

# **South Puget Sound League 4A 2025-26 Handbook**



**[www.SPSL.org](http://www.SPSL.org)**

## South Puget Sound League Administration

### League Officers

Principal's President: Susie Askew, Spanaway Lake HS  
Athletic Director's President: Jim Meyerhoff, Puyallup School District  
Treasurer: Peter Collins, Rogers High School  
Secretary: Tyson Lowry, Bethel High School  
West Central District Board: Jim Meyerhoff, Puyallup School District  
Suzanne Vick, Curtis High School  
Peter Collins, Rogers High School  
Bryan Streleski, Bethel SD (Middle Level Rep)  
Tom Adams, Curtis HS (Principal Rep)  
WIAA Rep. Assembly: Suzanne Vick, Curtis High School

### School Administration

Bethel	Principal: Christy Rodriguez	Athletic Director: Tyson Lowry
Bonney Lake	Principal: Anthony Clarke	Athletic Director: Aaron Radford
Curtis	Principal: Tom Adams	Athletic Director: Suzanne Vick
Emerald Ridge	Principal: Ed Crow	Athletic Director: Jesse Kase
Graham-Kapowsin	Principal: Kevin Zamira	Athletic Director: Jake Dorn
Olympia	Principal: Matt Grant	Athletic Director: Mark Iddins
Puyallup	Principal: David Sunich	Athletic Director: Raymond Bonnell
Rogers	Principal: Jason Smith	Athletic Director: Peter Collins
South Kitsap	Principal: Melissa Super Greene	Athletic Director: Lindsey Foster
Spanaway Lake	Principal: Susie Askew	Athletic Director: Brooke Wilkinson
Sumner	Principal: Jeff Baines	Athletic Director: Chris Paulson
Yelm	Principal: Curtis Cleveringa	Athletic Director: Matt Mounts
Bethel SD		Athletic Director: Bryan Streleski
Puyallup SD		Athletic Director: Jim Meyerhoff
Sumner/Bonney Lake SD		Athletic Director: Brian Kaelin

# South Puget Sound League Constitution

## Article I – Name

The name of this organization is the South Puget Sound League.

## Article II – Membership

The member schools of the South Puget Sound League are Bellarmine, Bethel, Curtis, Emerald Ridge, Graham-Kapowsin, Olympia, Puyallup, Rogers, South Kitsap and Sumner.

## Article III – Philosophy and Objectives of the Organization

To promote fellowship and sportsmanship among the schools of the league through interscholastic competition and carry-out the league's policies as determined by the South Puget Sound League Principals and Athletic Directors.

The Principals' Association, recognizing the need for a common philosophy and mutual understanding between the Principals and Athletic Directors establish these principles for the governance of the South Puget Sound League:

- a. The Principals and Athletic Directors have the responsibility for establishing policies governing league activities such as athletics, and leadership-student relations.
- b. The Principals and Athletic Directors have 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 approve a handbook defining league policies and practices.
- e. Each high school or district of the South 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 South 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 presiding officer of the Athletic Director's Association shall be the President. The President shall be a league Athletic Director. They shall perform the customary duties of his/her office. The President shall be elected at the last May meeting for a term of four (4) years beginning August 1, following the election. In the event this person is no longer a league Athletic Director, 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 (1) year.
- g. The league Athletic Directors shall annually review and approve a stipend payment for the following league administrative positions:
  1. League President (\$1,000 per year)
  2. League Treasurer (\$2,000 per year)
  3. League Secretary (\$500 per year)
- h. The Athletic Directors' Association shall be represented by the 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 the athletic director's recommendations.

#### **Article IV – The South Puget Sound League Athletic Code**

The SPSL code of conduct is intended to secure the educational benefits of personal growth and physical awareness inherent by participating in our athletic programs. The SPSL emphasizes sportsmanship through its Sportsmanship Code:

Show pride, class, spirit and respect.

Display modesty in victory and graciousness in defeat.

Please enjoy the game and promote good sportsmanship.

Schools are encouraged to educate every coach, athlete, parent and spectator on the sportsmanship expectations. Each host school should establish an environment where visiting individuals and officials feel welcome. 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.

#### **Article V - Voting and Amendments**

Voting at both Principal and Athletic Director meetings will follow the procedure outlined below.

- a. Each 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 a majority of member schools, voting will be by secret ballot.
- e. The constitution may be amended by a two-thirds vote of all member schools. All proposed amendments must be presented at least one meeting before a vote may be taken. League practices may be altered by a majority vote of the Athletic Directors at any regular or special meeting and ratified by the principals at a regular or special meeting provided previous notice of the contemplated change has been sent to each school of the league.

#### **Article VI - General Policies**

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 WIAA.

Policies pertaining to each recognized activity shall be incorporated in the handbook under the section heading of that activity.

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

# General Provisions and Practices of the South Puget Sound League

## Article I – Dues

- a. Membership dues for league schools shall be determined by a majority vote of the schools. These dues are established to start each school year to finance league activities.

## Article II – League Supervision Passes

- a. The league secretary or treasurer shall print and issue passes, each of which may entitle two people to attend an activity at which a member school is the host.
- b. League Supervision Passes shall be distributed by the league Athletic Directors.
- c. Each high school shall receive 60 passes for their school personnel. Each district shall have 7 passes for each junior high/middle school in their service area, plus 5 for their School Board, plus 4 for the Superintendent and 1 for the District Athletic Director.
- d. Additional requests for passes shall be approved by the South Puget Sound League Athletic Directors at the beginning of each school year.
- e. League Supervision passes will be suspended for league playoffs. An administrative pass list will be established for participating schools. The league will accept WSCA, WOA and WSSAAA passes from coaches and administrators of non-participating schools for league playoffs.

## Article III – Permanent League Passes

- a. Those eligible for permanent passes will be the high school coaches, principals and athletic directors as well as district athletic directors that have served a minimum of ten (10) years in such a position in the league and are no longer in a position warranting regular annual passes.
- b. All permanent Puget Sound League passes issued prior to the establishment of the South Puget Sound League shall be honored at any South Puget Sound League activity.
- c. Nominations for the honor of having a permanent pass are to be made by and granted by the South Puget Sound League Athletic Directors.

## Article IV – Tickets and Admissions

- a. Playing squads and managers shall be admitted to contests on coaches' authorization.
- b. Cheerleaders in uniform and a coach/advisor from the visiting school are admitted free.
- c. Prices for league contests are determined by the league. The prices are as follows:
  1. Adults and student's w/o ASB - \$8.00
  2. High school, junior high/middle school students with ASB - \$6.00
  3. Military with proper ID - \$6.00
  4. Elementary students - \$4.00
  5. Senior Citizens (62+) - \$4.00
- d. All events starting 4:00 PM or after, on weekdays, or anytime on a weekend may 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.
- f. Student spectators are not allowed to return to premises after leaving upon initial entrance.

## Article V – Scheduled Contests

- a. South Puget Sound League contests established by schedule may not be changed by competing schools without authorization from the Principal or Athletic Director from both schools. Any changes must be reported to the commissioner of that sport so he/she can notify the league. Extenuating circumstances could include school program conflict, official's availability, facility conflict, bereavement and 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 may be presented to the Athletic Directors and developed on the following timeline:
  1. **Fall Schedules:** Draft in January, approved in February.
  2. **Winter Schedules:** Draft in March, approved in April.
  3. **Spring Schedules:** Draft in May, approved in June.
- c. If a school cannot participate in a league scheduled contest, the school will forfeit the contest or contests that were missed. Any exceptions must be approved by the Athletic Directors. There may be additional consequences as determined by the League.
- d. Teams participating in the state playoffs may request a schedule change for their first league game(s).
- e. All make-up games should be completed prior to the end of the regular league schedule.
- f. The sports commissioners will be empowered to schedule league contests after the season if unforeseen circumstances warrant this action.

## Article VI – Authorized Sports

- a. Authorized South Puget Sound League Sports Include (B=boys, G=girls, O=Open to both boys & girls):

Sport/Activity	Commissioner		Sport/Activity	Commissioner
Awards / Sportsmanship	Jesse Kase		Gymnastics - G	Jesse Kase
Baseball - B	Chris Paulson		Soccer - B/G	Aaron Radford
Basketball - B/G	Bryan Streleski		Softball - Fastpitch - G	Matt Mounts
Bowling - G	Brooke Wilkinson		Swim & Dive - B/G	Peter Collins
Cheer / Dance - O	Jesse Kase		Tennis - B/G	Jake Dorn
Cross-Country - B/G	Tyson Lowry		Track & Field - B/G	Tyson Lowry
Flag Football - G	Raymond Bonnell		Volleyball - G	Suzanne Vick
Football - O	Mark Iddins		Wrestling - B/G	Jim Meyerhoff
Golf - B/G	Lindsey Foster			

- b. The schools may participate in outside leagues as an independent school. This is only offered for non-league recognized sports.
- c. When 50% of League schools participate in WIAA sanctioned sport, the sport shall become an authorized League activity. Individual schools shall join the League and conform to League schedules and regulations.
- d. The Athletic Directors shall appoint a commissioner for each sport offered by the league. The duties of the commissioner are as follows:

1. Meet annually, before the first contest, with head coaches or designee for that sport and review league handbook practices and policies.
  2. Arrange post-season meetings as needed to review the season, select All-League teams or seed postseason tournaments.
  3. Administer, review and recommend changes in sports specific rules in the league handbook. This includes recommendations for handbook changes recommended by a majority of league coaches.
- e. The commissioner, or designee for each sport, is to be in attendance or available by phone for all league playoffs and tournaments involving the sport for which he/she is responsible. A participating coach may be a meet manager, but not the official designee. The designee may not be a participating coach in the playoff or tournament.
  - f. Head coaches or designee are expected to attend all scheduled league coaches' meetings and be cognizant of league rules, regulations, and practices, specific guidelines for their sport, as well as the current WIAA rules for their respective sport. There may be league sanctions for non-compliance.

#### **Article VII – Awards**

- a. A standard league trophy may be purchased by the league for champion or co-champions in each sport.
- b. Team trophies may be awarded at the invitational and sub-district events that involve South Puget Sound League members and include four or more teams.
- c. Ribbons may be awarded at invitational, conference and sub-district meets or matches.
- d. Only league 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.
- e. The following certificates/banners may be available to member schools. Schools will be responsible for reproduction and expense of certificates/banners:
  1. All League honors
  2. Sportsmanship
  3. Academic/Scholar Athlete
  4. Coach of the Year
  5. All-Sports Award for season and all-year standings
- f. All League Honors
  1. Nominations and/or determination of honors are determined by each sport.
  2. The athlete nominated must be in good standing with their team and school at the conclusion of the season.

## **Article VIII –Game Day Protests and Appeals**

Refer to WIAA Handbook sections 29 and 30.

## **Article IX –Rule Violations and Penalties**

Refer to WIAA Handbook section 28.

- f. All rule violations will be heard at the next South Puget Sound League Athletic Director Meeting. If necessary, a special meeting may be called to expedite decision making regarding the Rule Violation.
- a. Decisions of the Athletic Directors may be appealed to the Principals of the South Puget Sound League.
- b. Appeal Procedures
  - 1. Appeals regarding the committee’s decision shall be submitted in writing to the President of the league principals within three (3) school days following the decision.
    - i. The request must include rationale for the appeal.
      - 1. Include the misapplication or misinterpretation of the rule being appealed, or additional facts to support the claim.
  - 2. There shall be an appeals committee assigned by the President composed of three (3) league principals. The three members shall not be from schools involved in the protest.
    - i. The sports commissioner shall be an ex-officio member at the appeal meeting.
    - ii. The appeals committee shall investigate and rule on the infraction or previous ruling and submit its decision in writing to the league principals. Their decision shall be final.
- c. Violations other than athletic violations will be directed to the South Puget Sound League Principals for action.

## **Article X – Student/Spectator Conduct**

- a. Homecoming Royalty may be presented in front of the home grandstand only before games or during halftime. Vehicles are allowed during the presentation of the homecoming court.
- b. 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 timeouts, 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.
    - i. For example: Actions by band members, using instruments, to try and distract players while shooting a free throw is considered poor sportsmanship.
  - 3. Noisemakers are not allowed by spectators. 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.
- c. The schools of the South Puget Sound League prohibit noisemakers, including but not limited to items such as: drums, horns, megaphones, radios, cow bells, thunder sticks and the discharge of confetti during all athletic contests.
  - 1. Cheerleaders may use megaphones in an organized cheer.
  - 2. 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:
    - i. Must be positive in nature.
    - ii. Do not mention the opponent.
  - 3. Appropriate crash through banners are allowed. (*Non-offensive messages only*).
  - 4. Band instruments may be used only as part of a total band.
  - 5. Visiting team is allowed to hang one official school banner. No other signs may be hung.
  - 6. Handheld signs are allowed, only if positive in nature and only directed towards your school’s team.



- d. Halftime 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.
- e. Student tunnels will be allowed only by students in school uniforms (bands, cheerleaders, drill teams, youth in team jerseys).
- f. Any team or student guilty of misconduct or unbecoming behavior may subject themselves and their school to possible league sanctions.
- g. SPSL contests should be preceded by a “good sportsmanship” statement.
- h. Introductions are to be respectful for both teams involved.
- i. It is recommended that student spectators not be seated in the first-row gym bleachers.
- j. No full-face paint or body paint is allowable (face decals are acceptable). Shirts are always required to be worn.
- k. There will be no immediate rush onto the court or field following the end of competition by spectators.
- l. The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at SPSL venues. Contest management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed. If the operator of the drone cannot be identified or is off site, the contest may be paused until the drone no longer interferes with the contest.  
For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. An exception to this policy may be made in specific cases for SPSL broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the SPSL.
- m. During the contest, security of game personnel begins with ensuring that the sideline is properly secured and the playing surface is restricted to essential game personnel. For safety and security reasons, essential game personnel would include game participants, reporters, photographers and game administration. All other, non-essential personnel should be located in the bleachers. *Taken from NFHS Points of Emphasis 2023.*

#### **Article XI – Student and Spectator Violations and Sanctions**

It is the responsibility of each school to document and keep track of individuals that hinder the reputation of their school due to poor sportsmanship. This includes coaches, athletes, parents and spectators.

##### **a. Athlete Ejection**

- 1. Any athlete ejected from a sporting contest must have a WIAA Ejection Report filled out, by the school’s athletic director or designee, and forwarded to the league Athletic Director President within one business day of the ejection.
- 2. The first ejection of the season shall result, at a minimum, in the ejected person being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected.
  - i. A jamboree does not count as a contest for the purposes of meeting the suspension period.
  - ii. Should a participant be unable to complete a suspension during the sports season in which the ejection occurred, the suspension shall be carried over into the participant’s succeeding season of participation. For the suspension in the succeeding season of participation to meet this requirement, the participant must be a member of the team for the entire season for that sport.
- 3. The ejection is to be one made by the official that is in control of the contest. An athlete that “fouls out” of a contest is not to be considered an ejection.
- 4. The athlete must meet with the school athletic director and/or building principal and/or district athletic director and complete the NFHS Sportsmanship Course prior to returning to contests.
- 5. The second ejection in the same sport and season shall result in ineligibility for the remainder of the season of that sport.
- 6. Refer to WIAA Handbook for appeal procedures.

**b. Coach Ejection**

1. Any coach that is ejected from the sporting contest must have a WCD III and WIAA Ejection Report filled out, by the school's athletic director or designee, and forwarded to the league Athletic Director President within one business day of the ejection.
2. The first ejection of the season shall result, at a minimum, in the ejected person being unable to coach the next school contest in that sport at the same level of competition from which the person was ejected.
3. The coach must meet with the school athletic director and/or building principal and/or district athletic director and complete the NFHS Teaching and Modeling Behavior course, and produce a plan to reduce ejections must be developed by the school if the ejection is upheld before the coach may return to coach in a contest.
4. Refer to WIAA Handbook for appeal procedures.

**c. Spectator Ejection**

1. An ejection of a spectator can be either by a contest official or by the game or facility supervisor.
2. The individual will not be allowed to attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (Varsity/JV/Sub - Varsity) during the suspension period.
  - i. If the spectator is a student, the student must meet with the school Athletic Director or principal and/or district athletic director prior to returning to events. The parent/guardian must be contacted by the school designee.
  - ii. If the spectator is a parent of a student athlete, they will be expected to complete "The Role of the Parent in Sports" online course before a return to events is allowed.
  - iii. If the spectator is an adult, non-parent of a student athlete, they will be expected to complete the "Sportsmanship" online course before being allowed to return to events.
3. A student spectator, ejected for the second time within the same school year, will be unable to attend any WIAA sanctioned activities for a minimum one calendar year.
4. An adult spectator, ejected for the second time within the same school year, will receive a no trespass order from his/her school district that applies to all WIAA sanctioned activities for one calendar year.
5. Appeal Procedure
  - i. Athletes and/or parents may request a grievance hearing if done so in writing to the building principal or designee within five days.
  - ii. The building principal will review all the materials provided to determine if the imposed discipline is fair, consistent and equitable, and render a decision within three days.

## Article XII – League Championship Determination and Post Season Play

- a. A team's overall league record determines The South Puget Sound League championship unless individual sport guidelines outline an alternate format. Ties for the league championship are broken by head-to-head competition. If head-to-head competition does not break the tie, teams will be declared co-champions.
- b. League and Division Championships
  1. Team Sports
    - i. Baseball, Basketball, Fastpitch Softball, Football, Soccer, Volleyball
    - ii. Unofficial: Water Polo, Lacrosse, Flag Football
  2. Individual Sports
    - i. Individual: Tennis, Track, Swim, Wrestling
    - ii. Team and Individual: Bowling, Cross Country, Golf, Gymnastics
  3. Chart of League Championship Configuration

Sport	Championship		Sport	Championship
Baseball	Tournament Champion		Gymnastics	League Meet Champion
Basketball	Tournament Champion		Soccer	League Standings
Bowling	Combination of League Standings & Tournament		Swim & Dive	League Standings
Cross Country	League Meet Champion		Tennis	League Standings
Fastpitch Softball	Tournament Champion		Track & Field	Division Standings
Flag Football	Tournament Champion		Volleyball	Tournament Champion
Football	Crossover Winner		Wrestling	Crossover Winner
Golf	Combination of League Standings & Tournament			

- c. A tie occurs when two or more teams have an identical league record and no head-to-head advantage exists among the teams tied. Examples:
  1. Teams A and B are both 8-1 but team A beats team B. This IS NOT a tie. Team A would be the league champion and/or the higher seed.
  2. If teams A and B are both 17-1 and split 2 games during the regular season, this is a true tie and the appropriate SPSL tiebreaking criteria would be applied to break the tie.
  3. If teams A, B, and C have identical league records and are all 2-2 among themselves, this is a tie.
  4. If Team A is 3-1, Team B is 2-2 and Team C is 1-3, this IS NOT a tie. Team A is the top seed, Team B is the next seed, and Team C is the last seed. Teams may be eliminated by this formula. Team A would also be the league champion if all three of these teams had the best overall record.
- d. Individual sports may have unique tie breaking criteria that supersede general SPSL tiebreaking criteria. These criteria are listed in the handbook under the guidelines for each league sport.

- e. General SPSL tie breaking criterion: (These are listed in priority)
1. Head-to-head competition
  2. Powerpoint tie breaking system. If two or more teams are tied for a place, add points together and divide by the number of tied teams.
 

1 <sup>st</sup> Place = 11 points	7 <sup>th</sup> Place = 5 points
2 <sup>nd</sup> Place = 10 points	8 <sup>th</sup> Place = 4 points
3 <sup>rd</sup> Place = 9 points	9 <sup>th</sup> Place = 3 point
4 <sup>th</sup> Place = 8 points	10 <sup>th</sup> Place = 2 points
5 <sup>th</sup> Place = 7 points	11 <sup>th</sup> Place = 1 point
6 <sup>th</sup> Place = 6 points	12 <sup>th</sup> Place = 0 points

    - i. Teams earn the point values of the teams they defeat.
    - ii. Higher point total receives the higher seed or higher advantage.
    - iii. If still tied, flip a coin to determine seeds into the playoffs unless individual sport rules have specific tiebreaker language.
  3. Playoff at a neutral site in the event criteria 1 and 2 do not break the tie and the tie would eliminate one or more teams from postseason play; a WCD bye, double elimination round, or the opportunity to host a WCD game.
    - i. Playoff formats.
    - ii. Three - way ties: after applying tie criteria 1 and 2 above
      1. One seed available
        - a. "A" vs. "B" – loser out
        - b. Winner of 1 plays "C" for seed
      2. Two seeds available
        - a. "A" vs. "B" – Winner In/Highest seed
        - b. Loser of 1 plays "C" for remaining seed
      3. Three seeds available
        - a. "A" vs. "B" – loser gets lowest seed
      4. Apply tiebreaking rules above – if still tied play game – Winner of 1 vs. "C" for the remaining two seeds because no one is eliminated.
    - iii. Four - way ties: use standard bracketing.
    - iv. Five - way ties: pigtail into standard four team bracket
    - v. Six - way ties: two pigtails into a standard four team bracket.
  4. If none of the above pertains, a coin flip will determine the seeding. Whenever there is a need to flip a coin to determine tournament draws the commissioner for that sport will notify the Athletic Directors of the teams involved so that they can send a representative or be present for the coin flip if they so desire.

#### **Article XII – Distribution of League Tournament profits.**

- a. All league playoff and tournament profits will be returned to the SPSL.
- b. The league Athletic Directors and Principals may decide to distribute excess profit between all league schools at the end of each school year.
- c. All Week Ten football profits belong to the host schools.

## SPORT GUIDELINES

### BASEBALL

- a. The National Federation of State High School Association Baseball rules shall govern baseball.
- b. Special regulations regarding baseball are printed in the WIAA Handbook.
- c. **MAKE-UP GAME PROCEDURE:**
  1. Rainouts can be made up on Saturdays during the entire season.
  2. Non-league games shall be postponed if the game conflicts with a required rescheduled league game.
  3. Postponed league games shall be played on the next playable date.
    - i. Prior to the last two weeks of the season a team is not required to play more than four (4) league games in any one week.
    - ii. Teams can play more than four (4) times per week, if both schools agree.
    - iii. The baseball commissioner will make the final decision to play if necessary.
    - iv. Double headers will be scheduled to help complete the season, even if it means involving more than two teams at one site.
    - v. Alternate sites for games may be utilized throughout the season if both schools agree.
  4. Makeup Scheduling:
    - i. 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:
      1. 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.
    - ii. Failure to play on the next playable date may result in a forfeit for one or both teams.
  5. During the last two weeks of the league season:
    - i. Games involving teams that could qualify for post-season play must be played first.
    - ii. Baseball Commissioner will be empowered to set the games necessary to complete the schedule during the last two weeks of the season.
    - iii. Games not made up by the completion 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.
- d. **GAME REGULATIONS:**
  1. All games are seven innings.
  2. In case of a tie the game shall continue until the tie is broken.
  3. If a game is ended by the umpire due to weather or darkness, the following outcomes apply:
    - i. 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.
    - ii. It is a suspended game, to be restarted at the point of suspension on the next playable date or on the next date the two teams are scheduled to play (if mutually agreed upon by both schools), if the game was called prior to the completion of the fifth inning or does not meet the minimum requirements for a regulation game.

- iii. 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 last completed inning beyond the fifth. On the next playable date, the game will begin at a point reverted back to the last completed inning.
- iv. 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.
- 4. Games scheduled during vacation periods are to be played as scheduled. Teams are not required to play beyond Thursday of spring break.
- 5. Night games may occur if mutually agreed upon by the athletic directors involved. Preferred start times will be 7:00 p.m.
- 6. Both the home team and visiting team shall be allowed ten (10) minutes infield practice before the start of the game.
- 7. Both the home team and the visiting team shall be allowed live batting practice in a batting cage before the game begins, as long as the start of the game is not delayed. h. In the case of a suspended game all player participation rules are the same as if the game was never delayed.

**e. PITCHER LIMITATIONS:**

Pitcher limitation shall be determined by WIAA Rule 29.5.0.

- 1. Using an ineligible pitcher shall result in a forfeiture of the game in which the athlete was ineligible and other consequences as determined by the school, league, and/or the WIAA.

**f. MISCELLANEOUS REGULATIONS:**

- 1. Batting practice during spring break or prior to night games is permissible as long as it:
  - i. is done at your school.
  - ii. does not delay start of game.
  - iii. does not affect playing conditions of game field.
  - iv. is completed not less than one hour prior to the scheduled game time.
- 2. Two officials will be used for varsity league games. (One allowed if necessary).
- 3. A minimum of one association umpire is required for all junior varsity games.
- 4. Varsity and Junior Varsity game limit - 20 games.
- 5. 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. Umpires should also be notified by the home team. Postponements will be determined by the coach or the principal or his designee.
- 6. The speed up rule is in effect during league play. Choice is up to the coach whether to use options or not.

**g. BASEBALL PLAYOFFS:**

- 1. If tied and no advantage to be gained revert to power points. (Article XII.c.2).
- 2. Placement to districts will be determined by WCD allocations.
- 3. Tiebreaking criteria for tournament play refer to Page 16, Section IV, Rule 1 Article XII.
  - i. The purpose of the tiebreaking system is to eliminate playing unnecessary games.
  - ii. Playoff games will be scheduled by the sports commissioner.
  - iii. Two Way Ties:
    - 1. Play tiebreaking games if
    - 2. Tied team splits with each other and an advantage is gained due to tournament seeding with advantages to be defined as:

- a. There is a tournament bye available to the higher seeded team.
  - b. The higher seeded team automatically advances to the next levels.
  - c. The higher seeded team is allowed to host in the playoffs.
- 3. Every effort shall be made to break ties with 7 inning games.
- iv. Multiple Ties (three or more tied teams): refer to page 16, Section IV, rule 1e Article XII (Same rules in SPSL playoffs as state WIAA playoff guidelines)

## BASKETBALL

- a. The National Federation rules will be followed in boys' and girls' basketball.
- b. The only exceptions will be those rules and regulations that appear in the official WIAA Handbook and Guidelines and the South Puget Sound League Activity Handbook.
- c. Varsity games shall start at 7:00 PM or twenty 20 minutes after the end of the preliminary game, whichever is later. Warm-ups will be no less than fifteen 15 minutes for Varsity.
- d. Preliminary games will start at 5:30 PM with "C" team games starting at either 4:00 pm in the main gym or 5:30 in the auxiliary gym and shall be played to completion.
- e. The competition and auxiliary courts are closed 1 hour prior to the start of the first contest except for the standard warm-up period (e.g.: 20 minutes). Once the visiting team is on campus, auxiliary gym use is allowed only if both teams from the same squad level have equal access. There is no shooting during half time of any game on the competition floor.
- f. The official game ball shall be top grade.
- g. For varsity games the timer and scorer shall be adults.
- h. Half time will not be longer than fifteen (15) minutes.
- i. Teams will not be allowed to circle the gym as any part of their game warm-up. Post introductions huddles must be at the team's respective free throw line.
- j. The home team band shall not be positioned behind the visiting team bench.
- k. It is recommended that student spectators not be seated in the first row of bleachers. Refer to General Section, Rule K, Page 8. Article X, Rule K, on page 10.
- l. Tiebreaking criteria for tournament play:
  1. **Tiebreaking criteria for tournament play: (10/9/25)**
    - i. **All two-way ties will be determined by the following language;**
    - ii. **Head-to-Head Record**
    - iii. **Division Record**
    - iv. **Cross-Division Record**
    - v. **Play the game**
  2. Multiple ties (three or more tied teams)
    - i. If possible, full regulation games shall be used to break ties
    - ii. Scenarios are posted in the tiebreaking section of this handbook
    - iii. If mini playoff games are required, the games shall consist of (2) 8-minute quarters.



## BOWLING

- a. Rules of the United States Bowling Congress (USBC) shall govern equipment and competition.
- b. Rules of the Washington Interscholastic Activities Association (WIAA) are to be followed regarding sport rules and regulations.
- c. The host school is responsible for providing scorecards, collecting results, reporting results to the bowling commissioner, and calling in results to the media.
- d. Five (5) players make up a bowling team.
- e. 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.
- f. Scoring for matches will be as follows:
  - 1. Total pins
- g. Line-ups will be set by the coach. The five (5) varsity bowlers will bowl together, and the five (5) junior varsity bowlers will bowl together.
- h. 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.
- i. Team competitors shall appear in appropriate attire. No hats, sweats, yoga pants or blue jeans may be worn. Players out of uniform may not compete with the varsity or JV. No cell phones or electronic devices (i.e. iPod) in the bowling area.
- j. Ties in the league standings will be broken as follows:
  - 1. Two Way Ties are broken by head-to-head or if one team beat the other twice.
  - 2. Comparing the head-to-head records of the three teams involved breaks three Way Ties.
  - 3. 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.
  - 4. 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.
- k. 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.
  - 1. Example: Finishing 3<sup>rd</sup> in league + finishing 2<sup>nd</sup> at league tournament = 5
  - 2. Finishing 1<sup>st</sup> in league + finishing 3<sup>rd</sup> at league tournament = 4
  - 3. The team with 4 would place higher in final league standings and advance to the District Tournament as a higher seed than the team with 5.

## **CHEER**

### **a. ADMISSIONS:**

1. Cheerleaders in uniform will be admitted free to an SPSL activity.

### **b. INTRODUCTION OF PLAYERS:**

1. Introduction of players by the cheerleaders shall not delay the start of the game.

### **c. CROWD CONTROL:**

1. Cheer staff shall be encouraged to assist the game manager and officials in controlling the actions of their rooting section. Refer to SPSL Practices, Student Conduct in Article X on page 8.

### **d. SUPERVISOR:**

1. Each school shall provide a faculty member to assume responsibility for action of the Cheerleading squad.

### **e. FOOTBALL GAMES:**

1. Cheerleaders shall occupy the area directly in front of rooting section but not on the playing field.

### **f. BASKETBALL GAMES:**

1. Cheerleaders are to occupy the area in front of bleachers. Additional seating devices, such as stools etc., will not be allowed. Visiting cheer squads should contact host school prior to attendance.

### **g. WRESTLING MEETS:**

1. Strict compliance with Rule #2, Section 2, Article 1, National 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."

### **h. OTHER ACTIVITIES:**

1. Cheer staff is permitted to conduct organized yells at any location or time that does not interfere with the contest itself or those participating.
2. Cheer staff is instructed to avoid using yells that could be disruptive, obscene, degrading or offending to officials, opposing team or opposing spectators.
3. Refer to NFHS Cheerleading Rulebook and Guidelines for all cheer squads.

## **CROSS COUNTRY**

- a. The National Federation of State High School Associations Track and Field Rules shall govern Cross Country.
- b. Any special regulations regarding the sport of Cross Country are printed in the WIAA Handbook.
- c. Additional regulations are set forth by the South Puget Sound League:
  - 1. The varsity team shall consist of a minimum five (5) runners and a maximum of seven (7) runners.
  - 2. There shall be no limit to the team size of the junior varsity squad.
  - 3. If any school fails to field the minimum 5-member team, then the runners of this incomplete team may compete as individuals.
  - 4. Schools will attempt to create a course whose length is as close to 5K as possible with the due consideration for the facility, difficulty and tradition. No course may exceed 5K in length as per Federation Rules.
- d. Order of Events:
  - 1. 4:00 PM Boys junior varsity race
  - 2. 4:30 PM Girls combined varsity & junior varsity races
  - 3. 5:00 PM Boys varsity race
  - 4. Special time and race accommodations may be made by mutual agreement of all participating schools.
- e. Scoring:
  - 1. 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.
  - 2. An incomplete team will forfeit the meet to all opposing teams with a score of 15-50.
  - 3. Should both opposing schools field incomplete teams, there shall be no score recorded for either team.
  - 4. All league meets will use dual meet scoring
- f. League Standings and League Championships Meet:
  - 1. The league championship meet will determine the league champion.
    - i. Qualification to the Westside Classic/WCD meet will be determined solely on your team or individual place at the league championship meet.
    - ii. The maximum number of runners in the league championship meet will match Bound for State regulations and West Central District regulations.
- g. Girls and Boys All-League Teams
  - 1. League Meet Champion: Athlete of the Year
  - 2. First Team All-League: 2<sup>nd</sup> through 8<sup>th</sup> place runners
  - 3. Second Team All-League: 9<sup>th</sup> through 15<sup>th</sup> place runners
  - 4. Honorable Mention: 16<sup>th</sup> through 23<sup>rd</sup> place runners

## FASTPITCH

1. National Federation guidelines and standards apply to Fastpitch.
2. Special regulations regarding Fastpitch are printed in the WIAA Handbook.
3. Special regulations are set forth by the South Puget Sound League:
  - a. All games are seven (7) innings. In case of a tie the game shall continue until the tie is broken. See tiebreaker format below for games that go beyond 8 innings.
  - b. Starting time of league games will be 4:00 p.m. on school days. Night games may occur if mutually agreed upon by the athletic directors involved. Preferred start times will be 7:00 p.m. unless mutually agreed or facility conflicts prevent.
    - i. Changes in starting times during vacation periods shall be mutually agreed upon by Athletic Directors.
  - c. 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 infield.
  - d. During both the SPSL regular season and postseason game days, neither team or its' players shall engage/host **"Batting Practice"** before or during the game. **"Batting Practice"** includes the following:
    - i. Any batting off live pitching.
    - ii. The use of a pitching machine or aid.
    - iii. The use of a batting cage.
  - e. Prior to, (not during) the game, the following is allowed as a pre-game warm-up:
    - i. The use of batting tees, Bow Nets, whiffle balls, tennis balls, sponge balls, restricted flight balls.
    - ii. Regulation/Standard hard balls may only be used for the following:
      - Soft/side toss into a stand-alone net (Bow Net)
      - Tee work into a stand-alone net. (Bow Net)
      - Front toss bunting.
  - f. **"Batting Practice"** during a school's scheduled Spring Break, or prior to night games, is permissible under the following guidelines:
    - It is done at your school, prior to team arrival or departure.
    - 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. Only the home team is allowed to provide music at the site.

### 4. Make-up game procedures -

- a. 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.
- b. Rainouts can be played on Saturdays during the entire season if both school ADs agree.
- c. Any postponed game will be made-up on the next available school date.
  - i. 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.
  - ii. Teams can play more than four (4) games a week before the last two weeks of the season if both school ADs agree.
  - iii. Saturdays will be used as make-up dates the last two weeks of the regular season or earlier if mutually agreed upon. The make-up games are mandatory the last two (2)

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

- d. 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).
- e. No new innings started after 1 hour and 45 minutes for sub varsity games (In a stacked game situation).
- f. Non-league games shall be postponed if the game conflicts with a re-scheduled league game.
- g. During a teams' spring break, rainouts are required to be rescheduled through the Wednesday of that week. Games may be scheduled later in the week if both coaches and athletic directors involved agree.
- h. 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.
- i. 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).
- j. If a game is ended by the umpire due to weather or darkness, the following outcomes apply:
  - i. 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.
  - ii. It is a suspended game, to be restarted at the point of suspension on the next playable date or on the next date the two teams are scheduled to play (if mutually agreed upon by both schools), if the game was called prior to the completion of the fifth inning, or does not meet the minimum requirements for a regulation game.
  - iii. 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 last completed inning beyond the fifth. On the next playable date, the game will begin at a point reverted back to the last completed inning.
  - iv. 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.
  - v. The lineup and batting order of each team will remain exactly the same as the lineup and batting order when the contest was suspended.

5. Tiebreaking Criteria

- a. Refer to Section XII Rule c. of handbook.

## FASTPITCH ALL LEAGUE TEAMS:

### I. All League Information

#### A. Award Categories

- a. League Most Valuable Player (MVP)
- b. MVP Pitcher
- c. 

<b>1st Team</b>	<b>2nd Team</b>
i. Pitcher	Pitcher X 2
ii. Catcher	Catcher
iii. Infield X 5	Infield X 5
iv. Outfield X 4	Outfield X 4
v. Utility	Utility
vi. DP	DP
- d. Coach of the Year
- e. Team Sportsmanship

- B. Nomination Process- Coaches enter players that they feel are deserving of All-League Consideration on a watchlist that the commissioner sends to them mid-season. At the end of the season this is converted into a ballot and the commissioner shares the ballot with coaches. Coaches make updates AND enter stats if desired (the link where stats are housed will also be shared).

NOTE: Coaches have indicated that “Game Changer” is a great way to compile stats as it feeds into MaxPreps. Though the league doesn’t mandate that stats be posted it is recommended that schools use Game Changer OR enter their stats into MaxPreps so that stats be compiled for their program. That way these stats can be considered during the All-League selection/voting process.

- C. Voting Process- Coaches rank the players in each category from 1 to an end number decided upon by the commissioner (generally two more than the total number in each category) (1 being top player, 2 second player, ...). MVP vote takes place online prior to the meeting so that those players nominated for MVP that don’t win the award can also be considered for other categories. Athletes can only be voted to the All-League Team in one category. The Commissioner will tally and share prior to the post-season meeting, where any adjustments/discussion will determine the final awards.

## **FLAG FOOTBALL**

1. Information coming soon

## FOOTBALL

1. The National Federation of State High School Association Football Rules shall govern football.
2. Special regulations regarding football are printed in the WIAA Handbook.
3. Additional regulations are set forth by the South Puget Sound League.
4. Only personnel involved in the administration of the game, as designated by the participating teams, shall be allowed on the sidelines.
5. The visiting team shall wear light jerseys and the home team dark jerseys.
6. All night games shall be at 7:00 pm unless authorized by the league.
7. It will be the responsibility of the host school to have a physician or medical services in attendance at all varsity games.
8. Sub-Varsity games shall be 10 minutes per quarter
9. Sub-Varsity games shall start at 4:00 pm except for facility conflicts or unless otherwise authorized by the league.
10. SCOUTING/FILM EXCHANGE:
  - a. Coaches agree to exchange video, through HUDL Pool, of their previous games of that season. Exception will be the first two games of the season. Week two opponents will get week one video only. Week one opponents will use their own film from the previous years.
  - b. The exchange will be a 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.
  - c. Exchanges will be made by 9 am the day after the contest.
11. The South Puget Sound League shall utilize the modified Kansas Plan as established by the WIAA to eliminate any regulation time varsity tied football games. All sub-varsity games shall remain tied.

Both teams will have an opportunity to score starting at the 25-yard line. If the score remains tied, a second series will start at the 25-yard line. If the score remains tied, then both teams will be given a series starting at the ten (10) yard line and continue from that mark until the game is decided. Once the defense obtains possession of the ball through an interception or recovered fumble, the ball is dead. All other overtime rules in the National Federation Football Rulebook shall apply.

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 to maintain, charge and bring their own fully operational field phones.
14. BREAKING TIES WITHIN THE LEAGUE

The following tiebreaker criteria will be used to determine playoffs and/or seeding to week ten:

- A. Two-way tiebreaker criteria - Head-to-head games.
- B. Three (or more) way tiebreaker criteria is a mini playoff.
- C. For ties of three or more teams for seeding purposes only:

A committee of five (5) AD's, that are not connected to the teams involved, will be assembled to decide final standings in the event of a tie of three or more teams. The committee will only be used if there is a three or more-way tie with each team beating the other. Elimination of a team from a week 10 contest would still need to be decided by a mini playoff. The committee may use RPI, Max Preps, State rankings, head-to-head scores, and other data to rank the tied teams.



## MINI PLAYOFF FORMATS

### A. THREE TEAMS FOR TWO OR THREE ENTRIES:

- Draw for A, B & C will be conducted by football commissioner **one hour prior to first snap.** (10/9/25) A and B will play game #1.
- Games consist of two standard tie breakers from the 25 yard Each team is guaranteed two possessions.
- If C wins game #2, loser of game 2 is out or is 3<sup>rd</sup> division entry; and C will then play winner of game #1 for the 1<sup>st</sup> and 2<sup>nd</sup> division entries.
- If C loses game #2, C is out or becomes division entry #3; winner of game #2 becomes division entry #2; winner of game #1 is entry #1.

### B. THREE TEAMS FOR ONE ENTRY:

- Draw for A, B & C will be conducted by football commissioner. A and B will play game #1.
- Games consist of two standard tie breakers from the 25 yard Each team is guaranteed two possessions.
- Winner of game #1 plays C for the single playoff entry.

### C. FOUR TEAMS FOR TWO OR THREE ENTRIES:

- Draw for A, B & C will be conducted by football commissioner. A and B will play game #1.
- Games consist of two standard tie breakers from the 25 yard Each team is guaranteed two possessions.
- Winner of game #1 (A/B) plays winner of game #2 (C/D). Winner of this game (#3) is the #1 division entry, and the loser is the #2 division entry. Losers of games #1 and #2 playoff for the #3 entry.

### D. FOUR TEAMS FOR ONE ENTRY:

- Draw for A, B, C, and D will be conducted by football commissioner. A/B and C/D will play game #1.
- Games consist of two standard tie breakers from the 25-yard line. Each team is guaranteed two possessions.
- Winner of game #1 (A/B) plays winner of game #2 (C/D) for the single division entry.

## GOLF

- a. 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 when using Stableford scoring. 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. "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." "Tee through green" is defined as: "anywhere on the course except within a hazard; within one club length of out-of-bounds; within one club length of fence; within one club length of tree base or on the green."
- b. Each team shall consist of six members and the members shall be designated as number 1-2-3-4-5-6. Each team shall furnish its own equipment. Pull carts are permitted, but power carts and caddies are prohibited. All equipment is subject to approval of host course.
- c. Each league match shall consist of nine holes.
- d. Home team has honors on the 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.
- e. The league champions will be derived from a combination of the win-loss record from league matches and team place finish at the Medalist tournament.
- f. Spectators are to keep a distance of at least 50 yards off the fairway and on the cart path from the players from the time of their first tee shot of the round until their scorecard has been officially recorded at the close of the match.
- g. All matches on school days shall have a recommended starting time of 3:15 P.M.
- h. 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.
- i. Distance measuring devices are allowed; however, terrain information and cell phones are not allowed.
- j. Six players will play in a match (varsity or JV) with the scores of the top five players being scored for the team total.
- k. Girl's league matches will use a modified Stableford scoring method.
  1. A girl's round shall be scored as follows:

Double Eagle	6 points	Par	3 points
Ace	6 points	Bogey	2 points
Eagle	5 points	Double Bogey	1 point
Birdie	4 points		
  2. If a player needs to leave the course during the round for extenuating circumstances, the player will record an "X" for all incomplete holes and any team points earned on completed holes will still be applied to the team's total. The team with the highest number of team points is the winner.

3. Individual Match, Team Score Tiebreaker-Stableford: 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. The sixth best score for each team will be compared. The team with the better sixth score will be declared the winner.
  - ii. If still tied, the head scorer will count the number of "Xs" recorded for each team. The team with the fewest number of "Xs" will be declared the winner.
  - iii. If both teams have the same number of "Xs," then the head scorer will count the number of players who recorded an "X" from each team. The team with the fewest players recording an "X" will be declared the winner.
  - iv. If both teams have the same number of "Xs" and the same number of players recording an "X," or if neither team recorded an "X," then the head scorer will count the number of strokes of the players on each team who did not record an "X" and the team with the lowest total number of strokes (as counted by this method) will be declared the winner.
  - v. If both teams remained tied after applying i-iv above, then the score shall remain a tie.
- l. All Boy's league matches will use stroke play for scoring. The team with the lowest number of strokes is the winner.
  1. 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. The sixth best score for each team will be compared. The team with the better sixth score will be declared the winner.
    - ii. In stroke play, if both teams have the same number of strokes for Player 6, the teams' total strokes will be counted on the hole with handicap 1, then handicap 2, and so on, until the tie is broken.
    - iii. If both teams remained tied after applying i-ii above, then the score shall remain a tie.
- m. 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.
  1. All players should clearly announce their hole score prior to the next hole.
  2. Each player within a group is expected to be aware of the scores of all the players in that group.
- n. 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.
- o. 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")
- p. 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.
- q. 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 league manager, league statistician, and local newspapers at the earliest opportunity.
- r. The low stroke score among all players in the match will earn medalist honors.

**s. League Medalist Tournament:**

1. The medalist tournament shall consist of 36 holes of play and be held at a site that is not the home course of any participating school.
2. All league rules apply to the medalist tournament with the exception of:
  - i. Scoring: Stroke play will score each player's round.
  - ii. Team: A team will be composed of only five players with four scores counting for the team total.
  - iii. Individuals: teams may enter up to six players in the medalist tournament.
  - iv. Starting Time: The tournament manager will decide the starting time.
  - v. Honors off the first tee: The groupings shall be determined by draw prior to the tournament.
3. During tournament competition, ties for the final qualifying spots must be played off. At least three alternates shall also be determined. Playoffs will be conducted by a sudden death tie breaker. There shall be a scorer assigned to the playoff group by the tournament manager.
4. After tournament competition has concluded, if a tie must be broken due to player withdrawals, USGA tiebreaking rules will be applied.

**t. Coaches Coaching**

1. Coaches are part of the course and match management.
2. Emphasis on etiquette and sportsmanship.
3. Appropriate encouragement (as etiquette allows).
4. Only those coaches listed on the official SPSL roster.
5. 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.

## **GYMNASTICS**

### **a. Official rules:**

1. The official rulebook is the Washington State Gymnastics Rules as stipulated in the WIAA handbook.
2. The only exceptions will be those rules and regulations that appear in the official WIAA Handbook and Guidelines and the South Puget Sound League Activity Handbook.

### **b. Starting Time:**

1. March out will start at 6:50 p.m. Competition will begin at 7:00 p.m. unless arranged differently and mutually agreed by both schools.

### **c. Equipment:** Each school is responsible for furnishing safe equipment for home meets.

1. There shall only be one (1) judge per event at all regular season meets.

### **d. Bar Disclosure:**

1. During the pre-season coaches meeting, each team will designate whether they will use elite or extra bars with extenders at their home meets.

### **e. Audio:**

1. SPSL will allow portable auxiliary devices, such as iPods and tablets for floor exercise.
2. Must have license to play floor music.

### **f. Determining Division Standings:**

1. The league champion will be the team 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.

### **g. Meet Cancellations:**

1. 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.

## **SOCCER**

### **a. League Format:**

1. Soccer will play each league school one time and will not be divided by the divisions. The second year the teams will play the reciprocal schedule to balance the home/away contests with each school or the 2-year period.
2. All single night games will start at 7:30 p.m. unless mutually agreed upon. If a double header is scheduled, the first game will start at 5:30 p.m. and the second game at 7:30 p.m. Single day games will start at 3:30 p.m. Saturday game times may be changed by agreement of the two opposing schools.

### **b. Rules and Regulations:**

1. **Games:** A combination of NFHS, FIFA and WIAA rules will apply. NFHS and WIAA rules will apply for game/event management; FIFA rules and WIAA modified rules will apply during the contest.
2. **WIAA Rules:** Refer to the most recent edition of the WIAA Handbook and WIAA Soccer Guidelines.
3. **Ties:** At the end of regulation matches will remain tied.
4. **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.
  - i. If a player is red-carded, WIAA rule 20.1.0 (Ejection from Contest) will apply. If this rule is violated by playing the player, the game will be forfeited to the other team.
  - ii. The #5 leather ball or approved stitched ball shall be used. Contest balls must meet the NFHS requirements. Rubber or molded ball is not acceptable. Three contest quality balls should be made available by the home team.
5. **Determination of SPSL Champion:**
  - i. SPSL League standings will be ordered by the highest point totals earned through the 11 game league schedules scored as follows:
  - ii. All League Contests are scored:
    1. Three (3) points for a win.
    2. One (1) point for a tie.
6. **Playoff Format:**
  - i. Soccer utilizes unique tie breaking criteria that supersedes general SPSL tiebreaking criteria. Reference Article XII.
  - ii. Two Way Ties (Teams have the same point total from the 11 league games)
    1. Head-to-head competition of tied teams.
    2. Goal differential against SPSL playoff qualified teams (total goals scored minus total goals allowed with a CAP of 5 goals difference in any one contest)
      - a. Example: Team A beats team B with a score of 7-1. Team A receives a +5 Goal Differential and Team B receives a -5 Goal Differential.
    3. Power Points Ranking

4. Coin Flip
- iii. Multiple Ties (Three or more tied teams with the same point totals from league games) – refer to Page 11, Section XII, Rule e.
  1. Head-to-head competition of all tied teams.
  2. Goal differential against tied teams (total goals scored minus total goals allowed with a CAP of 5 goal difference in any one contest)
  3. Goal differential against SPSL playoff qualified teams (total goals scored minus total goals allowed with a CAP of 5 goals difference in any one contest)
  4. Power Points Ranking
  5. Coin Flip
- IV. If the league standings end with teams tied (same point total from league games) for the final post season qualifying position, the head-to-head tie-breaking criteria will be applied. If the head-to-head result from the league game doesn't break the tie, goal differential and Power Points ranking will not be used, but instead a tie-breaker game will be scheduled to take place prior to the start of the district tournament.

## SWIMMING and DIVING

- a. The rules of the Swimming guide of the National Federation of State High School Associations, Washington Interscholastic Activities Association, and the Washington State High School Swimming Coaches Association shall govern all meets.
- b. The official starter of all swim meets and the referee for the dive portion of meets will be an adult who will also be a meet official. It is recommended to have two qualified officials at league dual meets.
- c. Start times of swim meets can be determined by the host school to promote swimming or to meet the pool requirements. The standard start time is 3:30 PM unless otherwise agreed to by coaches a minimum of one day prior to the scheduled date of the meet.
- d. The host team of dual meets will determine the meet format and will forward this information one day prior to the meet. To standardize meet management, all participating schools should make use of the "Team Manager" system. Schools are required to complete and distribute a printed copy or photocopy of both individual and team results before the visiting team leaves the facility.
- e. In the event a host team does not have access to a certified diving well, no points will be awarded for diving; the host team must notify the visiting team that diving competition will not be held. Further, if access to a diving well is available, points are only awarded if minimum dives are completed and scored; WIAA regulations that a certified diving coach be present for each competing team must be enforced.
- f. All league diving meets will be judged by five athletes who have been trained to judge. Three would be from the home team, 2 from the visitors. Alternate arrangement may be made by mutual agreement by head swim coaches.
- g. League dual meet scores will be reported to the SPSL 4A Swimming Commissioner and the host school's athletic director by the host team.
- h. The team with the best win-loss record in regular season league dual meets will be declared the SPSL 4A League Champion. If there is a tie, co-champions will be recognized. The team scoring the most points in the SPSL 4A League Championship meet will be declared the winner of the Championship Meet.
- i. Finishing times at the SPSL 4A League Championship meet will determine all-league teams. The 6 fastest/highest times/scores in each event will be 1<sup>st</sup> Team All-League. Swimmers/divers who finish in 7<sup>th</sup>-12<sup>th</sup> place will be 2<sup>nd</sup> Team All-League. Swimmers/divers who finish 13<sup>th</sup>-18<sup>th</sup> place will be Honorable Mention All-League.
- j. 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 ([www.wisca.org](http://www.wisca.org)).
- k. The site for the SPSL Invite and SPSL 4A Championship Meet will be decided by the SPSL Athletic Directors based on a recommendation by the swim coaches. Discussion and recommendation for meet locations will occur at pre- and post-season coaches meetings.
- l. SPSL Invite regulations will be available mid-season. Regulations will include information regarding entry procedures and deadlines, meet time format, participant eligibility, and advancement to the SPSL 4A Championship Meet. An athlete can only participate in the SPSL Invite if they have not met two league standards *in an individual event*. Violation of this rule will result in the athlete being disqualified from post-season competition.



- m. The SPSL Invite will occur one week prior to the league championship meet. The meet can take place on a Friday or Saturday, depending on pool scheduling.
- n. SPSL Championship Meet regulations will be available mid-season. 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 awards. The school hosting the Championship meet will develop and forward all meet information to participating schools.
- o. The SPSL Championship Meet will take place one week prior to the West Central District Championship Meet. The meet can take place on a Friday or Saturday, depending on pool scheduling.
- p. Time standards for the SPSL 4A League Championship meet are established by averaging the 18<sup>th</sup> place time from each of the past three SPSL 4A League Championship meets, with Wild Cards filling empty spots in heats (up to a maximum of three full heats). For example: if there are 10 qualifiers in the 200 freestyle, then 2 swimmers will be added to fill 2 full heats. If there are 13 qualifiers in the 100 freestyle, then 5 swimmers will be added to fill 3 full heats. If there are 20 qualifiers in the 50 freestyle, then extra spots won't be filled – the 20 swimmers will be split into four heats. 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.

## TENNIS

- a. Rules of the United States Tennis Association shall govern the conduct of all contests. (Except as outlined in rule #16 below)
- b. There shall be South Puget Sound League Tournaments at the close of the regular season.
- c. Girls' tennis shall be played in the spring, boys' tennis in the fall.
- d. Contests shall consist of five (5) matches: two (2) singles and three (3) doubles. The twelve (12) point tie-breaker rule shall be used when the set score reaches 6 - All.
- e. Each player shall participate in but one (1) match. The host school shall determine the order in which the matches are to be played.
- f. Each match shall count one (1) point – total of five (5) points for one (1) contest.
- g. 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.
- h. If it becomes necessary to postpone any contest because of bad weather, the contest shall be replayed on the next available weekday by mutual consent of both teams. The first rain out takes preference. In the last two weeks of regular season non-league contests shall be postponed.
- i. Should bad weather make it necessary to stop play during a contest, only those matches which have been completed shall stand. The remaining matches shall be completed at a later date 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 of the meet because of bad weather shall be by mutual agreement of the coaches.
- j. 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. 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. 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. 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. 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.
- k. 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.
- l. Official balls, United States Lawn Tennis Association approved shall be furnished by the host school for each match.
- m. All participating players shall wear uniforms and/or appropriate tennis apparel.
- n. 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.
- o. Matches 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.

- p. During the regular league season, only designated coaches, will be allowed to call a time out in order to coach a player (singles) or players (doubles) during one normal changeover each set. The designated coaches from each team may talk to their player(s) during this time. State rules will be applied at the League Tournament.
- q. Boys can begin practicing for WCD and State tournament play twenty school days prior to the first day of the state tournament, as defined in Article 17.3.2 of the WIAA Handbook.
- r. The League tournament will comprise of a maximum of 9 players from each school, 3 for individuals and 3 doubles teams. The top eight players are ranked and placed. The other 22 participants will be drawn by random selection for seeding into the play-in games.
- s. Each participating school will bring one can of unopened match balls for each entrant into the league tournament for use during the tournament.
- t. Tie breaker to decide placing after first round:
  - a. Two Way Tie:
    - i. Head-to-Head winner
  - b. Three Way Tie: Head-to-Head winner
    - i. Most matches won verses tying teams
    - ii. Most games won verses tying teams
    - iii. Coin flip.

## **TRACK AND FIELD – UPDATES IN PROGRESS**

The National Federation of State High School Association Track and Field Rules shall govern track and field.

Special regulations regarding track and field are printed in the WIAA Handbook and State Track Syllabus.

- a. Additional regulations are set forth by the SPSL.
- b. **MEET TIME:** 3:30 p.m. unless other arrangements are made by mutual agreement of the participating schools. (Intention is to optimize student class time)
- c. **LANE ASSIGNMENTS AND TIME SCHEDULE:**
  1. Dual Meets - see following pages.
  2. Tri Meets - see following pages.
- d. **LONG, TRIPLE JUMP, SHOT PUT, AND DISCUS THROW:**
  1. Each school will designate 4 varsity athletes for all field events. All varsity participants get 4 attempts. All JV participants get 3 attempts. It must be understood that following the varsity competition all athletes who want to jump or throw will be given an opportunity for up to 3 trials with meet officials conducting the competition. Marks will be recorded, but not used in team scores. One more than the number of places scored will advance to the finals (IF YOU HAVE FINALS). If any changes are made to this format by the meet host, the host team must notify each visiting team a minimum of one week prior to the meet.
  2. (Intention is to run quality meets with the best interest of participating students in mind)
- e. **HIGH JUMP AND POLE VAULT:**
  1. No entry limit will be placed. Athletes are allowed to warm-up over cross bars under the condition that event judges/supervisors are present and supervising during warm-up. This will be for all meets through the SPSL league meet. In order to improve meet efficiency schools may run both boys and girls pole vault competition simultaneously.
- f. **STARTING HEIGHTS:**
  1. High Jump – Boys-5'0" & Girls 4'0"
  2. Pole Vault – Boys-8'6" & Girls 6'6"
- g. **POLE VAULT SCORING:**
  1. For all SPSL meets, the pole vault will be considered a competitive event and be scored and conducted in the same fashion as all other events.
  2. In the event of dual/tri meets, if any one of the participating districts or a school does not permit the pole vault due to facilities, district or school policy, the event is not scored for that meet.
- h. **HOST EVENT RESTRICTIONS:**
  1. Should an SPSL 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 a varsity event on the day prior to the scheduled meet to establish legal marks for post season qualifying purposes only and recorded on athletic.net – NO POINTS are credited toward meet results. The results of this pre-meet competition shall be authorized by the respective athletic director on the 'PRE-MEET EVENT RESULT SHEET' (SEE below). Pre-Meet Event Result Sheet must be completed and submitted prior to the start of the official meet.
- i. **UNIFORMS:**
  1. School issue (National Federation Rules). Coaches are encouraged to review the details of the uniform rules closely and carefully.

j. **SCORING:**

1. Scoring will be as follows:

- i. Dual Meets: Top three individuals will score; any number of participants 5-3-1: (All league meets will be scored as “Double Duals”)
- ii. The host school is responsible to record the results of each event, including names, marks, and scoring. The host school will provide a copy of the final results to all participating schools soon after the close of the meet and scores will be entered into the WPA site.
- iii. The host school shall make every effort to record marks for every athlete.
- iv. Results from the league duals should be uploaded to [www.athletic.net](http://www.athletic.net) within 24 hours of the dual.
- v. The “SPSL Division Champion” will be determined by the overall team record in Divisional league meets.

k. **LEAGUE MEET ENTRY:**

1. Qualifying standards will be used to qualify for the “SPSL Championship Meet,” when 16 athletes have not met the qualifying standards in a certain event, the field will be filled with the top 16 placers in each event.

l. **SPSL CHAMPIONSHIP MEET:**

1. The administration and organization of this meet shall be the responsibility of the league track coaches, athletic directors, commissioners, and the host school.
2. The SPSL Sub-District track meet is primarily intended for seeding purposes for the district track meet. Championship scoring (10, 8, 6, 5, 4, 3, 2, 1) will be used at the SPSL League Meet and will determine the SPSL League Meet Champion.
3. League champions will be determined by the overall team records of the league contests. Any first-place ties in overall records will be considered “co-champions”.

m. **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 64.0.0 for further details.

n. **ATHLETES OF THE YEAR**

1. Athletes of the Year will be voted on and determined at the SPSL League Championship Seeding Meeting.
2. Awards will be purchased by the league to be presented at the SPSL League Championship Meet.
  - i. Awards will be as follows:
  - ii. Female Track Athlete of the Year
  - iii. Female Field Athlete of the Year
  - iv. Male Track Athlete of the Year
  - v. Male Field Athlete of the Year

o. **PASS THROUGH LANGUAGE**

## **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

### **400m and 1600m Relays**

Varsity teams are in lanes 3/4.

### **800m Relay**

Varsity teams are in lanes 1/2.

## **FIELD EVENTS**

3:30 SHOT PUT/B \*(Girls to follow)

SHOT PUT/G

DISCUS/G \*(Boys to follow)

HIGH JUMP/G \*(Boys to follow)

HIGH JUMP/B

JAVELIN/ B & G (open runway)

POLE VAULT/G \*(Boys to follow)

POLE VAULT/B

LONG JUMP/B (JV to Follow)

LONG JUMP/G (JV to Follow)

TRIPLE JUMP/B (JV to Follow)

TRIPLE JUMP/G (JV to Follow)

## **STARTING HEIGHTS**

HIGH JUMP/B 5'0"

HIGH JUMP/G 4'0"

POLE VAULT/B 8'6"

POLE VAULT/G 6'6"

## LANE ASSIGNMENTS FOR TRI MEETS

Lane assignments at Tri Meets for the lane running events will be given using the chart below. The school number will be the order listed on the SPSL schedule. This means the home team is always team #3. If a school does not have three athletes for a particular race, the school with just 2 entries may enter a third, but no school can enter more than 3. JV race(s) will immediately follow the Varsity race.

		<u>EVENT</u>		<b>#1</b>	<b>#2</b>	<b>#3</b>
<b>3:30pm</b>	G	800M RELAY		2 - 6	4 - 8	3 - 7
<b><u>Following the Previous Race:</u></b>						
	G	3200M RUN	UNLIMITED	2 - 5 - 8	1 - 4 - 7	3 - 6
	B	110M HIGH HURDLES		1 - 4 - 7	3 - 6	2 - 5 - 8
	G	100M HIGH HURDLES		1 - 4 - 7	3 - 6	2 - 5 - 8
	B	100M DASH		3 - 6	2 - 5 - 8	1 - 4 - 7
	G	100M DASH		3 - 6	2 - 5 - 8	1 - 4 - 7
	B	1600M RUN	UNLIMITED	1 - 4 - 7	3 - 6	2 - 5 - 8
	G	1600M RUN	UNLIMITED	1 - 4 - 7	3 - 6	2 - 5 - 8
	B	400M RELAY		3 - 7	2 - 6	4 - 8
	G	400M RELAY		3 - 7	2 - 6	4 - 8
	B	400M DASH		2 - 5 - 8	1 - 4 - 7	3 - 6
	G	400M DASH		2 - 5 - 8	1 - 4 - 7	3 - 6
	B	300M HURDLES		3 - 6	2 - 5 - 8	1 - 4 - 7
	G	300M HURDLES		3 - 6	2 - 5 - 8	1 - 4 - 7
	B	800M RUN	STACKED	3 - 6	2 - 5 - 8	1 - 4 - 7
	G	800M RUN	STACKED	3 - 6	2 - 5 - 8	1 - 4 - 7
	B	200M DASH		1 - 4 - 7	3 - 6	2 - 5 - 8
	G	200M DASH		1 - 4 - 7	3 - 6	2 - 5 - 8
	B	3200M RUN	UNLIMITED	2 - 5 - 8	1 - 4 - 7	3 - 6
	G	1600M RELAY		4 - 8	3 - 7	2 - 6
	B	1600M RELAY		4 - 8	3 - 7	2 - 6

**PRE - MEET EVENT RESULT SHEET**

Event \_\_\_\_\_

Date \_\_\_\_\_

Site \_\_\_\_\_

Judge \_\_\_\_\_

Next day meet \_\_\_\_\_ @ \_\_\_\_\_ (Visiting school) (Host school)

The following event was conducted on the day immediately preceding the scheduled SPSL 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 SPSL, and the WIAA.
- \_\_\_\_\_ 2. A maximum of six competitors from one school attempted a trial at this event.
- \_\_\_\_\_ 3. All marks were achieved under the standard rules of competition for this event.
- \_\_\_\_\_ 4. This completed form, including all signatures, will be presented to the meet officials at the start of tomorrow's meet. Marks will be credited and official with the completion of this form. NO POINTS will be rewarded or credited towards the meet results. All marks from this competition will be eligible for postseason seeding and qualifying only.
- \_\_\_\_\_ 5. 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 tomorrow's meet.

Athlete Name	Grade	School	Best Mark	Place
1				
2				
3				
4				
5				
6				

Judge Signature: \_\_\_\_\_

Coach Signature: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_



## **VOLLEYBALL**

### **a. OFFICIAL RULES:**

1. The National Federation Rules and Guidelines will be followed for girls' Volleyball.
2. The only exceptions will be those rules and regulations that appear in the official Washington State Interscholastic Activities Association Handbook and Guidelines and the South Puget Sound League Sport Guidelines.

### **b. OFFICIALS:**

1. 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 (varsity match). Two scorekeepers are required (minimum). One is to keep the official score and a second to run the clock and track libero substitutions.

### **c. PRE-MATCH WARM-UP:**

1. Prior to the official warmup, both teams will share the court.
2. 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 away team and six minutes (serving time included) for the home 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.

### **d. STARTING TIMES:**

1. Game times will be 5:45 p.m. for junior varsity/c-team with varsity starting no earlier than 7:15 p.m. with proper warm-up. Junior varsity warm-ups will start at 5:30 p.m. regardless of whether officials are present. JV non-deciding games will be played. All games started will be finished.

### **e. LENGTH OF MATCH:**

1. The varsity match shall consist of 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.
2. The junior varsity and C matches shall consist of the best three (3) out of three (3) games, time permitting. 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.

### **f. PARTICIPATION LIMITATION:**

1. Each invitational tournament must count toward the team and individual game limitation.

### **g. MATCH LIMIT:**

1. According to the Washington State Interscholastic Activities Association Handbook rules.

### **h. GAME BALL:** A multicolor top-grade leather ball will be used.

### **i. TIEBREAKING CRITERIA FOR TOURNAMENT PLAY:** Refer to SPSL tiebreaking criteria.

1. Two-way ties.
  - i. All ties will be played off unless there is a head-to-head advantage described in the SPSL tiebreaking criteria.
2. Three Way Ties (when no team is eliminated):

- i. The teams involved will be seeded by sets-won percentage ~~in division~~
- ii. Example:
  - 1. GK beat ER 3-0 and lost to BP 2-3 which leaves them 5-3 and 62.5% in sets won.
  - 2. ER beat BP 3-0 and lost to GK 0-3 which leaves them 3-3 and 50% in sets won.
  - 3. BP beat GK 3-2 and lost to ER 0-3 which leaves them 3-5 and 37.5% in sets won.
  - 4. If teams are still tied, use the point differential between the tied teams.
- iii. Three-way ties (when one or more team is eliminated).
  - 1. 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.
  - 2. Using the example above, Emerald Ridge and Bellarmine would play 2/3 match and the loser would be the lowest seed. The winner would play Graham-Kapowsin for the highest two seeds.

j. SPSL CHAMPION

- 1- league champion is the team with the best league record at the conclusion of the season.

## WRESTLING

### 1. MEETS:

- a. The National Federation of High Schools rules book will govern wrestling.
- b. Preliminary matches shall be scheduled on the same night as varsity matches.
- c. In a dual meet, preliminary matches shall begin no earlier than 6:00 p.m. and varsity matches at 7:00 P.M. with allowances made for extended JV matches.
- d. All matches shall have wrestling association approved officials.
- e. A warm-up period of ten (10) minutes shall be allowed for each team.
- f. In league sanctioned double duals the following format will be followed unless otherwise approved by league AD's

3 team double duals, on TWO MATS:

4:15 pm: weigh in all wrestlers, all teams

A is home team

B is furthest drive

C is closest drive

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

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

4 team double duals, on THREE MATS:

4:15 pm: weigh in all wrestlers, all teams

5:15 pm: A vs C; B vs D varsity, JV duals on mat 3.

6:45 pm: A vs D; B vs C varsity, JV duals on mat 3, finish JV after varsity if necessary.

### 1. WEIGH-IN PROCEDURES:

Weigh-ins shall begin at 5:00 pm (or adjusted as described in multiple team duals), unless agreed upon by head coaches of competing teams. Notifications to competing coaches and their AD's is required to be made no less than 24 hours prior to match time. 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.

2. For varsity contests the timer and/or scorebook personnel shall be adults.

## **Addendum A - League Expansion**

Process to request league membership.

- a. Written request to the SPSL Athletic Directors for membership consideration should occur by December 1st of the year requested for membership.
- b. Athletic Directors may request an oral presentation by the school(s) seeking membership.
- c. Recommendation by the Athletic Directors of the SPSL to the Principals of the SPSL to accept or deny membership.
- d. Principals of the SPSL to vote to accept or deny membership into the league.
- e. 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.
- f. Once accepted to the league, a new school may be charged a one - time admission fee as determined by the league. Entrance fee will be \$500.00. If a school leaves the league, the \$500 league entrance fee will be refunded through the fourth year of membership. Beyond the fourth year a member school leaving their division the league would be given their full share of the treasury.
- g. New schools will also be responsible for an equal share of any league fees required to start a new school year.
- h. Criteria for league membership consideration:
  1. School Enrollment
    - i. Current Enrollment
    - ii. Future Enrollment Trends
  2. Athletic Program Offerings
    - i. District Athletic Philosophy
    - ii. Athletic Program Levels
    - iii. School Grade Level Structure
  3. District/Community Issues
    - i. Travel/Proximity
    - ii. Rivalries/Community Connection
  4. League Issues
    - i. Balance of Divisions
    - ii. Scheduling Issues
    - iii. Facility Issues
    - iv. Post-season Allocations
    - v. Willingness to Accept Leadership Roles (i.e. sport commissioners, host sites)

## **League realignment process and protocols**

- a. By September 30 of each reclassification cycle a listing of SPSL 4A realignment possibilities will be collected from the AD membership by the SPSL AD President.
- b. At the October SPSL AD's meeting realignment possibilities will be distributed, and each AD will be instructed to review the possibilities with building level Administrators and Coaches.
- c. At the regular November SPSL AD's meeting Athletic Directors will review oral and written presentations from league school(s) regarding the pros and cons (see list below) of each alignment scenario. Discussion points will be taken back to each school by AD's for review with building level Administrators and Coaches.

- d. At the regular December SPSL AD's meeting Athletic Directors will be asked to vote on the realignment scenario that they consider the best for the SPSL 4A.
- e. Before January 15 the rank-order outcome of the December AD realignment vote will be forwarded to the SPSL Principals Association President for inclusion on the February meeting agenda of the SPSL Principals Association.
- f. During the February meeting of the SPSL Principals Association the results of the SPSL AD's vote and recommendation for realignment will be distributed. A discussion of rationale, pros, and cons will be facilitated, and discussion points taken back to each school for review with District Level Administrators.
- g. At the regular March meeting (or sooner) of the SPSL Principals Association school representatives will be asked to vote on the re-alignment scenario that they consider the best for the SPSL 4A. Each school will receive one vote and a representative from each school is expected to be present to cast the vote. A simple majority vote by SPSL Principals will determine the final league alignment for the next WIAA classification period.
- h. SPSL Schools being affected by realignment will be notified in writing by the SPSL Principals Association President no later than the last day of March of a new classification year.

#### **Realignment Considerations**

- |  |   |
|--|---|
| a. What is best for the SPSL?                        | q. Multiple HS districts  |
| b. Democratic Process                                | r. Like Programs  |
| c. Division Balance                                  | s. Sport Offerings  |
| d. Allocations to SPSL/WCD                           | t. District Athletic Philosophy   |
| e. Scheduling Considerations                         | u. Athletic Program Levels  |
| f. Rotation Plan                                     | v. School Grade Level Structure   |
| g. Potential or choice to Opt-Up/Down                | w. Historical Placements  |
| h. To utilize 2 or 3 Divisions                       | x. Seniority (Longevity in the SPSL)  |
| i. Balance of the number of schools in each Division | y. Traditional Rivalries  |
| j. Geography   | z. School Enrollment  |
| k. Transportation Costs                              | aa. Current Enrollment  |
| l. Freeway Access                                    | bb. Future Enrollment Trends  |
| m. Mileage / Distances                               | cc. Scheduling Issues   |
| n. Instructional Time Loss                           | dd. Facility Issues   |
| o. Travel/Proximity                                  | ee. Post-season Allocations   |
| p. Districts Held Together                           | ff. Willingness to Accept Leadership Roles (i.e. sport commissioners, host sites) |

## **Addendum B – League Playoff Procedures**

### **General Playoff Instructions**

- a. Schools hosting league tournaments/playoffs shall send a financial statement to the league treasurer. The Athletic Directors shall regularly offer a full financial report of all activities to the league Principals. Expenses incurred should be paid from gate receipts and/or entry fees whenever possible. Any deficit will be paid by the league and all profits are remitted to the league.
- b. Guidelines and pay rules for management personnel are attached. 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.
- c. No money will be budgeted for publicity. The manager is responsible for getting advance and other information to the news media. They 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.
- d. The official scorekeeper shall be appointed by the tournament manager. It shall be his/her responsibility to keep the official records for both teams. His/her records are official.
- e. Care should be taken in the selection of the announcer. He/she should be a responsible person who can set the tone for the game, meet or match. The 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 announcer should have excellent knowledge of the athletic event.
- f. Parking and concession are left up to the tournament manager at local option. He/she may charge for parking but CANNOT LIST ANY EXPENSES for same. The same would be true of concessions. The host for the event assumes all expenses and takes all profits. Managers are urged to set reasonable charges for parking and concessions. Free parking should be provided for participants, officials, SPSL representatives, press and other tournament workers as deemed necessary.
- g. Programs should be provided, and the profits of programs sales may be kept by host school.
- h. Tournament managers should work with local police in their respective areas. Anticipate possible needs in the following areas.
  1. Crowd control inside facility.
  2. Parking.
  3. Traffic flow prior to and after the event.
  4. Crowd control outside the facility, especially.
- i. The tournament manager shall arrange for emergency services and AED to be present or on call for all sessions.
- j. 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 SPSL officials, if present, on any unusual problems that might occur.
- k. Each tournament manager is responsible to send instruction bulletins to participating schools and coaches. The bulletins should cover items included in this guideline and items peculiar to the tournament.

### **Tournament Manager's Checklist**

- a. Send out advance information bulletins to participating school and coaches.
- b. Plan for tickets/ticket prices/signs.
- c. Arrange for ticket sellers, ticket takers, guards and police.
- d. Arrange for press passes for those media covering the event.
- e. Keep local press informed-report results.
- f. Arrange for school supervisory passes.
- g. Plan for concessions, if applicable.
- h. Plan for parking and traffic control.
- i. Reserve parking for teams.
- j. Arrange for emergency services and AED to be present or on call.
- k. Access to telephone in case of emergency.
- l. Arrange for P.A. System and announcer. Have a ceremony to introduce all participants and coaches.
- m. Provide for official scorekeeper.
- n. Pay all event expenses.
- o. Complete Tournament Expense Forms and return to SPSL Treasurer.
- p. Arrange for officials necessary for the game, meet or match.
- q. Arrange for ordering and purchase of awards and equipment for the event when appropriate.
- r. Arrange for the presentation of awards when appropriate.