tournament.

11. **FINANCING LEAGUE PLAYOFFS AND TOURNAMENTS:**
Schools hosting League Tournaments/Playoffs shall send a financial statement to the League Treasurer. The Athletic Directors' Association shall regularly offer a full financial report of all activities to the Principals' Association. Expenses incurred should be paid from gate receipts and/or entry fees whenever possible. All expenditures (including officials) must be paid by check. The Principals' Association will pay any deficit. All profits are remitted to the Principals' Association.

12. **DISTRIBUTION OF PLAYOFF AND TOURNAMENT PROFITS:**
 - a) It is NPSL policy that all playoff and tournament profits will be returned to the NPSL Principals' Association.
 - b) The NPSL Principals' Association may decide to distribute excess profit between all NPSL schools at the end of each school year.
 - c) If necessary, schools will be assessed to supplement the NPSL principals' treasury.

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CHECK LIST FOR GAME, MEET OR TOURNAMENT MANAGERS

- _____ 1. Send out advance information bulletins to participating schools and coaches.
- _____ 2. Plan for tickets/ticket prices/signs.
- _____ 3. Arrange for ticket sellers, ticket takers, guards, and police.
- _____ 4. Arrange for press passes for media covering the event. Keep the local press informed-report results.
- _____ 6. Arrange for officials necessary for the game, meet or match.
- _____ 7. Arrange for ordering and purchase of awards and equipment for the event when appropriate.
- _____ 8. Arrange for school supervisory passes.
- _____ 9. Plan for concessions, if applicable.
- _____ 10. Plan for parking and traffic control.
- _____ 11. Reserve parking for teams.
- _____ 12. Arrange for emergency service/athletic trainer to be present or on call.
- _____ 13. Access to telephone in case of emergency.
- _____ 14. Arrange for P.A. system and announcer. Have a ceremony to introduce all participants and coaches.
- _____ 15. Provide for official scorekeeper.
- _____ 16. Pay all event expenses.
- _____ 17. Complete Tournament Expense Forms and return to NPSL Treasurer.
- _____ 18. Arrange for officials necessary for the game, meet or match.
- _____ 19. Arrange for ordering and purchase of awards and equipment for the event when appropriate.
- _____ 20. Arrange for the presentation of awards when appropriate.

TOURNAMENT/GAME MANAGEMENT

TICKET PRICES:

Adults	\$8.00
Students	\$5.00 w/ASB
Elementary	\$2.00
Senior Citizens	\$2.00

WRESTLING TICKET PRICES:

	<u>½ DAY</u>	<u>FULL DAY</u>	<u>2 DAY TOURN. PASS</u>
Adults	\$8.00	\$12.00	\$16.00
Students w/ASB	\$5.00	\$7.00	\$9.00
Elementary	\$2.00	\$3.00	\$4.00
Senior Citizen	\$2.00	\$3.00	\$4.00

Finance forms will be provided from the League Treasurer.

Tournament Manager or Commissioner will send net receipts and all financial documentation to NPSL Treasurer.

The NPSL Principals' Association will pay any deficit.

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SECTION V
SPORTS GUIDELINES

BASEBALL

1. The National Federation of State High School Association Baseball rules shall govern baseball. Special regulations regarding baseball are printed in the WIAA Handbook.
2. **MAKE-UP GAME PROCEDURE:**
 - a) Rainouts can be played on Saturdays during the entire season if both teams agree.
 - b) Non-league games shall be postponed if the game conflicts with a required rescheduled league game.
 - c) Postponed league games shall be played on the next playable date.
 1. The next playable date is the next weekday from the beginning of the season until the last two weeks of the season.
 2. A team is not required to play more than four (4) league games in any one week until the last two weeks of the regular season.
 3. Teams can play more than four (4) times before the last two weeks of the regular season if both schools agree.
 4. After the designated block of the regular season all weekdays must be used for make-up games.
 5. Saturdays during the last two weeks of the regular season will be reserved for play to complete the regular season. The baseball commissioner will make the final decision to play if necessary.
 6. Double headers will be scheduled to help complete the season, even if it means involving more than two teams at one site.
 7. Alternate sites for games may be utilized throughout the season if both schools agree.
 - d) Makeup Scheduling:
 1. When a game is canceled because of weather or other factors that disallow the completion of what would have been a legal game the following procedure will be used:

*Both coaches whose teams were involved in a canceled or suspended game will review their schedules and a calendar immediately and reschedule the game on the next playable date for both teams. That date becomes final, and all additional games not completed on the regular league will be scheduled in like manner. In all cases this rescheduling must take place before the next league game is played (a date is decided).
 2. Failure to play on the next playable date may result in a forfeit for one or both teams.
 - e) The last week of the league season:
 1. Games involving teams that could qualify for post season play must be played first.
 2. The Baseball Commissioner will be empowered to set the games necessary to complete the schedule during the last two weeks of the season.
 3. Games not made up by the competition of the last week of the schedule and having no bearing on the league championship or post season tournament will be left to the discretion of the schools involved.

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4. League scheduled activities (band, choir, drama, etc.) have precedence over rescheduled make up games, and league tie breakers.

3. **GAME REGULATIONS:**

- a) All games are seven innings.
- b) If a team is leading by 10 or more runs at the end of 5 innings the game will be terminated (both JV and Varsity).
- c) In case of a tie the game shall continue until the tie is broken.
- d) If a game is ended by the umpire due to weather or darkness, the following outcomes apply:
 1. It is a regulation game if five full innings were played, or if the home team had scored a greater number of runs and the visiting team has had five turns at bat, or if play has gone beyond 5 innings of play.
 2. If weather prevents completion of a regulated game, it is a suspended game, to be restarted at the point of suspension on the next playable date, or the next date teams involved play each other, if both schools agree. The scheduled game will be played to completion prior to finishing the suspended game.
 3. It is a suspended game to be made up from the point of the interruption, on the next playable date, if the game is interrupted by human error, with human error defined as lights going out or sprinklers coming on.
- e) Games scheduled during vacation periods are to be played as scheduled. Teams are not required to play beyond Thursday of spring break.
- f) Night games may occur if mutually agreed upon by the Athletic Directors involved. The preferred start time will be 7:00 p.m.
- g) The starting time on non-league games shall be set so that no member school of the North Puget Sound League shall miss school time for travel or playing of the game.
- h) When facilities allow, both teams will have equitable time for batting practice, in a batting cage prior to a game. Home Team Batting Practice: 70-50 minutes prior to game time, Visiting Team Batting Practice: 50-30 minutes prior to game. Batting Practice is **NOT ALLOWED** once the game is started. Home Team Infield/Outfield: 25-15 minutes prior to game, Visiting Team Infield/Outfield will be 15-5 minutes prior to game.
- i) In the case of a suspended game all player participation rules are the same as if the game was never delayed.

4. **PITCHER LIMITATIONS:**

- a) Follow WIAA rule 29.5.0 - Pitcher Limitation Rule.
- b) The home scorebook will be the official recording for pitch counts. For varsity contests it is recommended that an adult serve as the official pitch count tracker. It is mandatory that both Head Coaches confer at the top of each odd inning near the home dugout to confirm pitch count. If there is a discrepancy, the home scorebook will be the official record.

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5. **MISCELLANEOUS REGULATIONS:**

- a) Batting practice is permissible if it:
 - 1. does not delay the start of game.
 - 2. does not affect playing conditions of game field.
 - 3. is completed not less than one hour prior to the scheduled game time.
 - 4. both coaches agree.
- b) Two officials will be used for varsity league games. (One allowed if necessary).
- c) A minimum of one association umpire is required for all junior varsity games.
- d) Varsity and Junior Varsity game limit - 20 games.
- e) When postponements occur, notification should be made to the visiting school prior to 12 noon for the day games and 4:00 pm for the evening games. The home team should also notify umpires. The coach, the principal, or his designee will determine postponements.
- f) The speed-up rule is in effect during league play. Choice is up to the coach whether to use options or not.

6. **BASEBALL PLAYOFFS:**

- a) Seeding for league tournament or post season: will be based on final standings determined by league win/loss record (win percentage).
- b) Number of teams will be based on WCD allocations.
- c) Tie breaking criteria refer to pages 17-19.
- d) Coaches will select NPSL Baseball All-League teams for each classification including a maximum of ten players for the First Team and ten players for the Second Team.

BASKETBALL

- 1. The National Federation of State High School Association Basketball rules shall govern basketball. Special regulations regarding baseball are printed in the WIAA Handbook.
- 2. Varsity games shall start at 7:00 PM or twenty-five (25) minutes after the end of the preliminary game, whichever is later. Warm-ups will be no less than twenty (20) minutes for Varsity. Introductions will begin at five (5) minutes and may be extended five (5) minutes for special occasions.
- 3. Preliminary games (C-Team / Junior Varsity) will start at 3:45 PM and 5:30 PM and shall be played to completion.
- 4. Jerseys shall be white at home and school colors away.
- 5. The maximum number of regular season games shall be twenty (20).
- 6. There shall be **NO** dunking prior to the start of any basketball game.
- 7. There shall be no shooting (in any venue, competition court or auxiliary gym) by Varsity players or any spectators, children, students, etc. from 5:10 until the conclusion of the final contest of the evening.
- 8. The official game ball shall be top grade.

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9. For varsity games the timer and scorer shall be adults.
10. Half time will not be longer than fifteen (15) minutes.
11. Teams will not be allowed to circle the gym as any part of their game warm up.
12. The home team band shall not be positioned behind the visiting team bench.
13. It is recommended student spectators not be seated in the first row of bleachers.
14. Tie breaking criteria refer to pages 17-19.

BOWLING

1. Rules of the United States Bowling Congress (USBC) shall govern equipment and competition. Special regulations regarding bowling are printed in the WIAA Handbook.
2. The host school is responsible for providing scorecards, collecting results, reporting results to the bowling commissioner, and calling in results to the media.
3. Five (5) players make up a bowling team.
4. A match consists of four (4) games. The first two games will be 10 frames, regulation bowling. The third and fourth games will be Baker style bowling. During the first two games players may be substituted at any time. Substitutions during Baker style bowling can only take place between games. An exception being injury.
5. Scoring for matches will be as follows:
 - A. One (1) point is awarded to the team with the most pins for each of the four games bowled.
 - B. One (1) point will be awarded to the team with the highest total pins for the match. Five (5) total points are available to determine the match winner.
 - C. Ties of matches will be broken with one additional game of Baker style bowling. If time and facilities do not permit an additional game, the match will remain a tie.
6. The coach will set line-ups. The five (5) varsity bowlers will bowl together, and the five (5) junior varsity bowlers will bowl together.
7. It shall be the responsibility of each school to keep spectators and fans out of the area immediately surrounding the scorers' table and lane playing area.
8. Team competitors shall appear in appropriate attire. **No hats, sweats or blue jeans may be worn.** Players out of uniform may not compete. No cell phones or electronic devices (i.e., iPod) in the bowling area.
9. Ties in the league standings will be broken as follows:
 - a) Two Way Ties are broken if one team beats the other twice.
 - b) Comparing the head-to-head records of the three teams involved breaks three Way Ties.

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- c) When the head-to-head records of the tied teams are the same, the **total pins** accumulated in the matches between the tied teams will be used to break ties.
 - d) Ties that cannot be broken by using the above methods will only be played off when one or more teams would be left out of post-season competition.
10. Determining the overall league champion and placing teams for advancing on to the District Tournament will be done by combining the placement of each team during the regular season with their placement during the league tournament. If teams are tied, the tiebreaker will be their placement during the regular season. If teams are tied for the last spot advancing to the district tournament one game of Baker Bowling will determine the team that qualifies and the team that is eliminated.

Example: Finishing 3rd in league + finishing 2nd at league tournament = 5
 Finishing 1st in league + finishing 3rd at league tournament = 4

The team with 4 would place higher in the final league standings and advance to the District Tournament as a higher seed than the team with 5.

CROSS COUNTRY

1. The National Federation of State High School Associations Track and Field & Cross Country Rules shall govern Cross Country. Any special regulations regarding the sport of Cross Country are printed in the WIAA Handbook.
2. Additional regulations are set forth by the North Puget Sound League:
 - a. The varsity team shall consist of a minimum of five (5) runners and a maximum of ten (10) runners. Maximum of seven (7) at the sub-district meet.
 - b. There shall be no limit to the team size of the junior varsity squad.
 - c. If any school fails to field a minimum of 5-member teams, then the runners of this incomplete team may compete as individuals.
 - d. Schools will attempt to create a course whose length is as close to 5K as possible with due consideration for the facility, difficulty, and tradition. No course may exceed 5K in length as per National Federation Rules.
3. Order of Events:
 - a. 4:00 PM Girls Varsity Race
 - b. 4:45 PM Boys Varsity race
4. Scoring:
 - a. The top seven (7) finishers from competing schools shall determine the order of finish for purposes of scoring, with the top five (5) finishers determining the team score. Ties in team scoring shall be broken by adding the place of the sixth finisher to each team's score, the lack of a 6th runner by one team will decide in favor of the team with a 6th finisher. If BOTH teams lack a 6th finisher, then the summed scores of the first 4 runners will be the deciding factor.
 - b. An incomplete team will forfeit the meet to all opposing teams with a score of 15-50.
 - c. Should both opposing schools' field incomplete teams, there shall be no score recorded for either team.

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- d. Three way meets shall be scored as double duals.
 - e. A forfeit will count as a win for the opposing team.
 - f. Should two opposing teams forfeit each other, no score will be recorded and both teams will record a loss in the standings.
 - g. The school hosting the meet is responsible for scoring, and then notifying the visiting schools, and recording scores on the league website.
5. League Standings and Championships:
- a. League standings and championships will be determined via head-to-head league competition from the regular season.
 - b. Ties in the team standings shall remain ties and co-champions will be declared if there is a tie for first place.
 - c. The winner of the NPSL Sub-District Meet will be declared the NPSL Champion.

FASTPITCH

1. National Federation of High Schools Association Fastpitch rules shall govern Fastpitch. Any special regulations regarding Fastpitch are printed in the WIAA Handbook.
2. Special regulations set forth by the North Puget Sound League:
 - a) All games are seven (7) innings. In case of a tie the game shall continue until the tie is broken.
 - b) All games will start at 4:00 p.m. on school days. Night games may occur if mutually agreed upon by the Athletic Directors involved. The preferred start time will be 7:00 p.m. unless mutually agreed or facility conflicts prevent.
 - c) Changes in starting times during vacation periods shall be mutually agreed upon by the Athletic Directors.
 - d) Both the home team and visiting team shall be allowed ten (10) minutes infield practice before the start of the game. The home team shall be the first to take the infield.
 - e) During the regular season and NPSL playoffs, for all school day games starting at 4:00pm or earlier, neither team shall have batting practice before or during the game. Batting practice includes the following: Any live pitching, the use of a pitching machine, the use of all balls and/or the use of a batting cage. Prior to and not during the game the following is allowed as a pre-game warm-up: The use of batting tees, whiffle balls, tennis balls, sponge balls, restricted flight balls into a net, soft toss into a net and hardballs can be used for front toss bunting only, no live hitting. Batting practice during spring break or prior to games that start at 5:00pm or later is permissible as long as it:
 - Is done at your home school.
 - Does not delay the start of the game.
 - Does not affect the playing conditions of the game.
 - Both teams share the same spring break
 - f) Varsity game limit - twenty (20).
 - g) Make-up game procedures - any postponed game will be made-up on the next available date. Until the last two weeks of the regular season, a team is not required to play more than four (4) league games in any one week. Teams can play more than four (4) games a week before the last two weeks of the season if both teams agree. Saturdays may be used as make-up dates for the last two weeks of the regular season or earlier if mutually agreed upon. Make-up games are mandatory on the last 2 Saturdays of the

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regular season if determined by the Commissioner. Failure to play on Saturday may result in forfeit.

- h) Postponed games - the home school shall notify umpires by 11:45 a.m. and the other school by 12:00 noon or by 3:00 PM for a night game.
- i) If a team is leading by 10 or more runs at the end of 5 innings the game will be terminated (both JV and Varsity). **No new innings started after 2 hours and 15 minutes for sub varsity (JV and C-team) games.**
- j) If a team is leading by 10 or more runs at the end of 5 innings the game will be terminated (both JV and Varsity).
- k) Tie Breaker – Following NFHS guidelines if after the completion of eight innings of play, the score is tied, the following tie-breaker will be played to determine a winning team: Starting with the top of the ninth inning and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on 2nd base (e.g. if the number 5 batter is the leadoff batter, the number 4 batter in the batting order will be placed on 2nd base. A substitute may be inserted for the runner).
Tie Breaking Criteria for Tournament Play –Tie breaking criteria refer to pages 17-19.
- l) If a game is ended by the umpire due to weather or darkness, the following outcomes apply:
 - 1) It is a regulation game if five full innings were played, or if the home team had scored a greater number of runs and the visiting team has had five turns at bat, or if play has gone beyond five innings.
 - 2) It is a suspended game, to be started at the point of suspension on the next playable date they are scheduled to play or on the next playable date (at the originally scheduled venue) If the game was called prior to the fifth inning and two full innings have been completed or does not meet the minimum requirements for a regulation game, see (1) above.
 - 3) It is a suspended game, to be completed on the next playable date, if the game is tied at the end of the fifth inning, or the last completed inning beyond the fifth.
 - 4) It is a suspended game to be made up from the point of the interruption, on the next playable date, if the game is interrupted by human error, with human error defined as light going out or sprinklers coming on.
- m) Non-league games shall be postponed if the game conflicts with a re-scheduled league game.
- n) During a teams' spring break, rainouts are required to be re-scheduled through the Wednesday of that week. Games may be scheduled later in the week if both coaches and Athletic Directors involved agree.
- o) Teams are not required to play on the Monday following their spring break. Makeup games may be scheduled on the Monday following spring break if both coaches and athletic directors involved agree.

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FOOTBALL

1. The National Federation of State High School Association Football Rules shall govern football. Any special regulations regarding football are printed in the WIAA Handbook.
2. Additional regulations are set forth by the North Puget Sound League.
3. Only personnel involved in the administration of the game, as designated by the participating teams, shall be allowed on the sidelines.
4. The visiting team shall wear light jerseys and the home team dark jerseys.
5. All night games shall be at 7:00 pm unless authorized otherwise by the league.
6. It will be the responsibility of the host school to have a physician or medical services in attendance at all varsity games.
7. Sub-Varsity (Junior Varsity or C-Team) games shall be 10 minutes per quarter.
8. Sub-Varsity (Junior Varsity or C-Team) games shall start at 4:00 pm. except for facility conflicts or unless otherwise authorized by the league.
9. The officials for Junior Varsity games shall be from the Officials Association of the respective home team.
10. SCOUTING:
 - a. Coaches agree to exchange video of their two most recent games and include ODK labels. The exception will be the first two games of the season. Week two opponents will get week one video. Week one opponents will use own film from previous years.
 - b. The exchange will be of the wide copy. Coaches agree to make the best effort to have the video begin prior to the snap of the ball on each play and include wide outs and secondary players for the duration of the play.
 - c. Exchanges will be made prior to 10:00 am on Saturday. The exception would be games played on Saturday; in which case the exchange of the Saturday game will be made by 10:00 am on Sunday morning. The other game will still be exchanged by 10:00 am on Saturday.
 - d. Teams will participate in a staggered exchange. Each team will still be trading their two most recent games with opponents; however, they will send one each week rather than waiting to send two games the week they play the opponent. For example: Week 1 – Team A vs. Team B. After this game teams A and B would send their film to their week two AND week three opponents. After week two, teams would send their file to their week three AND week four opponents, and so on and so forth. This way teams still get two films, but it is a staggered exchange. Teams will have ample time to submit to HUDL assist or other breakdown programs being used. It also assures teams have at least one film in a timely manner in case of a technology issue or a Saturday game.

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11. The North Puget Sound League shall utilize the modified Kansas Plan as established by the WIAA to eliminate the ties in Varsity football games. All sub-varsity (Junior Varsity or C-Team) games shall remain tied.
12. TYPE OF BALL: A team will have the choice of the type of ball they wish to use, leather or rubber. Each team will provide their own game balls.
13. FIELD PHONES:
Each team is responsible for bringing their own field phones.
14. NON-LEAGUE GAMES:
Schools opting out of the divisional crossover 3A/4A NPSL league games to play non-league opponents from other non-3A/4A NPSL leagues are required to have a contractual agreement with the respective opponent before being released from the league schedule. If there is a non-league game change after the league schedule is adopted there will be no change to the league schedule.
15. NPSL FOOTBALL PLAYOFFS:
Major emphasis is placed on division play for the divisional championship and post-season play. The criteria are arranged in order of importance to get allocations to the state football playoffs.
 - (A) Seeding for state playoff games to be played at conclusion of all league-scheduled games as per agreement with other leagues and/or districts.
 - (B) All NPSL District stadium sites are approved for NPSL sponsored and hosted playoff games. Schools are subject to WCD site criteria for rounds 1 & 2 of the state playoffs.
 - (C) Other sites requested to be considered must be approved by the NPSL Athletic Directors.
16. DETERMINING DIVISION SEEDS:
The team with the best division record will be #1 seeded division representative. The team with the second-best division record will be #2 seeded division representative, etc.
17. BREAKING TIES WITHIN THE CLASSIFICATION: (see pages 17-19)
 - (1) Two Way Tie
 - (a) Refer to Tie Breaking Criteria
 - (2) Multiple Ties (Three or more tied teams)
 - (a) If one team had beaten the other two (3-way tie) or three (4-way tie) teams during division play, that team shall be the higher seed.
 - (b) If a higher seed is determined by applying criteria 2(a) above, **the teams remaining tied will revert to who beat whom during division play for the remaining seeds.**
 - (c) If still tied, apply Power Point Tie Breaking
 - (d) If tied in power points, next apply the Point Differential System:
 1. Add all points scored against each other (tied teams).
 2. Add all points given up against each other (tied teams).
 3. Subtract points given up from points scored.
 4. The point spread per game to be limited to 14 points.

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Example:

Kentridge 7-1
Tahoma 7-1
Auburn 7-1

Kentridge	7	Tahoma	6
Kentridge	14	Auburn	20
Kentridge scored 21 point			
Kentridge gave up 26 points (-5)			

Tahoma	6	Kentridge	7
Tahoma	19	Auburn	14
Tahoma scored 25 points			
Tahoma gave up 21 points (+4)			

Auburn	20	Kentridge	14
Auburn	14	Tahoma	19
Auburn scored 34 points			
Auburn gave up 33 points (+1)			

- Tahoma = (+) 4 points, Auburn = (+)1 points, Kentridge = (-)5 points
 - Tahoma won the tiebreaker and higher seed. Auburn and Kentridge revert to head-to-head game.
- (e) If still tied, the next highest team in standings will be added to the Point Differential format and recalculated with previous tied teams.
- (f) Tie breaking sequence in priority order is:
1. Head-to-Head Competition (H/H)
 2. Power Point System
 3. Point Differential

NOTE: Whenever a tie-breaking criteria (H/H, Power Point, Point Differential) is applied that breaks a tie, **remaining tied teams revert to the tie-breaking criteria sequence with head-to-head results always being the priority.** There will be no tiebreaker games played during week #10.

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GOLF

1. The rules of the United States Golf Association shall govern the conduct of all matches with the following exception: attesting for a lower score, regardless of the result of the hole, will only result in DQ for the hole. Specific interpretations in the Rule Book shall be applied as stroke play rather than match play. The home course will determine summer or winter rules. The preferred lie/winter rule is the "pick and clean" rule.
 - a. "Pick and clean" is defined as: a marker must be placed behind the ball. The ball may be picked up, cleaned, and placed within six inches of the marker, but it may not be placed closer to the hole than its original lie.
 - b. "Tee through green" is defined as: anywhere on the course except within a hazard.
2. Each team shall consist of six members and the members shall be designated as number 1-2-3-4-5-6.
3. Each team shall furnish its own equipment. Pull carts are permitted, but power carts and caddies are prohibited. All equipment is subject to the approval of the host course.
4. Each league match shall consist of nine holes.
5. Home team shall tee off from first tee, individual honors after that. Members of the boys' team will play from designated men's tees, and members of the girls' teams will play from the designated ladies tees using respective pars. Designated tees for each gender shall remain the same throughout the season.
6. Spectators are to keep a distance of at least 50 yards away from players and on the cart path from the time of a player's first tee shot of the round until their scorecard has been officially recorded at the close of the match.
6. All contestants and spectators must be clothed in proper golf attire, including: 1) shirts must have sleeves and collars and must be worn at all times; 2) slacks or tailored shorts (mid-thigh or longer) only; and 3) no jeans or jean (denim) material, yoga pants or cotton sweats will be allowed, and all clothing must be worn in a neat and respectable manner from the time the players arrive at the course until the time they leave. Violators of this dress code may be asked to leave the course and may be disqualified from the match. The league recommends all coaches and spectators abide by this code as well.
7. All matches on school days shall have a recommended starting time of 3:15PM. Schools can start no earlier than 3:00PM without mutual approval by both schools and course.
8. NPSL Champions will be division winners, Cascade and Olympic respectively from all division matches with the 7 count 6 format.
9. Classification team champions (3A/4A) will be derived from the NPSL tournament.
10. Individuals and teams will qualify for the West Central District and State Tournament according to allocations established by the WIAA Executive Board and the West Central District Executive Board.
12. Contest Scoring: Modified Stableford is the form of play for league dual matches.
 - a) A player's round shall be scored as follows:

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HOLE SCORE	BOYS	GIRLS
Double Eagle	5 points	6 points
Ace	5 points	6 points
Eagle	4 points	5 points
Birdie	3 points	4 points
Par	2 points	3 points
Bogey	1 point	2 points
Double Bogey	0 points	1 point

- b) All six players shall be scored for the team total.
 - c) Individual Match, Team Score Tiebreaker: If two teams end a regular season match with the same number of team points, the following procedure will be used to break the tie:
 - i. All team scores that end in a tie will be broken with totaling all 6 players points starting with the last hole #9 or #18 and working backwards until the tie is broken.
 - ii. If after matching scores and the match is still tied it will go as a tie.
 - iii. If a team has only 5 players vs a team of 6 players, a zero will be added to the 5- player team's total. A full team of six should not be penalized for having a full roster.
 - iv. If both teams remained tied after applying #1, #2, and #3 above, then the score shall remain a tie.
 - d) Players shall attest their scorecard properly prior to presenting it to the official scorekeeper. An attest (w/signatures by both players) recognizes the score on each hole as being accurate.
 - e) Each player within a group is expected to be aware of the scores of all the players in that group. All players should clearly announce their hole score prior to the next hole.
 - f) A player's official scorecard will be scored by an opposing player. If no opponent is available, then a designated marker/ scorekeeper will be assigned by the coaches.
 - g) Should a rule be questioned by any player within the playing group, the player whose score is in question shall play two balls from the point of controversy to the close of that hole. Score both balls until the rule can be interpreted properly by a match official. (Rule 3-3, "Doubt as to Procedure")
 - h) During the match, players should work together to resolve any scoring issues. After the match, coaches should work together to resolve any remaining issues. Coaches should not confront players during the round.
 - i) The home team is responsible for keeping the official score of the match. The score of each player and the total team score shall be the scores of record. The home school will send the match results to the NPSL website, league statistician, and local newspapers at the earliest opportunity.
 - j) The low stroke score among all players in the match will earn medalist honors.
13. League Medalist Tournament:
- a) The medalist tournament shall consist of 36 holes of play and be held at Gold Mountain golf course.
 - b) All league rules apply to the medalist tournament except for:
 - i. Scoring: Stroke play will score each player's round (36 holes).
 - ii. Team: A team will be composed of only six players with the top four scores counting for the team total.
 - iii. Starting Time: The tournament manager will decide the starting time.
 - iv. Honors of the First Tee: The groupings shall be determined by draw prior to the tournament. Coaches will submit their golfers in order of 1 through 6 for tournament pairing.
 - a) All other tournament details will be detailed in the tournament syllabus.

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14. District/State Qualifying Tournament:
- a. Allocations to the West Central District/State Qualifying Tournament will be determined by the West Central District Executive Board.
 - b. The number of teams entered in the tournament for golf will be determined by the formula for all other WCD tournaments. For example, if the NPSL sends 6 teams to the 4A volleyball tournament, they will send 6 teams to the 4A golf tournament.
 - c. The number of team entrees for a league determines the number of individual entrees not already on teams. The proposed formula is that a league would receive two individual entrees for every team entry. Using the example from above, the NPSL would receive 12 individual entrees because they have ten team entrees.
 - d. The tournament will be 36-hole stroke play and follow the same formula as the state tournament – play 5 and score the top 4. If a school has a 6th player who qualified as an individual, that player's score cannot be used in the team score. Coaches may change rosters from one level of play to the next just like any other team sport. Substitutions for individual qualifiers are prohibited.
 - e. Every effort will be made so that no player from the same school shall play in the same group. The qualifier with the higher medalist tournament score shall be placed in the next immediate group.
 - f. If there is a tie for the final qualifying spot to the next level, a sudden death playoff will be held between the teams. All four of the players who score for the day will play off using the aggregate team score by hole to break the tie.
 - g. The field will be cut for the second day of the tournament. The team field will be cut in half for day two – unless there are more than six team allocations to state. If there are more than six team allocations, the team field will be cut to the number of allocations to state plus two. For example, if a classification has seven allocations, the team cut will be nine. This formula may be adjusted if a classification has a field of less than sixteen teams. If there is a tie for the final spot, all teams advance to day two.
 - h. The individual field will be cut to the top twenty-four individuals –plus ties - not on teams. This includes individuals from teams that do not make it to day two. All players that make it to day two, whether they are on teams or playing as individuals, are eligible to advance to state as individuals.
 - i. After tournament competition has concluded, if a tie must be broken due to player withdrawals, USGA tie-breaking rules will be applied.
15. Match Limit: 12 Matches, 6 divisional matches and 4 crossovers have been scheduled and approved by league Athletic Directors, leaving 2 available for scheduling at the coaches/school's discretion.
16. Coaches Coaching: Coaches are part of the course and match management. There should be emphasis on etiquette and sportsmanship, with appropriate encouragement (as etiquette allows.)
- a) Only those coaches listed on the official NPSL roster.
 - b) Coaches may coach anywhere on the course except for the putting green in regular season matches and at the medalist tournament. Coaches should be mindful, however, of not slowing the pace of play.
 - c) Coaches are to remain available on the course until their last player has finished.
17. Electronic Devices: No cell phones, smartphones, or other similar communication tools may be utilized during a match. This includes phones with distance-measuring capabilities. Use of such a device in any stipulated round will result in an automatic disqualification of the player.
- a) "A player may obtain distance information by using a device that measures distance only. If during a stipulated round, a player uses a distance-measuring device that is designed to gauge or measure other conditions that might affect their play (e.g., gradient, wind speed, temperature, etc.) the

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player is in breach of Rule 14-3, for which the penalty is disqualification, regardless of whether any such additional function is actually used.”

- b) For divisional All-League a 6 count 5 format will be used for divisional matches in determining All-League teams.

17. All-League: The NPSL will honor the top golfers within each division based on points scored in league play. A vote will be held prior to the postseason tournament to determine the coach of the year.
#1-6: First Team All-League / #7-12: Second Team All-League

GYMNASTICS

1. The official rulebook is the Washington State Gymnastics Rules as stipulated in the WIAA handbook.
2. STARTING TIME: 15 minutes warm-up blocks. March out will start at 6:50 p.m. The competition will begin at 7:00 p.m.
3. EQUIPMENT: Each school is responsible for furnishing safe equipment for home meets.
4. There shall only be one (1) judge per event at all regular season meets.
5. MATCH LIMIT: Ten (10)
6. BAR DISCLOSURE:
During the pre-season coaches meeting, each team will designate whether they will use elite or extra bars with extenders at their home meets.
7. MUSIC:
To prepare and comply with the WIAA rule requiring all Floor Exercise music to be on an auxiliary cord compatible device for the state meet, all facilities will have an auxiliary cord compatible music player, and teams will bring music on an auxiliary cord compatible device.
8. DETERMINING DIVISION STANDINGS:
Each division champion will be determined by the team in each division with the highest team score at the league championship meet. In the event of a tie, the tied teams will be noted as division co-champions.
9. MEET CANCELLATION:
If at least one school that is scheduled to be at a regular season meet is not able to attend due to weather related issues and/or school district cancellation of activities, that meet may be postponed. Schools unaffected by cancellations from other Districts may still compete if two or more schools are willing.
9. All competing gymnasts are admitted free (no cap).
10. All events will do the capital cup one touch.

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SOCCER

1. A combination of National Federation of High Schools Association and FIFA rules will apply. NFHS and WIAA rules will apply for game management; FIFA rules will apply during games per WIAA Handbook. Refer to the most recent edition of the WIAA Handbook and WIAA Soccer Guidelines.
2. **SCHEDULE:** The two-year schedule is established by the Athletic Directors through recommendations by Coaches and Principals. Monday through Wednesday of spring break is mandatory league reschedule days for all spring sports.
3. **GAME TIMES:** All single night games will start at 7:30pm. If a double header is scheduled, the first game will start at 5:30 pm and the second game at 7:30 pm unless otherwise noted. Saturday game times may be changed by agreement of the two opposing schools.
4. **PRE-GAME WARM-UP:** A minimum of 15 minutes on field warm-up period will be allowed prior to start time.
5. **TIES:** Ties at the end of regulation play in league matches, will remain tied. (Two sudden death five (5) minute overtime periods in playoffs only). League and state playoff matches will follow the state soccer guidelines.
6. **UNIFORMS:**
 - a) The home team shall wear dark jerseys and socks (dark is defined as any color which contrasts with white), and the visiting team shall wear solid white jerseys and solid white socks. Prior to and during the game, jerseys shall be tucked into the shorts, unless manufactured to be worn outside. All jerseys, except those worn by goalkeepers, shall be numbered on the back with a different Arabic number at least 6 inches in height and on the front (jersey or shorts) with the same number which shall be at least 4 inches in height. Numbers shall be of contrasting color to the jersey (or shorts) and clearly visible.
 - b) Both socks shall be the same color, with the home team wearing socks of a single dominant color, but not necessarily the color of the jersey and the visiting team wearing solid white socks. If tape or a similar material (stays/straps) is applied externally to the socks, it must be of similar color as that part of the sock to which it is applied.
7. **ROSTERS:** Soccer programs are required to be posted and be maintained on the NPSL league website.
8. **OFFICIALS:** The host school shall request one Association referee and two Association linesmen. Officials must be members of the Washington Officials' Association for all varsity games. Sub-varsity games shall have an Association referee; linesmen are optional.
 - a) **RED CARDS:** If a player is red-carded, WIAA rule 18.27.0 (Ejection from Contest) will apply. If this rule is violated by playing the player, the game will be forfeited to the other team.
 - b) **CARD PENALTY FOR BOYS:** Out three contests for violent conduct or abusive language per WIAA rule.
 - c) **CARD PENALTY FOR GIRLS:** Out two contests for violent conduct or abusive language.
 - d) **ABUSIVE LANGUAGE:** Abusive language will result in a caution that will be called when either a player or team official uses abusive, offensive, or derogatory language; before, during or after a contest that is inappropriate. The language can occur on or off the field of play. The second offense in the same game will result in a second caution and removal from the contest.

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9. **BALL:** The #5 NFHS – FIFA – MLS Stamped ball shall be used.
10. **POST-GAME HANDSHAKE:** Once the game has ended, players will head to their benches. Traditional post-game handshake will take place where all players will meet in the center of the field and shake the hands of the opponents and officials. Teams will then head back to their bench after shaking hands.
11. **DETERMINATION OF NPSL CHAMPION:**
Highest point total:
 - a) Three (3) points for each win.
 - b) One (1) point for ties.
12. **PLAYOFF FORMAT FOR NPSL SOCCER TEAMS:**
Tie breaking criteria refer to Page 21-22.
13. **SEATING LOCATIONS FOR REGULAR SEASON AND TOURNAMENT GAMES:**
 - a) One set of stands – two teams on opposite side of the field
 - b) Two sets of stands – fans are behind your bench.
 - c) The host school can determine how many sides of the stands to open.

SWIMMING

1. The rules of the National Federation of State High School Associations (Swimming and Diving Rules Book), the Washington State High School Swimming Coaches Association and WIAA Handbook shall govern all meets.
2. **OFFICIALS:** The official starter of all swim meets and referee for diving portion of meet will be an adult who will also be a Certified meet official if possible. It is recommended to have two qualified officials at league dual meets.

Swim & Dive Officiating Certifications are available on the NFHS website [NFHS Learn - Swim & Dive Official](#) free of charge.

Recommended Officials shall include:

- 1 meet starter as outlined above.
 - 2 timers per lane / 1 alternate timer.
 - 1 scorer.
 - When applicable, timing console.
 - When applicable, a diving referee.
 - When applicable, at least 5 qualified diving judges. (if the dive coach is one of the 5 qualified judges., they will show their score last)
3. **MEET LIMIT:** Twelve (12)
 4. Start times of swim meets can be determined by the host school to promote swimming or to meet the pool requirements. Start time is 3:30 unless otherwise specified in the league schedule.

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5. Entries for regular season league meets:
 - In dual meets involving league schools, each school shall be allowed three entries per scoring event if the meet is held in a pool with six lanes or more.
 - When electronic programs are used by a host school, the visiting team will submit their roster in advance of the meet, no later than 6:00pm the day before, to help with the entry process. If you choose to submit your lineup via e-mail, please do so no later than 12-noon the day of the meet to the designated person setting up the electronic meet information. Upon arrival, visiting Coach will submit their schools' meet lineup to the host site. At this time both coaches will exchange their swim meet lineup.
 - JV heats are dependent on home teams pool time availability. If schools agree to have JV heats in more events other than the traditional 50 & 100-yard freestyle, communication between the schools will take place at least 24 hours before the meet.
 - Immediately at the conclusion of the swim meet, the final score will be made available to coaches.
 - Per NFHS, final results with times, etc. will be sent out 1 hour following the final event.
6. Preseason and Postseason coach meetings will take place and all head coaches are required to attend. If a head coach can't attend, Athletic Directors will appoint a school representative to attend the meetings.
7. League Championships will be awarded in each division. The team with the best win-loss record in league meets will be declared the division champions. If there is a tie, co-champions will be recognized.
8. League dual meet scores will be reported in ArbiterSports. The host team is encouraged to send meet results to local newspapers to promote swimming and give athletes recognition.
9. The head coach of each school is required to send state qualifying times in for state meet eligibility. Follow state times reporting guidelines found at the Washington Swim Coaches Association website (<http://wisca.org>).
10. The NPSL Athletic Directors, based on a recommendation by the swim coaches, will decide the site for the Qualifiers Meet and NPSL Championship Meet. Discussion and recommendation for meet locations will occur at pre and post season coach meetings.
11. Time standards for the NPSL Championship meet are established by averaging the 18th placetime from each of the past three NPSL Championship meets. Qualifying for the diving event will require divers to have successfully completed an 11 dive meet during the season with no more than 1 failed dive.
12. NPSL Qualifiers Meet regulations will be available at the preseason meeting. Regulations will include information regarding entry procedures and deadlines, meet time format, participant eligibility, advancement to NPSL Championship Meet and awards. An athlete can only participate in the Qualifiers meet if they have not met any league standards in an individual event. Violation of this rule will result in the athlete being disqualified from post-season competition.

Multiple Qualifier Meets will occur prior to the league championship meet.
13. NPSL Championship Meet regulations will be available at the preseason meeting. NFHS rules for championship meet scoring and meet procedures will be used. The meet regulations will include information regarding entry procedures and deadlines, meet time format, participant eligibility, advancement to the WCD 3 Championship Meet, team scoring and individual and team awards.

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14. The NPSL 4A & 3A (one day) Championship Meet will take place one week prior to the West Central District Championship Meet. The meet can take place on a Thursday, Friday, or Saturday, depending on pool scheduling.
15. Time standards for the West Central District Championship Meet will be determined by averaging the 18th place time from each of the past three WCD Championship Meets in each event.

TENNIS

1. Rules of the United States Tennis Association and WIAA Handbook shall govern the conduct of all contests. (Except as outlined in rule #16 below)
2. There shall be North Puget Sound League Divisional Tournaments at the close of the regular season.
3. Girls' tennis shall be played in the spring, boys' tennis in the fall.
Monday through Wednesday of spring break is mandatory league reschedule days for all spring sports.
4. Contests shall consist of five (5) matches: two (2) singles and three (3) doubles. The ten (10) point tie breaker will replace the third set for all matches. However, if both coaches agree before the match to play the third set out, they may do so.
5. Each player shall participate in but one (1) match. The host school shall determine the order in which the matches are to be played.
6. Each match shall count one (1) point - total of five (5) points for one (1) contest.
7. Starting time for contests is no later than 3:30 p.m. A minimum of 10 minutes for warm-up will be allowed prior to beginning matches.
8. If it becomes necessary to postpone any contest because of bad weather, the contest shall be played on the next playable date. The first rain out takes preference. **In the last two weeks of the regular season non-league contests shall be postponed.**
9. Should bad weather make it necessary to stop playing during a contest, only those matches which have been completed shall stand. The remaining matches shall be completed later following the rule in #8 for make-ups. The score for the incomplete matches shall stand regardless of game score or set score. Serving order and court must remain the same. Stopping the meet because of bad weather shall be by mutual agreement of the coaches.
10. Upon arrival, line-ups must be exchanged before the courts are assigned. Once the lineups have been exchanged, there shall be no substitutions except for injury or illness. In this case, straight substitutions may be made. After the first serve, no substitutions can be made without default of the match in which the substitution is made.

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- a. The better of the two singles players on the line-up shall play in the #1 singles slot. In similar fashion, the best doubles team on the line-up shall play in the #1 doubles slot, while the second-best doubles team on the line-up shall lay in the #2 doubles slot.
 - b. Dual Match Defaulting Procedures: Defaulting during a dual match, no matter which position will not be playing, must begin with the lower positions: second singles, or third (then second) doubles. The other players will move up.
 - c. For example: If the #1 singles in the presented line-up cannot play, the #2 singles must move up to that spot and the #2 singles will be defaulted. If the #1 doubles team cannot play, the #2 doubles team and the #3 doubles team must move up on the roster, and the #3 doubles position will be defaulted.
 - d. If players have begun a match with at least one point having been scored and cannot continue due to illness or injury, then that player retires rather than defaults.
11. There will be a two (2) minute on court coaching break between set 1 and set 2. There will be a 10-minute break between sets 2 and 3.
 12. Official balls, United States Lawn Tennis Association approved shall be furnished by the host school for each match.
 13. All participating players should wear uniforms and/or appropriate tennis apparel.
 14. It shall be the responsibility of the host school to keep spectators at a reasonable distance from the sidelines. Spectators, players, and coaches alike shall observe the rules of etiquette considered good form for tennis.
 15. Games not made up by the completion of the last week of the schedule and having no bearing on the league championships or post-season tournament will not be rescheduled.
 16. During the regular league season, only one designated coach, per team contest, will be allowed to call a time out to coach a player (singles) or players (doubles) during one normal changeover each set. The one designated coach from each team may talk to their player(s) during this time. State rules will be applied at Sub-Districts.
 17. Boys can begin practicing for WCD and State tournament play twenty (20) school days prior to the first day of the state tournament, as defined in Article 17.3.2 of the WIAA Handbook.
 18. Each participating school will bring one can of unopened match balls for each entrant into the league tournament for use during the tournament.
 19. Tie breaker to decide placing after first round:
 - i. Tie breaking criteria refer to Page 21-22.
 20. **MATCH LIMIT:** Eighteen (18)

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21. JV matches will consist of 5 points, 2 singles and 3 doubles, to mirror varsity. Matches should be 2 out of 3 6-game sets either starting at 0-0 or 2-2 depending upon time and number of participants. The third set will be a 10-point tiebreaker. After the initial 5 matches have been played coaches will use their discretion on the format. All matches may be shortened if both coaches agree, and weather/participation supports the decision. If 4 or less courts are available or time is an issue, JV matches switch to 4-game short sets and a 7-point tiebreaker. If both coaches would rather play no-ad scoring they may do so. The format for matches beyond the 5 that score is up to the home coach, but the emphasis should be on making sure everyone plays.

TRACK

1. The National Federation of State High School Association Track and Field and Cross Country Rules shall govern track and field. Special regulations regarding track and field are printed in the WIAA Bound for State and State Track Syllabus. Additional regulations are set forth by the NPSL.
2. MEET SCHEDULE/TIME: 3:30 p.m. unless other arrangements are made by mutual agreement of the participating schools. Monday through Wednesday of spring break is mandatory league reschedule days for all spring sports.
3. UNIFORMS: Uniforms shall be school issued or approved and worn as intended by the manufacturer. (NFHS Rule 4.3.1). Coaches are encouraged to review the details of the uniform rules closely and carefully.
4. HOST EVENT RESTRICTIONS:
Should an NPSL school be unable to host a scored event on the day of the meet (i.e. Pole Vault, Javelin, Discus), the visiting school(s) may conduct the event(s) on the day prior to the scheduled meet to establish legal marks. The respective Athletic Director shall authorize the results of this pre-meet competition on the PRE-MEET EVENT RESULT. The Pre-Meet Event Result Sheet must be completed and submitted in a timely fashion to the meet official and the opposing school's coaches. The marks will be included in the scoring of that meet.
5. SCORING: Scoring will be as follows:
 - a) Dual Meets: Top three individuals will score; 5-3-1; relay winning team scores 5.
 1. The top 4 athletes from each school will compete in the first heat of the running events.
(These athletes must be designated as varsity in athletic.net prior to the start of the meet)
 2. The remaining heats will be comprised of the remaining athletes doing that event.
 3. No limit to the number of JV entries.
 - b) Tri Meets: 5-3-2-1; relays 5-3.
 - c) for lane assignments for Tri meets. The first heat will still be the top athletes from each school.
 - d) Varsity athletes can only score from heat 1 in a dual meet and heats 1 & 2 in a tri-meet.
 - i. JV heats will not count toward team scoring.
 - e) The host school is responsible for recording the results of each event, including names, marks, and scoring. The results will be posted on athletic.net as soon as possible after the close of the meet.
 - f) The host school shall make every effort to record marks for every athlete.
 - g) FAT scoring is the expectation of the NPSL. Hand times are not acceptable as the normal practice of hosting a meet.

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6. LANE ASSIGNMENTS AND TIME SCHEDULE:

- a) Dual Meets – see page 44.
- b) Tri Meets – see page 44 - Two Varsity athletes from each school in heats 1 & 2

7. LONG, TRIPLE JUMP

All athletes will have an open pit for their jumps. All competitors will be allowed 4 attempts with no finals for regular season league meets. Length of the open pit is based on the venue and the number of athletes entered in the events. The number of varsity athletes will be 6 for dual meets, 4 for tri meets. There will be no limit on the number of JV athletes.

8. THROWING EVENTS:

All competitors will be allowed 4 attempts with no finals for regular season league meets.

Varsity girls will begin at the **Discus**. Varsity boys will begin at the **Javelin**.

Then these 2 groups switch locations.

If the number of JV athletes is small, they should be included with varsity.

The **Shot Put** will be an open pit for any athletes not competing in discus or javelin. (JV boys will begin here).

Athletes will stay at one venue until they are finished before rotating to the next as much as possible. If the facility/host needs to adjust, teams should be notified 2 days prior to the meet.

The number of varsity athletes will be 6 for dual meets, 4 for tri meets.

9. HIGH JUMP AND POLE VAULT: No entry limit will be placed. Athletes are allowed to warm-up over cross bars or bungees under the condition that event judges/supervisors are present and supervising during warm-up. This will be for all meets through the NPSL league meet.

10. POLE VAULT AND JAVELIN:

For all NPSL meets, the javelin and pole vault will be considered a competitive event and be scored and conducted in the same fashion as all other events.

11. NPSL SUB-DISTRICT MEET: A committee comprised of the commissioner, two track coaches and one district level Athletic Director will work with the meet manager for the upcoming season to post the league schedule and syllabus prior to the start of the season.

- a) The NPSL Sub-District track meet is a SCORED meet for determining the league championship and for seeding purposes for the district track meet.
- b) The top scoring team in each division 3A and 4A at the sub-district meet will be declared the league champion for that division.
- c) To qualify for the sub-district (league) meet the following will apply for each division - 3A and 4A:
 - 1. For each individual event – the **top 16 times/distances** achieved during the season will qualify for competition in the league meet.
 - 2. Each school will be allowed to enter **one relay team** for each relay event.
 - 3. In the field events -
 - a. Qualifying athletes will compete in **TWO** evenly divided flights from least to best marks.
 - b. The number qualifying for finals will be one more than the number advancing. (No less than 9 will qualify for finals since the NPSL will score 8 places for team points)
 - 4. In the lane running events -
 - a. Heats will be divided so that the top 8 qualifying times are in the fastest heat and it will be run as the last heat.

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- b. Lane assignments will be conducted as outlined in the Bound for State standards set by the WIAA.
 - c. The top XX qualifying times (as determined by WCD) will advance to the District Championships/State Qualifying meet (heat winners are NOT protected).
5. Any mark during the current season equal to or better than the league standards for each division will be an automatic qualifier. a. Times and distances achieved at a Jamboree will not be considered for entry into the league meet.
- d) b. The league meet schedule will be presented at the Pre-season meeting. Any changes will be voted on and approved at that meeting.
 - e) c. All events at the league meet will be conducted by a knowledgeable/trained track official - including those marking the landings of jumpers and thrown implements.
12. **LEAGUE to DISTRICTS PASS THROUGH PROCESS:**
- 1. A school may petition to pass an athlete through from the NPSL meet to the WCD meet without competing under the following conditions:
 - a. The athlete must have a league leading mark or have met the WCD level automatic qualification mark(s) in the event(s) being petitions.
 - b. One of the following scenarios must occur:
 - i. The athlete must have an injury that has been diagnosed by the school athletic trainer or a physician **AND** will be **LIKELY to compete the following week**.
 - ii. Extenuating circumstances must apply which were beyond the control of the athlete.
 - 2. Procedure for making a petition:
 - a. The school seeking the petition must write up the case and present it to the league Sports Commissioner.
 - b. The petition must be brought forth prior to the time of the league meet seeding.
 - c. The petition will then be submitted to the coaches of that division for a secret ballot vote.
 - i. The school seeking the petition does not vote.
 - ii. Five (5) affirmative votes are needed for the petition to pass. (5/7 = super majority of current teams)
13. **PARTICIPANT LIMITATION:** An individual cannot compete in more than 10 meets per season, 2 meets per week and 4 events in any single meet. Please refer to WIAA Regulation 42.4.0 for further details.

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TRACK EVENTS

3:30 800M RELAY/G
Following the previous race:
3200 RUN/G
110M HURDLES/B
100M HURDLES/G
100M DASH/B
100M DASH/G
1600M RUN/B
1600M RUN/G
400M RELAY/B
400M RELAY/G
400M DASH/B
400M DASH/G
300M HURDLES/B
300M HURDLES/G
800M RUN/B
800M RUN/G
200M DASH/B
200M DASH/G
3200M RUN/B
1600M RELAY/G
1600M RELAY/B

DUAL MEETS

**Home gets odd lanes
(1/3/5/7)**

TRI MEETS

**Team 1 (home): lanes 1 & 4
Team 2: lanes 2 & 5
Team 3: lanes 3 & 6**

400m and 1600m relays.

Varsity teams are in lanes 3/4.

800m relay

Varsity teams are in lanes 1/2.

***JV race(s) will immediately follow
the Varsity race(s).***

FIELD EVENTS

3:30pm

DISCUS – Var G; Var B; JV – no finals
JAVELIN – Var B, Var G, JV – no finals
SHOT PUT – open pit, JV boys – no finals
(Athletes in non-throwing events can be
accommodated as needed)

POLE VAULT – Girls; Boys

LONG JUMP - open pit, 4 attempts - no finals
TRIPLE JUMP - open pit, 4 attempts - no finals

HIGH JUMP - starting time varies by venue. Host
school should notify opposing team.

MAXIMUM STARTING HEIGHTS

HIGH JUMP - Boys	5' 0"
HIGH JUMP - Girls	4' 0"
POLE VAULT - Boys	8' 6"
POLE VAULT - Girls	6' 6"

Heights may start lower to accommodate JV athletes.

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PRE-MEET EVENT RESULT SHEET

Event _____ Date _____

Site _____ Judge _____

School _____ Date of scheduled meet _____

The following event was conducted on the day immediately before/after the scheduled NPSL meet because the host school is unable to host this event on the day of the meet.

The Event Judge must initial each item below:

_____ 1. Each of the athletes in this event meets the participation requirements as a member of the school's team, the NPSL, and the WIAA.

_____ 2. All marks were achieved under the standard rules of competition for this event.

_____ 3. This completed form, including all signatures, will be presented to the meet official by 10am the day following the competition. Marks will be credited and official with the completion of this form.

_____ 4. Each of the athletes who participated in this event understands that they will be limited to one less event within the 4 – event limit for the meet to which these results belong.

	Athlete name	Grade	School	2 BEST Marks
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

Judge Signature: _____

Coach Signature: _____ Athletic Director Signature: _____

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VOLLEYBALL

1. **OFFICIAL RULES:** The National Federation of High Schools Association Volleyball Rules will govern girls Volleyball. The only exceptions will be those rules and regulations that appear in the WIAA Handbook or outlined by the NPSL.
2. **OFFICIALS:** For league varsity matches two (2) rated officials shall be used. Home school will provide all lines people. It is recommended, for varsity matches, to have adults or trained students serve as the lines people. No one in uniform is allowed to serve as the lines people. Lines people should have on shoes, have no headphones, and not be on their phones. Two scorekeepers are required. One is to keep the official score and a second to run the clock and track libero substitutions.
3. **PRE-MATCH WARM-UP:** The captain's meeting/coin flip will take place prior to the warmups. Warmups will be 20 minutes: 8 minutes shared court time followed by 6 minutes (serving time included) for the home team and six minutes (serving time included) for the visiting team. An alternative court may be used if available equally to both teams during warmups. Teams are not allowed to warm up on the sidelines or end lines while waiting for their court time. **NOTE: The match does NOT become official until the ref blows the whistle for a captain's meeting therefore what teams do prior to that is NOT under the jurisdiction of the officials.** The home school will provide 12 warm-up balls* and a cart for the visiting team. JV/C warm-up will be 6-6. *Warm-Ups: The home school must provide the same quality equipment for both teams. If the home school uses a warm-up gym, both teams need to have access to that gym.
4. **STARTING TIMES:** Game times will be 5:45 p.m. for Junior Varsity and C-Team (unless facilities require C-Team to start at 4:00), with Varsity starting no earlier than 7:00 p.m. with proper warm-up (8-8). Junior Varsity and C-Team warm-ups will start at 5:30 p.m. regardless of whether officials are present. Junior Varsity/C-Team non-deciding games will be played. All games started will be finished.
5. **LENGTH OF MATCH:** The varsity match shall consist of the best three (3) of five (5) games. The first four (4) games will be rally score to 25 with no cap and the fifth and deciding game will be rally score to 15 with no cap. Teams will not switch sides at the 8th point.

The Junior Varsity and C Team matches shall consist of the best two (2) of three (3) games. The first two games will be rally score to 25 with no cap and the third game will be rally score to 15 with no cap. A non-deciding third set will be played to 15, no cap, if started prior to 7:00 p.m.

6. **CONTEST LIMITATION:** A team and each individual may play a maximum of four (4) contests per day. (WIAA 43.4.0)
7. **SEASON LIMITATION – INDIVIDUAL AND TEAM:** 18 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 18 contests for the team. The one allowable exception is described as follows:
 - i. A one-day invitational tournament may count as one (1) of the 18 contests. 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

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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.)

- ii. Each squad and each player is limited to schedule and participate in only two (2) one-day invitational tournaments or one (1) two-day invitation tournament.
- iii. If an individual or a team plays in more than two (2) invitational tournaments in a season, the team must declare which tournament matches count as one (1) of the 16 contests for the individual or the team. Each opponent played in any subsequent tournament(s) counts as one (1) of the 16 contests for the individual or the team.

8. **GAME BALL:** A white ball of top-grade leather will be used as the game ball. A multicolor top-grade leather ball may be used if both coaches agree.

9. **TIE BREAKING CRITERIA FOR TOURNAMENT PLAY (refer Page 17-19)**

a) Two Way Ties

All ties will be played off unless there is a Head-to-Head Advantage described in Section IV.

b) Three Way Ties (when no team is eliminated):

The teams involved will be seeded by sets-won percentage.

Example:

KM beat KW 3-0 and lost to MR 2-3 which leaves them 5-3 and 62.5% in sets won.

KW beat MR 3-0 and lost to KM 0-3 which leaves them 3-3 and 50% in sets won.

MR beat KM 3-2 and lost to KW 0-3 which leaves them 3-5 and 37.5% in sets won.

If teams are still tied, use the point differential between the tied teams.

c) Three-way ties (when one or more teams are eliminated).

Teams would be seeded by sets-won percentage for a mini playoff. Matches would be the best 2 out of 3, third game to 15, no cap. The two lowest seeded teams would play the first match. The loser gets the lowest seed of the three teams. The winner plays the highest seeded team for the top two seeds.

*Using the example above, Kentwood and Mount Rainier would play 2/3 of the matches and the loser would be the lowest seed. The winner would play Kent Meridian for the highest two seeds.

If teams are still tied after applying the sets won percentage or the point differential, there will be a draw to determine the seeding for a mini playoff. Matches will be the best 2 out of 3, third game to 15, no cap.

10. **SENIOR NIGHT:** All schools will conduct senior night activities **PRIOR** to the start of the official warm up. They are to be 15 minutes or less. If senior activities take longer than 15 minutes, the home team will need to do this **AFTER** the match.

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WRESTLING

1. MEETS:

The National Federation of High School Association Wrestling Rules will govern wrestling except when additional guidance is provided in the WIAA Handbook.

Preliminary matches shall be scheduled on the same night as varsity matches.

In a dual meet, preliminary matches shall begin no earlier than 6:00 p.m. and varsity matches will begin after these matches conclude.

All matches shall have Wrestling Association officials.

A warm-up period of a minimum of ten (10) minutes shall be allowed for each team.

In 4 team double duals, on TWO MATS:

3:45 pm: weigh in JV wrestlers, all teams

4:15 pm: start JV matches on 2 mats.

6:15 pm: A vs C; B vs D varsity

7:30 pm: A vs D; B vs C varsity

In 3 team double duals, on TWO MATS:

4:15 pm: weigh in all wrestlers, all teams – draw for match order.

5:00 pm: A vs B varsity; A vs. B JV

6:15 pm: B vs C varsity; B vs C JV

7:30 pm: A vs C; A vs C JV

2. WEIGH-IN PROCEDURES:

Weigh-ins shall begin at 5:00 PM, unless agreed upon by the head coaches of competing teams. Notifications to competing coaches and their Athletic Director is required to be made no less than 24 hours prior to match time. Weigh-in procedures shall be the same as defined in the Washington State Interscholastic Activities handbook. Each coach shall have a duplicate list of his wrestlers (by weight) prior to weigh-in. The coaches shall exchange originals just prior to weigh-in. The coach shall keep his own copy on the file for verification purposes if needed for eligibility and qualification for tournaments.

3. In order to advance from one tournament to another, a wrestler must participate and win his/her advancement placement.

4. Each school is limited to 16 + jamboree team dates per team for wrestling competition.

5. Each individual wrestler may compete in forty-five (45) individual matches prior to any League/district level tournament leading to the state tournament.

6. For varsity contests the timer and scorebook personnel shall be adults.

7. Post season seeding criteria will be determined at the preseason coaches meeting.

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8. If the 4th and 5th place wrestlers have not wrestled in the tournament, they'll wrestle for the "true 4th place" position.

SECTION VI

CHEER

1. The National Federation of High Schools Associations Cheerleading Rules will govern all cheer squad activities.
2. **ADMISSIONS:** Cheerleaders in uniform will be admitted free to an NPSL activity.
3. **INTRODUCTION OF PLAYERS:** Introduction of players by the cheerleaders shall not delay the start of the game.
4. **CROWD CONTROL:** Cheer staff shall be encouraged to assist the game manager and officials in controlling the actions of their rooting section. Refer to NPSL Student/Spectator Conduct located on page 10 of this handbook.
5. **SUPERVISOR:** Each school shall provide a faculty member to assume responsibility for the action of the Cheerleading Staff.
6. **FOOTBALL GAMES:** Cheerleaders shall occupy the area directly in front of the rooting section but not on the playing field.
7. **BASKETBALL GAMES:** Cheerleaders are to occupy the front row of bleachers. Additional seating devices, such as stools etc., will not be allowed.
8. **WRESTLING MEETS:** Strict compliance with Rule #2, Section 2, Article 1, National Federation of High Schools Association Wrestling Rule Book:
 "All personnel, other than actual participating contestants, shall be restricted to an area reserved for such use. This area shall be at least ten (10) feet from the edge of the mat and scoring table."
8. **OTHER ACTIVITIES:** Cheer staff are permitted to conduct organized yells at any location or time that does not interfere with the contest itself or those participating.
9. Cheer staff are instructed to avoid using yells that could be disruptive, obscene, degrading or offending to officials, opposing team, or opposing spectators.

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SECTION VII

MUSIC

1. There shall be a Music Educators' Association within the North Puget Sound League. Music Education Association shall have such responsibility for the governing of music matters as delegated to them by the North Puget Sound Principals' Association.
2. All music educators in each of the member schools are eligible for membership in the North Puget Sound League Music Educators Association.
3. The President of the North Puget Sound League Music Educators Association shall be one of the two North Puget Sound League representatives to the Music Committee of the West Central District 3. The other representative shall be a principal appointed by the North Puget Sound League President.
4. No North Puget Sound League member school may participate in West Central District 3 music events unless it first fulfills its obligation to the North Puget Sound League.

SECTION VIII

FORENSICS

1. There shall be a meeting each spring of all North Puget Sound League forensic coaches to plan all forensic activities for the coming year. Plans made by the forensic coaches shall be presented to the North Puget Sound League Principals' Association for their approval or revision.
2. The forensic coach selected for Manager of the North Puget Sound League shall be responsible for calling the spring meeting.
3. All forensic coaches shall be sure that their school is registered with the Washington Interscholastic Athletic Association for forensic competition.
4. Schools in the North Puget Sound League may attend college-sponsored invitational tournaments at their local school or district's option in accordance with WIAA standards.
5. Participation in Washington State Forensic Tournaments shall be by direct entry.

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NPSL Membership Request Packet

School Name _____ School District _____

Current Classification _____ Projected Classification _____

Contact Name _____ Contact Phone# _____

Please provide the following information to the NPSL for consideration.

1. What is your current enrollment in grades 10-12? _____
2. What is your projected enrollment for grades 10-12 in:
 2 years _____ 4 years _____ 6 years _____ ?
3. What is your school configuration? 9-12 10-12
4. The NPSL currently offers the following sports. Which of these programs do you offer and at what level?
 Please circle the programs you offer.

FALL

Boys Golf	Varsity	JV	Soph/C-team	Freshman
Girls Golf	Varsity	JV	Soph/C-team	Freshman
Boys Tennis	Varsity	JV	Soph/C-team	Freshman
Girls Soccer	Varsity	JV	Soph/C-team	Freshman
Girls Swim	Varsity	JV	Soph/C-team	Freshman
Football	Varsity	JV	Soph/C-team	Freshman
Boys Cross Country	Varsity	JV	Soph/C-team	Freshman
Girls Cross Country	Varsity	JV	Soph/C-team	Freshman
Boys Water Polo	Varsity			

WINTER

Boys Basketball	Varsity	JV	Soph/C-team	Freshman
Girls Basketball	Varsity	JV	Soph/C-team	Freshman
Girls Bowling	Varsity	JV	Soph/C-team	Freshman
Gymnastics	Varsity	JV	Soph/C-team	Freshman
Wrestling	Varsity	JV	Soph/C-team	Freshman
Boys Swim	Varsity	JV	Soph/C-team	Freshman
Girls Flag Football	Varsity			

SPRING

Baseball	Varsity	JV	Soph/C-team	Freshman
Fastpitch	Varsity	JV	Soph/C-team	Freshman
Boys Track	Varsity	JV	Soph/C-team	Freshman
Girls Track	Varsity	JV	Soph/C-team	Freshman
Boys Soccer	Varsity	JV	Soph/C-team	Freshman
Girls Tennis	Varsity	JV	Soph/C-team	Freshman
Girls Water Polo	Varsity	JV	Soph/C-team	Freshman

2023-2024
NORTH PUGET SOUND LEAGUE HIGH SCHOOL PRINCIPALS' ASSOCIATION

Cheer	Competitive	Sideline	Both
Dance/Drill	Competitive	Sideline	Both

5. Please provide the following information regarding your athletic facilities.

*Football Stadium	Surface Type_____	Capacity_____
*Soccer	Surface Type_____	Capacity_____
*Gymnasium	# of Gyms_____	Capacity_____
*Baseball	# of Fields_____	Surface_____
*Fastpitch	# of Fields_____	Surface_____
*Tennis	# of Courts_____	
*Track	Type of surface_____	Capacity_____
*Swim	Do you have a pool_____	Location_____

6. Please list all facilities you have that are capable of hosting NPSL or WCD events:

7. Please list all sports you would have the ability to take a leadership role in as a League Commissioner:

8. Please briefly describe your philosophy regarding sportsmanship:

9. Do you have any concerns regarding the cost of busing students to events? If yes, please describe your concern:

10. Do you have any concerns regarding student dismissal times for afternoon games or return times for evening events: If yes, please describe your concern?

11. Are your School Board Members and Superintendent in favor of joining the NPSL?

12. How are decisions made in your building concerning athletics? Are decisions coordinated through the district office or does the building have maximum control?