



Washington Interscholastic Activities Association
PROPOSED AMENDMENTS
for the 2024 Representative Assembly

The amendments and rationale are presented as submitted. The opinions and/or positions by the leagues, WIAA Districts, and affiliate organizations will take place through April. Positions taken by the affiliate organizations will be provided to the voting delegates prior to the April 24 – May 3 voting period.

The ~~strike through~~ text is proposed to be deleted from the current handbook wording. The **bold** and **shaded** text is proposed to be added to the current handbook wording. Any changes approved by the Representative Assembly members during the Winter Coalition on January 22, 2024, are highlighted in **yellow**. Amendments that pass will go into effect on August 1 unless otherwise indicated. The sponsoring school is listed first, followed by the supporting schools.

ML AMENDMENT #1

3.3.0 MEMBERSHIP

Page 5

- 3.3.1 When a **high** school becomes a member of WIAA and enrolls in a particular activity, all of its activities which come under Association jurisdiction must be included in that membership.
- 3.3.2 When a **middle** school becomes a member of WIAA and enrolls in a particular activity, **it may choose on a sport by sport basis which activities will be included.**

Submitted by Goldendale High School, Columbia High School, Hazen High School, Lindbergh High School, Onalaska High School, Renton High School, Stevenson High School, Sultan High School and Zillah High School.

Rationale - The Story

Located in the center of Klickitat County, Centerville School District is a K-8 district comprised of one school with a population of 90 students and is located 8 miles southwest of Goldendale, Washington. For grades 9-12, Centerville students attend Goldendale High School.

Due to limited resources, it is not feasible for Centerville School District to offer a comprehensive athletic program. As such, Goldendale School District proposes to offer Centerville School District the opportunity for their students to join Goldendale Middle School for any sports not offered within the Centerville School District.

During the prior WIAA reclassification, Centerville School District decided to continue alignment with smaller school districts within the geographic location that they compete against. School districts such as: Bickleton, Centerville, Klickitat, Lyle, Glenwood, Wishram, Dufur, Moro, North Wasco, and Sherman County were all impacted by the decision. As the schools and communities decided to align with OSAA due to multiple factors including limited economic resources, the unintended consequence resulted a potential WIAA rule violation: 17.13.2 MIDDLE LEVEL - Individuals or teams representing a member middle level school in an interscholastic athletic contest may compete only against teams or individuals from (a) another WIAA member middle level school; (b) Out-of-state middle level schools which are members of state high school associations that belong to the National Federation; and (c) Alumni or

Continuation of rationale for ML Amendment #1:

teachers of that school. This new classification decision did not allow for Centerville student-athletes to co-op with and compete with Goldendale Middle School, since OSAA does not sanction middle level athletics.

Graduating in the class of 2022, Caleb Smith was an all-state football player for Goldendale High School. While a Timberwolf, he set numerous running back records. During his middle school years, Caleb was a Centerville student that was able to participate and compete on the Goldendale Middle School football team. He currently is a sophomore at George Fox University, where he was recruited to play running back for the Bruin football team. Without the opportunity to participate at the middle school level, it is uncertain that Caleb would have played football, as his athletic ability and determination drove him to setting records in the middle school one-mile at Goldendale Middle School. Without the opportunity to participate in Goldendale Middle School athletics, his athletic life and career would be quite different.

The Data to Support

Centerville Students in the Goldendale High School Freshman Class:			
School Year (Fall)	Number of Students	Fall/Winter Participants Negatively Impacted	Percentage of CSD Class
2023	12	3	25%
2022	7	1	14%
2021	9	5	56%
2020	7	3	43%
2019	5	2	40%

Klickitat County Census Data		
	Klickitat County	State Average
<i>Median household income (in 2021 dollars), 2017-2021</i>	\$59,583	\$82,400
<i>Per capita income in past 12 months (in 2021 dollars), 2017-2021</i>	\$34,529	\$43,817

*<https://www.census.gov/quickfacts/fact/table/klickitatcountywashington,WA/PST045222>

Pros

1. *Middle Level Specific: Changes **only** affect middle level student-athletes. The proposed amendment would not allow for middle level student-athletes to participate in high school level athletics as only allows for middle level to middle level participation.*
2. *Increase in Student Participation: Increases student-athlete participation in middle level athletics. In an article written in the Journal of the Society for Social Work and Research, Chris Wretman found that researchers posited that regular activity could promote favorable perceptions of the self that were intrinsically valuable and useful for their promotive effects on additional outcomes of interest (Fox, 1999; Sonstroem & Morgan, 1989). Furthermore, recent empirical research supports this hypothesis, with numerous studies finding that physical activity enhances children’s self-esteem, which in turn may enhance other attitudes and behaviors related to academic achievement (Tompsonowski et al., 2011; Trudeau & Shephard, 2008).*
3. *Positive Student Development: Students who participate in activities and athletics are more involved in school, along with improving their academic outcomes. In a study done by the University of Chicago, evidence from the biological and neurological sciences suggests that physical activity*

Continuation of pros for ML Amendment #1:

activates the allocation of cognitive resources and promotes faster cognitive processing through stimulus encoding (Hillman et al., 2008).

- 4. *Improves Under Resourced Geographical Areas: Allows more opportunities to student-athletes in under resourced areas of the state. The proposed amendment allows for increased opportunities to students, and does not limit participation based off of resource allocation.*
- 5. *Improves Equitability: Increases equitability measures throughout WIAA classifications, Washington State Counties, and socio-economic levels.*
- 6. *Increase in Team Membership: Helps smaller classifications and rural schools that are traditionally challenged to form complete teams due to smaller student populations.*

Cons

- 1. *Recruitment: Misuse of the rule to recruit potential student-athletes to participate with member schools district.*
- 2. *Unequal Competitive Balance: Could create an unequal competitive balance for one middle level member within their member league participation.*
- 3. *Feeder Program(s): Establish unfair/unequitable feeder programs for in-district, member high school level sports.*
- 4. *Future Amendments: Potential to leverage the amendment (18.6.0) to be used to propose a change in participation from non-member high school and member high school student-athletes.*

Source: <https://www.journals.uchicago.edu/doi/10.1086/693117>

HS AMENDMENT #2

3.6.0	ESTABLISHMENT OF SERVICE FEES	NEW ARTICLE	Page 6
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3.6.1 High School Fees: **When a high school offers sports and activity programs,** the high school tier in which a school is placed is based upon its P223 enrollment figures (grades 9-11, prior to any deductions based upon the enrollment adjustment factor) utilized to determine its classification. A high school will remain within its designated tier during the four-year classification cycle.

<u>HS Tier</u>	<u>Enrollment</u>	<u>Fee per school</u>
HS-1	1-25	\$ 350.00
HS-2	26-50	\$ 600.00
HS-3	51-100	\$ 800.00
HS-4	101-200	\$1,100.00
HS-5	201-300	\$1,500.00
HS-6	301-450	\$1,900.00
HS-7	451-600	\$2,200.00
HS-8	601-800	\$2,400.00
HS-9	801-1000	\$2,700.00
HS-10	1001-1300	\$3,000.00
HS-11	1301-1600	\$3,400.00
HS-12	1601 +	\$3,800.00

3.6.2 High School Fees: **When a high school does not offer any sports programs,** the high school tier in which a school is placed is based upon its P223 enrollment figures (grades 9-11, prior to any deductions based upon the enrollment adjustment factor) utilized to determine its classification.

Continuation of HS Amendment #2:

A high school will remain within its designated tier during the four-year classification cycle **unless sports programs are added.**

<u>HS Tier A</u>	<u>Enrollment</u>	<u>Fee per school</u>
HS-1A	1-25	\$ 175.00
HS-2A	26-50	\$ 300.00
HS-3A	51-100	\$ 400.00
HS-4A	101-200	\$ 550.00
HS-5A	201-300	\$ 750.00
HS-6A	301-450	\$ 950.00
HS-7A	451-600	\$1,100.00
HS-8A	601-800	\$1,200.00
HS-9A	801-1000	\$1,350.00
HS-10A	1001-1300	\$1,500.00
HS-11A	1301-1600	\$1,700.00
HS-12A	1601 +	\$1,900.00

Submitted by the WIAA Executive Board.

Rationale: *A reduced fee (one-half that of the membership fee for a school that offers sports programs) is being proposed for schools that do not offer sports programs. This is a fairly small number of schools, but is a better reflection of the services provided to these schools.*

ML/HS AMENDMENT #3

5.2.0 MEMBERSHIP OF WIAA DISTRICT AND LEAGUES

Page 9

5.2.1 Each member school must be a member of a league. The member schools of WIAA have the authority to form league(s) for activity competition so long as such league is in compliance with WIAA handbook regulations.

Submitted by the WIAA Executive Board.

Rationale: *Mandatory league membership would provide much needed guidance and oversight for every member school, regardless of whether the school competes only against other league members, or has an independent schedule in one or more sports.*

ML/HS AMENDMENT #4

5.2.0 MEMBERSHIP OF WIAA DISTRICT AND LEAGUES

NEW ARTICLE

Page 9

5.2.1.A The WIAA District shall have oversight over each league within the WIAA District.

Submitted by the WIAA Executive Board.

Rationale: *While the WIAA Districts currently involve the leagues that are within its boundaries, there is no statement as such, except in due process. Adding this statement is merely a precursor for dealing with due process procedures.*

4.5.0 APPEAL OF DETERMINED CLASSIFICATION - A school may appeal its determined classification to the District Directors Appeals Board.

4.5.1 The appeal must be filed no later than the second Friday in January of the first year of the four (4) year classification cycle.

4.5.2 The same timeline applies for schools to petition down for football only.

A. Eligibility: For a 2B member school to be eligible to petition down to 1B 8-person football and be playoff eligible, the school must meet the following criteria:

1. Enrollment: The school must have an enrollment below 110 percent (%) of the top 1B enrollment range number. ~~largest 1B school.~~

2. Winning Percentage: The school's in-classification winning percentage in football for the previous four years shall be 20 percent (%) or lower.

B. Deadline: A school must notify the WIAA office of their intent to petition down on or before the second Friday in January of the reclassification year.

C. Annual Evaluation: Any 2B school placed in the 1B classification shall be evaluated at the conclusion of each season to determine if the school should be returned to its original classification.

1. Any 2B school currently playing in the 1B classification and requesting to remain in the 1B classification must have had a two-year in-class winning percentage of less than 67 percent (%) and have not won a WIAA playoff game in order to remain in the 1B classification.

2. Any 2B school that had been approved to play at the 1B level that has an in-class winning percentage of 67 percent (%) or higher and/or advanced beyond the first round of the WIAA State Football Championships will be returned to the 2B classification the following school year. If a school elected to remain in the 1B 8-person football classification during the following school year, it would not be eligible for the postseason.

Submitted by Wilbur-Creston High School, Almira-Coulee/Hartline High School, Columbia High School, Northport High School and Republic High School.

Pros:

- 1. Establishes clear criteria for a 2B school to petition down to 1B football and b playoff eligible.*
- 2. Sets guidelines for when a school will be returned to the 2B classification.*
- 3. Returns integrity to the 1B Football State Playoffs.*

Cons:

- 1. Football schedules would need to be redrawn if a school approved to play 1B football was required to return to 2B football during the second year of the allocation cycle.*
- 2. Allocations would not change during the second year of the allocation cycle.*

17.1.0 Seasons

17.1.1 The Esports season will begin within three weeks of the WIAA adopted dates for fall and spring sports.

17.1.2 The fall and spring seasons will be designated as the competitive seasons for eSports.

17.1.3 Esports regular seasons will be six to eight weeks in length and include both a preseason and postseason.

17.2.0 Game selection and rules

17.2.1 Games used for sanctioned Esports competitions shall be collaboratively agreed upon by the WIAA and the appropriate non-profit eSports organization.

17.2.2 Games used for sanctioned Esports competitions at the high school level will meet the minimum requirements to be rated "T for Teen" by the Entertainment Software Rating Board (ESRB.) For middle schools, games used will meet the minimum requirements to be rated "E 10+" (Everyone 10 and older.)

17.3.0 Supervision of Groups and Contestants: No school individual contestant shall be eligible to represent a school in a contest unless the director/coach is at least a part-time employee of the district or is an approved volunteer with the school district.

17.4.0 Communication with the WIAA: The director of the appropriate non-profit Esports organization shall submit to the WIAA Executive Director a roster of state officers, state committees, and district officers upon their election or selection to office.

17.5.0 Communication with Esports Organizations: The WIAA Executive Director will submit a list of committee members and the WIAA District Committee members to the president of the appropriate non-profit Esports organization.

17.6.0 WIAA District organization

17.6.1 The schools of the state participating in Esports will be divided into competitive regions and will include sub-divisions based upon school size.

17.6.2 The appropriate non-profit Esports organization shall create a council with representation from each competitive region to assist in the governance of Esports season and state contests.

17.7.0 State Tournament: A State Esports tournament will be jointly held under the auspices of the WIAA and the appropriate non-profit Esports organization in each postseason.

17.7.1 The primary operation of the tournament shall be the responsibility of the appropriate non-profit Esports organization.

17.7.2 Tournament site, date, and format are selected and announced each year by the appropriate non-profit Esports organization. The tournament site for the state tournament can held live or online.

Submitted by Sedro Woolley High School, Burlington-Edison High School, Lakeside High School, Lake Stevens High School and Nooksack Valley High School.

Rationale: *Students and teachers from across our state have identified Esports as a rapidly growing activity. The Washington State Scholastic Esports Association (WSSEA), a local, educator-led 501(c)3 non-profit, is in its 4th year of operation and currently has 70+ high schools participating in Esports. While the trial period for Esports last year failed to meet the threshold of needed schools, the leaders of WSSEA have been committed to the growth of Esports in Washington State schools since 2017. In the last four years, they have held two live championship events, built connections between high school and collegiate*

Continuation of rationale for HS Amendment #6:

programs in six Washington state colleges including UW and WSU, and recently partnered with the Puget Sound ESD to hold the first live Esports professional development in our state with 86 attendees (half of which did not currently have esports programs in their schools). Esports programs are still on the rise and WIAA sanctioning will support the growth of these programs under the leadership of Washington State educators.

Esports also provides another avenue for students to engage in their schools, communities, and their own professional growth. Initial data from WSSEA shows that approximately 60% of our students who participate in Esports have never participated in a sport or activity before. In addition, WSSEA has partnered with WTSA (Washington Technology Student Association) to provide CTE activities around Esports in a Washington State OSPI approved CTSO. Adding Esports as a sanctioned activity will not substantially pull students from other activities and will provide even more opportunities for students to grow personally and professionally.

Startup costs for Esports can be substantial for schools, but upkeep is substantially lower than other sports and activities. With a local, educator-led non-profit organization, registration fees are a maximum of \$400 per year, though most schools will pay \$200. Regular season matchups are done entirely online. Travel costs are only required 1-2 times per year for the live championship event. Costs to the WIAA are at a minimum and the live events associated with Esports will allow the WIAA to raise money with ticket sales, sponsorships, and other sellable assets.

ML/HS AMENDMENT #7

17.5.0 OUT-OF-SEASON REGULATIONS

17.5.0 OUT-OF-SEASON - DEFINITION – Out-of-season is that time during which paid or volunteer coaches cannot coach present or future squad members.

HIGH SCHOOL - Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sport state tournament **and from July 1 through July 7**. The August 1 cutoff date is waived for school coaches who coach during the summer in non-school programs provided that team has qualified for the next level of competition which ultimately leads to the state/regional/national championship/World Series in baseball and softball.

MIDDLE LEVEL – Out-of-season for middle level sports shall be from August 1 until the first day of the specific sport turnouts and from the conclusion of the final league contest of that specific sport season until the conclusion of the middle level spring league schedule, or the final spring school contest in the event the school is not a member of a league in that sport, or the final day of the high school spring state championships, whichever is later, **and from July 1 through July 7**.

Submitted by: Eastmont High School, Davis High School, Hanford High School, Moses Lake High School, and West Valley High school.

Rationale: The demand for coaches and players to be engaged “year-round” is rising. Whether it is perceived or real pressure to do so, athletes and coaches are finding it hard to have quality family time and re-energize. Everyone needs to get away from the mental grind at some point, knowing that they are not falling behind anyone else since everyone will have the same designated break. Schools are losing both coaches and athletes due to burn-out. Even the most high-level, dedicated athletes need to

Continuation of rationale for ML/HS Amendment #7:

rest and recover sometime. This proposal is adapted from the Michigan High School Athletic Association who has had this in place for several years.

This gives families of athletes and coaches to plan for family time, vacations, get togethers etc. that is stable and consistent year in and year out. It allows our athletes and coaches to give to their families and get a rest from coaching or participating in practices, games, tournaments etc. that are school sponsored and approved.

The “dead” period will also allow for annual maintenance and/or upgrades to school district facilities.

Possible Pros and Cons to this amendment:

Pros	Possible Cons
<ul style="list-style-type: none">• <i>Allows athletes and coaches to have dedicated quality family time</i>• <i>Allows for a physical and mental break from school sanctioned practice, games and tournaments over the summer</i>• <i>Gives a dedicated and consistent time of the year for families and coaches to plan family vacations, get togethers etc.</i>• <i>Allows School Districts to have a week to perform maintenance on facilities.</i>	<ul style="list-style-type: none">• <i>Some players may choose to participate in select teams during the dead period.</i>

Questions and Answers addressing this rule change:

1. Q: *Does this prohibit an athlete or coach from participating on non-school affiliated teams in the summer?*
A: *No, an athlete may choose to participate on a non-school sanctioned team without penalty.*
2. Q: *Can student-athletes get together and workout on school grounds?*
A: *Yes, as long as no coach is present or sponsoring the workout and the facilities that are being used are always open for public use.*

17.7.0 CONDITIONING - A member school may organize and supervise a conditioning program which may include weight training, running and exercising provided all of the following conditions are met:

17.7.1 Participation in conditioning cannot be a requirement, incentive for, or a condition of participation on a school team;

17.7.2 It is open and advertised to all students at that school;

17.7.3 Instruction in specific sports skills is not provided **except for baseball and softball.**

17.7.4 Baseball and softball arm care: Throwing instruction and throwing workouts are allowed as part of conditioning.

17.7.4.1 Baseball and softball arm conditioning may be held beginning the day after the Martin Luther King Jr Holiday (January 25, 2025) and ending the day before spring practice begins.

17.7.4.2 Arm care workouts are limited to no more than four hours per week during this time frame.

Submitted by: Ephrata High School, Brewster High School, Cashmere High School, Eastmont High School, Ellensburg High School, Evergreen High School, Heritage High School, Kelso High School, Prairie High School, and Skyview High School.

Rationale: Throwing a baseball or softball presents itself with a high injury risk if not done properly. This amendment would allow baseball and softball players adequate time to properly get their arms in shape before the first contest. Allowing players proper time learning the proper throwing mechanics and time to condition the throwing arm is necessary to reduce and prevent arm injuries. Programs currently do not have time to adequately prepare players during the 8 practices (jamborees) and 10 practices (games) prior to competing in live competition. During the first 2 weeks of the season, teams are focused on hitting, defense, base-running, pitching, team strategies, conditioning, and more. This amendment would focus on solely arm care and throwing workouts in the 4-5 weeks prior to the season, which is directly related to physical conditioning.

If a student is doing a squat lift incorrectly in the weight room during conditioning, the coach/teacher would instruct them to do the lift the proper way to prevent injury and maximize performance. Baseball/softball coaches should be allowed to instruct proper throwing techniques and prescribe throwing workouts in the same light, with the goal to prevent major injuries from occurring. No other baseball/softball workouts such as hitting, fielding, base running, etc. would be allowed during the conditioning phase, only throwing and arm care.

This would NOT be a mandatory activity for players or coaches. Those programs that do not wish to do the pre-season conditioning can opt out. But we shouldn't prevent the players and programs that want to, and we shouldn't reward the programs that have baseball/softball training facilities/academies not associated with the HS program that can offer an arm care program outside the current WIAA rules. This amendment would allow a safe, controlled, and equitable environment for players to properly get their arms in shape while having certified HS coaches monitoring and coaching them.

If the other proposed amendment to reduce the required number of practices before the first contest passes, this amendment will be even MORE important, as it would allow players more preparation time

Continuation of rationale for ML/HS Amendment #8:

to get ready to throw in live competitions, rather than just having 5-7 practices and then going 100% in game competition in cold weather, especially for those who are both pitchers and position players.

Sample Arm Care Conditioning Workout (35-45 minutes):

1. Warmup/Stretch (10 minutes)
2. J-Band Tubing Workout (10 minutes)
3. Throwing Program (10-20 minutes)
4. Post-Throw Conditioning/Treatment (5 Minutes)

Additional clarification regarding this proposed rule change:

1. Q: *On what date may schools begin throwing instruction and throwing workouts as part of conditioning?*
A: *The day after the Martin Luther King Holiday, which will be January 21, 2025. This allows 4-5 weeks to get arms in shape.*
2. Q: *Is defense, base running, hitting, etc. allowed during these conditioning workouts?*
A: *NO, only throwing and catching a baseball practice/instruction is allowed, along with other arm/conditioning workouts. No hitting, no ground balls/fly balls, no baserunning, no strategy talk, etc.*
3. Q: *If students are still playing a WIAA winter sport, are they allowed to participate in the conditioning workouts?*
A: *Yes, if the local school district policy allows it.*
4. Q: *Is this amendment for pitchers and catchers only?*
A: *No, this amendment is open to all students and is not position specific.*

**Continuation of ML/HS Amendment #8:
Pros and Cons to this amendment:**

Pros	Possible Cons
<ul style="list-style-type: none"> ● <i>Reduces the risk of arm injuries with a gradual throwing program in a controlled and supervised environment.</i> ● <i>Prepares teams for pitch count rules (baseball) and early season games where each win/loss factors into postseason seeding.</i> ● <i>Allows high school coaches to coach throwing mechanics rather than having to say nothing during open gyms, which could lead to injuries due to poor throwing mechanics.</i> ● <i>Provides greater equity allowing all students proper instruction and arm care workouts, not just those that can afford private instruction.</i> ● <i>Limited to the 4-5 weeks before the season with no more than 4 hours per week. This prevents coaches from abusing the rule.</i> 	<ul style="list-style-type: none"> ● <i>Schools may dislike having winter sport athletes doing their winter sport and arm care conditioning at the same time.</i> ● <i>The added rule may increase gym scheduling complexities, especially in smaller school districts.</i> ● <i>If not done correctly, injuries could occur.</i>

The Sports Medicine Advisory Committee (SMAC) recommended the following:

- Conditioning focus
- Technique/Mechanics work before bullpens
- Specific throwing programs (Jaeger, Tanner Swanson, Greg Swenson)
- Medical Field Support and Data
- British Journal of Sports Medicine: <https://bjsm.bmj.com/content/52/20/1312>
- Risk factors for, and prevention of, shoulder injuries in overhead sports: a systematic review with best-evidence synthesis
- MLB Spring training comparison (pitchers report early)

Relevant websites/articles related to arm injuries and proper arm care:

[MLB Pitch Smart](#)

[U.S. News & World Report Article](#)

[UCLR In elite baseball pitchers](#)

[UCL Surgery in Collegiate Baseball Players](#)

[USA Baseball High School Program Manual](#) (pg. 18)

ML/HS AMENDMENT #9

17.5.10 STUDENTS AS MANAGERS OF HIGH SCHOOL TEAMS

17.5.10 STUDENTS AS MANAGERS OF HIGH SCHOOL TEAMS

- A. A **student** manager of a team **who is not on the cleared to participate list** is limited to preparing water/drinks, keeping statistics, and providing supplies to the coach and/or players.
- B. **A student** managers are **who is not on the cleared to participate list is** not allowed to participate in any warm-up or practice drills in the same role as the athletes.
- C. **A student manager who is on the cleared to participate list for that sport will be allowed to participate in warm-up or practice drill if deemed necessary by the coaching staff.**

Submitted by Kamiakin High School, Chiawana High School, Kennewick High School, Pasco High School, and Richland High School.

Pros: This change will allow for local control of our students in our building. There could be times that a student is kept from being cut from a program in order to be a manager, in hopes that they may get on the roster later in the season. It allows for using a manager as needed in practice if deemed necessary by the coach to fill numbers or to provide adequate participation in a drill. Requiring that the student be on the cleared to participate list verifies that they meet all eligibility criteria to practice.

Con: This proposed change would allow students who are not on the playing roster to participate in pregame warm-ups, which could create some confusion for opponents.

HS AMENDMENT #10

NOTE: these proposed changes are being presented as one amendment, but voting by the Representative Assembly delegates will be specific for each sport.

17.11.2 MINIMUM PRACTICE REQUIREMENTS

17.11.2 MINIMUM PRACTICE REQUIREMENT: Each student is required to complete the minimum number of practices in a specific sport the day before participating in a game. The minimum number is included in the specific sport sections of the WIAA handbook.

The following minimum practice requirements for students participating in high school sports programs are proposed to be changed as listed below. No changes are proposed for the minimum practice requirements for middle level.

32.1.0	Baseball	Minimum Practice Days	10 7
32.2.0	Jamboree	A jamboree could be held after	8 5 practices
33.1.0	Basketball	Minimum Practice Days	10 7
33.2.0	Jamboree	A jamboree could be held after	8 5 practices
35.1.0	Cheerleading	Minimum Practice Days	10 7
36.1.0	Cross Country	Minimum Practice Days	10 7
36.2.0	Jamboree	A jamboree could be held after	8 5 practices
37.1.0	Dance/Drill	Minimum Practice Days	10 7
41.1.0	Soccer	Minimum Practice Days	10 7
41.4.0	Jamboree	A jamboree could be held after	8 5 practices
42.1.0	Girls Fastpitch/Slowpitch	Minimum Practice Days	10 7
42.2.0	Jamboree	A jamboree could be held after	8 5 practices

Continuation of HS Amendment #10:

43.1.0	Girls Swimming/Diving	Minimum Practice Days	10 7
43.2.0	Boys Swimming/Diving	Minimum Practice Days	10 7
43.3.0	Jamboree	A jamboree could be held after	8 5 practices
44.1.0	Tennis	Minimum Practice Days	10 7
44.2.0	Jamboree	A jamboree could be held after	8 5 practices
45.1.0	Track and Field	Minimum Practice Days	10 7
45.2.0	Jamboree	A jamboree could be held after	8 5 practices
46.1.0	Girls Volleyball	Minimum Practice Days	10 7
46.2.0	Jamboree	A jamboree could be held after	8 5 practices
47.1.0	Wrestling	Minimum Practice Days	12 9
47.2.0	Jamboree	A jamboree could be held after	8 7 practices

Submitted by Kelso High School, Bellarmine Prep High School, Curtis High School, Edmonds-Woodway High School, and LaCenter High School.

The proposal is to reduce the minimum number of required practices from ten (10) to seven (7) and to allow a jamboree to be scheduled after five practices in the following sports: Baseball, Basketball, Slowpitch and Fastpitch Softball, Cross Country, Soccer, Swimming, Tennis, Track and Field, Volleyball, Cheer and Dance. The Wrestling Coaches Association has requested the reduction in their sport to move from 12 to 9. All total there are 23 amendments being proposed (see attached list).

Reasons to support this proposal:

- 1. The WIAA SMAC committee rigorously evaluated this topic in 2020 and approved during the COVID season students could be ready in five days.*
- 2. Shortening the preseason requirement increases flexibility in scheduling by adding two potential competition dates early to avoid a compressed schedule later near the playoffs.*
- 3. A lesser requirement will open opportunities for coaches to consider their use of Labor Day weekend, Thanksgiving and the State basketball tournaments.*
- 4. Since the writing of the original handbook language significant improvements in physiological training and out-of-season conditioning programs have developed. Students start the season more physically ready to compete. Students don't need ten days to prepare.*
- 5. Quicker access to participation for students who turn out late will lead to fewer early season postponed games while coaches are waiting for players to meet the ten-practice requirement.*
- 6. Jamborees could be played on the first Saturday rather than midweek keeping students in the classroom.*
- 7. The Oregon School Activity Association (OSAA) has adopted a five day minimum practice requirement for all sports except Football.*
- 8. Both WIBCA (Boys) and WSGBA (Girls) Basketball Coaches associations support this amendment.*
- 9. The WA State Wrestling Coaches association has determined that nine practices are appropriate for their sport and support this amendment. WA State Gymnastics Coaches would like to keep their sport at 15 days due to lack of facility availability and access to equipment. No change needed.*
- 10. Football has a well-established safety plan that fits their sports calendar (12 days) and has not requested any additional competitions therefore there is no change needed.*

Continuation of HS Amendment #10:

Reason against this proposal:

- 1. *Athletics administration/support personnel will have to clear students three days faster. However, with the move to online registrations (Final Forms, Family Id), this process has become less complicated.*

Conclusion:

- 1. *This amendment is good for kids. Reduces the barrier to access for students/families who turn out late. Small teams with small rosters need every opportunity to have kids cleared quickly.*
- 2. *Many HS athletes are being trained year around whether through club sport participation, or personal training and are capable of being ready in seven days.*
- 3. *This amendment is supported by a wide constituency of WA State sport coach’s associations, leagues of varying classifications, and both public and private schools.*
- 4. *There are no cost implications to this proposal.*
- 5. *There are no safety concerns to this proposal. The coaches’ associations have given the appropriate feedback for their respective sports.*
- 6. *Implementing this at the start of the 2024-28 classification cycle will allow the changes to take place simultaneously with newly developed league schedules.*

ML/HS AMENDMENT #11

17.15.0	CONTEST CONTRACT	NEW ARTICLE	Page 25
17.15.1	Member schools shall honor contest contracts entered into in good faith, unless a reasonable accommodation between the competing schools is reached, there is mutual acceptance between schools for termination, or the contest is canceled due to unforeseen events which gives league/conference rescheduled contests a priority over non-conference contests.		
17.15.2	Contracts must be written, should be specific with respect to the obligations of each party, and must be signed by the principal or athletic director of each of the contracting schools (Arbiter contracts meet this requirement)		
17.15.3	CHANGE OF ADMINISTRATION: A change in the administration within a school does not abrogate the obligation of a school with respect to its responsibility under the contract. In cases where a second contract is signed, if it is in conflict with the terms of an earlier contract, properly drawn and executed, the second contract shall be deemed null and void.		
17.15.4	PENALTY: The penalties below will apply only for varsity level teams.		
	17.5.4.1	First violation: Schools which violate this rule will immediately be placed on probation and a \$500 reimbursement must be paid to the offended school within 45 days. Violating school will be invoiced by the offended school.	
	17.5.4.2	Second violation: A second violation will result in a school or program being placed on restriction, and a reimbursement of \$1,000 must be paid to the offended school. Violating school will be invoiced by the offended school.	
	17.5.4.3	Subsequent violations will result in a mandatory audience before the WIAA Executive Board with the penalty to be determined.	
	17.5.4.4	If the fee is not paid to the offended school within 45 days, the school will be placed on restriction by the WIAA Executive Board.	
	17.5.5.5	The penalty is non-appealable.	

Continuation of HS Amendment #11:

Submitted by: East Valley (Yakima) High School, Ellensburg High School, Ephrata High School, Othello High School, and Prosser High School.

Pro: Holds schools accountable to dropping opponents in the middle of a scheduling cycle.

Con: None if schools honor their scheduled opponents. Financial penalties if broken.

ML/HS AMENDMENT #12

17.25.0 NON-SCHOOL PARTICIPATION

Page 27

Philosophy of Non-School Participation: WIAA member schools believe in the value of school programs, and believe that students, families, schools, and communities benefit when students are involved. Member schools are expected to promote fairness and equity when establishing attendance standards for all athletes. In keeping with the WIAA's mission statement, attendance standards should strengthen all students for life through participation in excellent, fair, safe, and accessible activities. Should a situation at a school be created that provides special treatment for athletes, so they may participate in non-school athletic programs, it is expected that the school will follow article 28: Rule Violations and Penalties.

17.25.0 NON-SCHOOL PARTICIPATION - Students may participate on a non-school team or teams or in a non-school instruction program while also participating on a school team.

17.25.1 Schools **are responsible for developing, publishing, and implementing attendance standards for all athletic programs aligned with the philosophy of non-school participation.** ~~may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being no more than once per week. Penalties assessed to a student for violating a school's attendance standards are determined by the local school district and must be reported to the school's league to determine if the penalties applied are appropriate.~~

17.25.2 Schools may allow, once during the season, a student to miss school practices or games for two (2) or more consecutive days in order to participate on a non-school team or teams.

17.25.3 Students shall not compete in the uniform of the school at non-school events. School uniforms, football helmets and shoulder pads may be worn ONLY during the WIAA season for that sport except during Washington State Coaches Association feeder or all state contests.
NOTE: Uniforms are considered to be the school issued contest uniform (practice or shooting shirts are not classified as school uniforms) and are defined in the adopted rule book for each specific sport.

17.25.4 Participation on a non-school team or program cannot be a requirement or condition of participation on a school team.

~~17.25.5 Penalties~~

Continuation of ML/HS Amendment #12:

- A. ~~If a school gives students special treatment or privileges, the school must report the violation to its league to determine appropriate penalties.~~
- B. ~~Penalties assessed to the student for violating this rule are determined by the local school district.~~

Submitted by the WIAA Executive Board.

Rationale: This proposed change allows more flexibility for the schools in determining how to accommodate students who participate on non-school athletic teams.

ML/HS AMENDMENT #13

18.6.0 STUDENT MEMBER OF A SCHOOL Page 31

18.6.0 STUDENT MEMBER OF A SCHOOL - Students must be regular members of the school they represent in order to participate in an interscholastic activity. Students are a "regular member" if they meet one of the following:

- A. Enrolled half time or more, exclusive of interscholastic activities.
- B. Participating at the resident public school in which their home is located and receiving academic instruction in a private school without the sport, alternative school without sports and/or registered as home school in the school.
- C. Participating at the resident public school in which their home is located and receiving academic instruction in a non-member school without the sport.**
- D. Participating at a school involved in an approved combine with the school.

Submitted by Goldendale High School, Columbia High School, Hazen High School, Lindbergh High School, Onalaska High School, Renton High School, Stevenson High School, Sultan High School and Zillah High School.

Rationale – Refer to rationale in ML Amendment #1.

HS AMENDMENT #14

18.12.0 TRANSFERRING STUDENTS Page 34

The Representative Assembly approved a special committee to review options to change the transfer rule and present to the Representative Assembly members prior to the voting period (as authorized by WIAA handbook rule 9.2.0)

ML/HS AMENDMENT #15

20.1.3.D EJECTION FROM CONTEST Page 45

- 20.1.3.D
- 1. A student who is on suspension may be on the team bench, but not in the school uniform, during the suspension period.
 - 2. Whenever a player is ejected, and the ejection is upheld, the student is required to complete the NFHS "Sportsmanship" online course before the player may be allowed to return to play.**

Submitted by the WIAA Executive Board.

Rationale: While some schools already have students complete this program following an ejection from a contest, this requirement will raise the level of accountability among students for their actions.

ML/HS AMENDMENT #16

20.1.3.F	EJECTION FROM CONTEST	NEW ARTICLE	Page 45
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20.1.3.F	Whenever a coach is ejected, a two-part plan that is meant to reduce the number of coach ejections must be completed, which, if the ejection is upheld, requires an ejected coach to complete the NFHS "Teaching and Modeling Behavior" online course and develop a plan to reduce ejections overall with their athletic director, principal, and superintendent/designee before the coach may be allowed to return to coach.
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Submitted by the WIAA Executive Board.

Rationale: This process was implemented three (3) years ago for baseball coaches only. This proposal would expand the requirement for all coaches ejected.

ML/HS AMENDMENT #17

23.5.0	COACHING REQUIREMENTS		Page 50
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23.5.0 COACHING REQUIREMENTS - For initial employment as a paid and/or volunteer interscholastic coach, an individual must meet the following requirements (Also refer Coaching Standards Checklist in Appendix 17).

- 23.5.1 Be a high school graduate or have completed a graduation equivalency diploma (GED) program.
 - A. ~~Be at least 21 years of age to be a head coach.~~
 - B. ~~Be at least 19 years of age to be an assistant coach except as in c. below.~~
 - C. High school students may serve as middle level volunteer assistant coaches during the designated middle school season when under the direct supervision of the middle level coach. These high school students must meet WIAA coaches standards minimum requirements and hold a valid First Aid Certification and a valid CPR card.

Submitted by the WIAA Executive Board.

Rationale for ML/HS Amendment #17:

Rationale: Since school districts determine requirements for all school personnel, they should have the option to determine the age of a coach as well.

ML/HS AMENDMENT #18

23.3.0 COACHES EDUCATION COMPLIANCE

Page 50

23.3.0 COACHES EDUCATION COMPLIANCE - Only paid and/or volunteer coaches who have met the coaches standards, **except completion of the WIAA general rules clinic and WIAA approved rules clinic for the sport being coached**, are eligible to coach or be involved in a practice or competition.

23.5.2 Annually complete the WIAA general rules clinic and the WIAA approved rules clinic for the sport being coached prior to coaching in a contest.

Submitted by Shelton High School, Aberdeen High School, Capital High School, Evergreen High School, Heritage High School, Mark Morris High School, North Thurston High School, Rochester High School, Tumwater High School, Union High School and W.F West High School.

Pros:

1. *Provides some time to insure this happens during the beginning of the school year which is very hectic with the start of school.*
2. *Allows time to get FinalForms account completed for new coaches.*
3. *Provides solutions to schools when adding new coaches based on the number of participants.*

Cons:

1. *Creates a second due date for coaches clearance.*
2. *Creates a chance for cancelled contests if coach has not completed rules clinics by a contest date.*
3. *Possibly delays a step to gain knowledge of rules for athletes clearance for practice/contests.*

ML/HS AMENDMENT #19

23.5.5 COACHING REQUIREMENTS

NEW ARTICLE

Page 50

23.5.5 Have successfully completed a heat illness prevention course.

NOTE: All subsequent articles will be renumbered.

Submitted by the WIAA Executive Board.

Rationale: *All coaches should have a basic understanding of heat illness prevention, no matter the sport.*

23.5.7 - COACHES EDUCATION: Foundations in Youth Coaching must be taken by WIAA member school first year coaches prior to their first year of coaching. Adolescent Development must be taken by WIAA member school second year coaches prior to their second year of coaching. WIAA Coaching Foundations are courses designed to provide all Washington State coaches the knowledge and practical skills needed to use sport as a space for social-emotional learning and healthy youth development. Before the beginning of the third year of coaching, a member school coach (paid or volunteer) must complete a school district approved Coaching Principles training that requires a minimum of five (5) hours of instruction, or complete the NFHS Coaches Fundamentals Course, or attend all sessions of the WIAA Coaches School, or other Coaches School as approved by the WIAA or the local school district. After initial completion, coaches will be required to repeat this training every three (3) years. The training must include a minimum of one (1) hour in each of the following categories:

23.5.7.1 Implementation: Course 1 – Foundations in Youth Coaching must be taken by all WIAA member school first year coaches beginning with the 2024-2025 school year. Second year coaches must complete Course 1 and Course 2 in 2024-25. The Foundations series is designed to be taken in order, giving coaches the scaffolding needed to support all student-athletes.

23.5.7.2 After completing the WIAA Coaching Foundations courses, and before the beginning with the third year of coaching, a member school coach (paid or volunteer) must complete a school district approved Coaching Principles training that requires a minimum of five (5) hours of instruction, or complete the NFHS Coaches Fundamentals Course, or attend all sessions of the WIAA Coaches School, or other Coaches School as approved by the WIAA or the local school district. After initial completion, Coaches will be required to repeat this training every three (3) years. The training must include a minimum of one (1) hour in each of the following categories:

- A. Medical aspects of coaching - Health and Welfare
 - Care and Prevention of student injury
 - Athletic Training/Sports Medicine
 - Chemical and Substance Abuse
 - Injury Rehabilitation Nutrition
 - Kinesiology
 - Exercise Physiology
- B. Legal Aspects of Coaching - Litigation, Liability
 - School Physical Education, Sports, or Athletic Law
 - Annual review of rule changes and application of rules
 - School Board Policies, WIAA Rules, School Law
 - Bullying, Hazing, Harassment
- C. Psycho/Social Foundations
 - Sociology and Psychology of Sports (adolescent psychology, sports sociology and psychology, motivation, dealing with substance abuse.)
 - Philosophy of Interscholastic Activities Programs
 - Coaching Techniques
 - Instructional methods in physical education/activities

Continuation of ML/HS AMENDMENT #20:

- Instructional methods in physical education for handicapped
- Instructional methods in interscholastic sports
- Philosophy/Sports Management/Pedagogy
- Social, Emotional Learning strategies and procedures
- Restorative Practices
- Mental Health
- Suicide Prevention
- D. Diversity, Equity and Inclusion
 - Anti-Racism
 - Discrimination in Sport / Examining implicit bias
 - Gender equity
 - LGBTQ and Gender Identity
 - Recognizing and eliminating barriers to participation
 - Supporting students from diverse backgrounds
 - Supporting students impacted by income disparities
 - Unified Sports / Including students with disabilities

Submitted by the WIAA Executive Board.

STATEMENT:

Coaches play an integral role in the delivery of education-based athletics, yet many are not equipped with the knowledge and practical skills needed to use sport as a space for social-emotional learning and healthy youth development. The WIAA is committed to providing high quality educational opportunities that are responsive to the needs of athletic directors and coaches across the state. These needs have been identified through 24 months of data collection from 2,500 coaches, athletic directors, and student-athletes across Washington. This amendment seeks to standardize and centralize coaching education to make a more impactful experience for all stakeholders. It will ensure that all coaches are receiving the same baseline of high quality, research-based education in an equitable and consistent manner. The state of Washington and their coaches are at the forefront of a national model for coaching education and a commitment to provide all student-athletes with the benefits that come from playing for a trained coach.

RATIONALE:

The WIAA Executive Board has identified coaching education as a strategic priority of the association and is committed to providing high quality, easily accessible curriculum at a low cost to its members. By centralizing and automating coaching education, the burden on Athletic Directors to source, deliver, and track education compliance will be removed. In turn, coaches will benefit from five years of course offerings that are impactful, thought-provoking, and improve the participation experience for student-athletes. Research shows that playing for a trained coach results in an increase in athlete performance, higher levels of athlete enjoyment, increases in skill development, and higher rates of retention, among other benefits.

The WIAA has established a strategic partnership with the University of Washington's Center for Leadership in Athletics (UWCLA) in order to bring relevant and evidence-based courses to the membership. The UWCLA is deeply involved in coaching education initiatives at both the regional and national level and are wholly invested in supporting coaches across Washington.

Continuation of the rationale for ML/HS AMENDMENT #20:

Compliance will be easily tracked through FinalForms, which can automatically sync course completion through the WIAA learning management system. The integration with FinalForms makes the tracking process more efficient and accurate for athletic directors, saving them the burden of manually sourcing and tracking requirements. This also saves money by reducing the energy previously required of athletic directors to monitor compliance. Coaches also experience more efficiency through clearly outlined, automated compliance requirements.

WIAA Foundations Course 1 and Course 2 will be free to all first and second year coaches through the 24/7 education platform.

BACKGROUND:

The UW and the WIAA have a preexisting relationship spanning over 10 years. Development of these five courses first began as a result of a grant from the Susan Crown Exchange, which has helped support staff time at the UW to build courses and assess their efficacy. The university has also provided support and staffing of its own, as this work is heavily mission-aligned with the Center for Leadership in Athletics. At the end of the day, the UWCLA will receive no profits from WIAA coaches taking these courses.

A demographically, regionally representative group of over 2300 individuals from around the state, consisting of coaches, student-athletes, athletic directors, and WIAA education committee members, participated in focus groups, interviews, and surveys to shape the content. The UW Center for Leadership in Athletics, a long-term partner of the WIAA, developed the curriculum through this data-driven research.

In response to feedback from multiple pilot groups, each course will be approximately 45 to 60 minutes to complete. Coaches reported that this length allowed for a course that was impactful without being burdensome.

Coaches and ADs gave input on the topics they'd like to learn more about. This information was combined with UWCLA's research and industry best practices to generate a cohesive set of foundational courses.

The courses are designed to be taken in order, with each topic building on the next. The WIAA technology platform WILL allow coaches to take all the courses in the first year if they'd like all the content all at once.

The existing areas of coaches education (DEI, psycho-social, legal, medical, etc.) are still important and won't go away. Many of the existing areas are embedded throughout all the courses, while legal and medical materials may move into WIAA general rules clinics.

ML/HS AMENDMENT #21

23.5.7 COACHING REQUIREMENTS

Page 52

23.5.10 “Hands on” stunt Certification is required for **head** cheer coaches ~~who intend to have their cheer squad(s) perform stunts.~~ The certification program must be approved by the ~~Washington State Cheer Coaches Association,~~ and the WIAA. Coaches must be recertified every two (2) years with “hands on” training.

Each team must have a stunt certified coach on site during practice and competition in order for an athlete(s) to be eligible to stunt.

Submitted by the WIAA Executive Board.

Rationale: *There has been a misconception that stunt training is required only if a team competes, but many sideline squads also perform stunts, which are often observed to be illegal and unsafe according to the NFHS spirit rules.*

HS AMENDMENT #22

25.1.0 QUALIFYING EVENTS AND STATE CHAMPIONSHIPS

Page 54

25.1.2 Once approved, a state tournament will be held for both years of an allocation period **except 1B and 2B football unless all conditions below are met.**

A. For a school to be counted for 1B eight-person football playoff allocations, it must schedule and play at least 50 percent (%) of the allowed contest as an eight-person team.

B. For a school to be counted for 2B 11-person football playoff allocations, it must schedule and play at least 50 percent (%) of the allowed contest as an 11-person team.

25.1.3 The number of state tournaments may be reduced when the number of participating schools decreases and the proper number of state tournaments reassigned.

25.1.4 The number of schools participating in a sports activity during the first year of the classification/allocation cycle, **except 1B and 2B football,** will be the basis for determining the number of tournaments.

A. The number of schools participating in 1B and 2B football will be determined during the seventh week of the football season. (NOTE: The first two weeks of the football season are designated for precontest practices.)

Submitted by Pomeroy High School, Colton High School, Dayton High School, DeSales High School, Garfield-Palouse High School, Liberty Christian High School, Oakesdale High School, Prescott High School, St John Endicott High School, Sunnyside Christian High School, Tekoa-Rosalia High School, and Touchet High School.

Pros:

- 1. This amendment will insure that teams being counted toward playoff allocations have viable program number to compete at that level.*
- 2. This amendment will prevent six-person teams from being counted for 1B eight-person playoff allocations and will prevent eight-person teams from being counted toward 2B 11-person teams.*

Cons for HS Amendment #22:

1. *Not counting those schools toward playoff allocations may lead to smaller tournaments. For example, the 1B and 2B state football brackets may involve only eight teams each.*
2. *Allocations could not be determined until the season is half over.*
3. *Allocations would be calculated every year, rather than every other year as is done with all other sports.*

ML/HS AMENDMENT #23

29.0.0 CONTEST PROTEST PROCEDURES Page 63

29.1.2 Protests of an officials' judgment in timing situations only will be heard using appropriate video evidence in the postseason when it is readily available and agreed upon prior to the tournament.

~~29.1.2 INVALID PROTEST — If staff determines a playing rule has not been misinterpreted or misapplied, the protest is not valid and cannot be heard.~~

29.1.2.1 Protests of an official's judgment will not be heard **except in the case of timing situations** and video cannot be used as evidence.

~~29.1.2.2 Verification of the score is based upon official's judgment and cannot be protested.~~

~~29.1.2.3 The score of a contest is final when the officials have verified the end of the contest and cannot be protested.~~

Submitted by Bellarmine Prep, Auburn High School, Auburn Mountainview High School, Curtis High School, and Kelso High School.

Rationale: *After this amendment passes, the process and procedures to implement will be developed by the WIAA staff.*

Pro: Allows the use of technology in a limited scope to ensure that human error does not decide the outcome of a contest, particularly at the end of the contest.

Con: Technology may not be readily available at all contests and the cost may be prohibitive.

ML/HS AMENDMENT #24

32.0.0 SENIOR HIGH GIRLS BADMINTON **NEW ARTICLE** Page 65

32.0.0 SENIOR HIGH SCHOOL BADMINTON

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2024-25	March 3	10	April 7	18 + Jamboree	May 31

Submitted by: Redmond High School, Ballard High School, Chief Sealth High School, Cleveland High School, Ellensburg High School, Franklin High School, Ingraham High School, Newport (Bellevue) High School, and West Seattle High School.

Rationale for ML/HS Amendment #24:

1. *Although the WIAA Executive Board sets the beginning and ending dates for each sport, we are recommending that badminton be held during the spring.*
2. *Badminton provides an opportunity for girls who traditionally do not compete in other sports.*
- 3.

Continuation of rationale for ML/HS Amendment #24:

- 4. *Costs to implement are minimal since most schools have the needed equipment for their PE classes.*
- 5. *Gym space is available in the spring.*

ML/HS AMENDMENT #25

39.0.0 SENIOR HIGH GIRLS FLAG FOOTBALL NEW ARTICLE Page 73

39.1.0 SENIOR HIGH GIRLS FLAG FOOTBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2024-25	March 3	10	April 7	16 + Jamboree	May 17
Alternate	August 26	10	September 30	16 + Jamboree	October 19
Alternate	November 18	10	January 18	16 + Jamboree	March 2
2025-26	March 2	10	April 6	16 + Jamboree	October 18
Alternate	August 25	10	December 23	16 + Jamboree	February 13
Alternate	November 17	10	January 17	16 + Jamboree	March 1

39.2.0 PLAYING RULES – Washington Interscholastic Girls Flag Football rules will apply during contests.

39.3.0 JAMBOREE

- 39.3.1** A jamboree could be held after eight (8) practices have been completed.
- 39.3.2** An individual is limited to participation in a maximum of forty (40) snaps.
- 39.3.3** For the purposes of the player limitation, participating in two (2) to twenty (20) snaps shall be the same as participating in one (1) quarter of a regular game; twenty-one (21) to forty (40) snaps shall be the same as participating in two (2) quarters of a regular game.

NOTE: This situation would occur only when a jamboree is held within three (3) days of a regular game.

39.3.4 Competition shall be limited to seven-on-seven for member schools.

39.3.5 The following scrimmage concepts apply:

- A.** All regular contest rules shall apply with the following exceptions:
 - 1. No score will be kept.
 - 2. A coach shall be on the field with the team.
- B.** Registered officials will officiate the event and shall be given the opportunity to present information about contest rules to coaches, participants and spectators.

39.4.6 All eligible squad members shall have an opportunity to play in the jamboree. Teams shall be scheduled for scrimmage by ability squads, e.g., first team vs. first team, second team vs. second team.

39.5.0 PLAYER LIMITATION

39.5.1 A flag football participant shall be eligible to compete in up to four halves of play during any one day. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when player is beckoned onto the field and the ball becomes alive.

39.5.2 A player may play in up to thirty-two (32) halves of play during a season exclusive of a jamboree.

39.5.3 Sub-varsity players may play in up to forty (40) halves during a flag football season.

Submitted by Stadium High School, Fife High School, Foss High School, Franklin Pierce High School, and Washington High School.

Rationale for ML/HS Amendment #25:

- 1. There are currently 43 teams competing in four different leagues in Pierce and King Counties.*
- 2. The Seattle Seahawks have been a tremendous partner and have offered their continued support.*
- 3. This proposal is certainly good for student athletes and aims to provide an additional opportunity for female student athletes to engage in healthy, organized physical activity and competition.*
- 4. High school flag football promotes teamwork, physical fitness, and character development among participants. It also aligns with the Washington Interscholastic Activity Association's mission to enhance the educational experience of students through interscholastic activities.*
- 5. Flag football is one of the fastest growing youth sports with nearly 500,000 female athletes between the ages of 6-17 playing the sport last year. This represented an impressive 63% increase from 2019.*
- 6. In Washington State, youth flag football is also growing at a tremendous rate and our goal is to provide opportunities for athletes interested in flag football to compete at the varsity level. The interest in the game is there and if given the opportunity to play in high school – female student athletes will play as they have in Tacoma and other school districts to date.*
- 7. While tackle football is extremely popular for its strategy, teamwork, and variety of play that includes running, chasing, throwing, and catching, flag football removes the tackling and heavy equipment to create a safer, faster, and more inclusive sport.*
- 8. The type of hand-eye coordination developed in flag football is both transferable to and from other sports.*
- 9. It's worth noting that flag football is less expensive to run on the whole when compared to other sports, lowering barriers to participation.*
- 10. My experience suggests several benefits to the female athletes who participate. In addition to health benefits, the game instills discipline and mental toughness. Flag football requires a high level of attention specific to the execution of proper technique via repetitive drills, in-game routes, and defensive skills, while strengthening an individual's work ethic and ability to focus in dynamic situations.*
- 11. Flag football is a very social and team-focused game, with every position having a set purpose that requires working in harmony to fulfill individual responsibilities.*
- 12. These benefits are why eight states have sanctioned flag football as a girls' high school sport recently and many others are piloting with the goal of sanctioning.*
- 13. The Women's Sports Foundation estimates that girls have 1.3 million fewer opportunities to play high school sports than boys, and that imbalance is especially prominent when examining opportunities created by tackle football.*
- 14. This proposal provides more equitable access to the game of football and would meaningfully benefit thousands of girls across the state with interest in the game.*
- 15. This proposal has broad support within our region. Over the last three years, local team participation has increased from 7 schools to 42 during the 2022-2023 school year.*
- 16. Furthermore, educators, coaches, administrators, superintendents, parents, and students have shown significant interest in the addition of high school flag football as an official girls' sport. Surveys, petitions, and letters of support from various stakeholders within the Washington state education system have been collected to demonstrate widespread constituency support.*

Continuation of rationale for ML/HS Amendment #25:

17. *Member schools have shown a positive reaction to the proposal during preliminary discussions. Several member schools have expressed their willingness to participate in high school flag football programs once it becomes an officially recognized sport. Having worked with many of the schools who have started teams, I can also sense an eagerness to further mature the game with WIAA oversight, standardization, and championship opportunities.*
18. *There are relatively inexpensive startup costs for any school choosing to field a flag team. Between balls, flags and belts, cones, uniforms, and coaches' stipend – costs, estimated by those schools who have recently implemented the sport, are in the \$5,000 - \$8000 range. Other routine costs are in line with those from other sports including transportation costs, field maintenance, and event staffing.*
19. *Importantly the costs are also low for participants. Mouthguards are required and most athletes wear cleats or turf shoes. Beyond the provided jersey, girls have flexibility to wear many kinds of shorts or pants so long as they lack open pockets and contrast with the flag color.*
20. *Flag football was designed to emphasize player safety. The game retains similar strategies of football but without the tackling and heavy equipment. The rules specifically prohibit blocking, moving screens, and excessive contact. Any of those infractions result in a penalty and a loss of yards. Flagrant excessive contact and fighting can result in an automatic disqualification. The rules also impose a no-run zone 5 yards from each goal line as well as midfield (where teams must cross to get a new set of downs), in order to avoid blocks/screens/excessive contact associated with power-running situations. It is mandatory that players wear mouthguards and there are specific rules on apparel and jewelry to avoid injury.*
21. *While flag is a non-contact sport, it's a fast and quick game that takes advantage of a field that's at least 30 x 50 yards with seven players per team. Two fields can be easily marked on a standard football field, where teams play from sideline to sideline.*
22. *While there is a head impact exposure risk, a 2021 study by the CDC comparing youth tackle and flag football using mouthguard sensors on over 500 male athletes (6-14 years old) found that flag football athletes experienced a median of eight head impacts per athlete over the course of a season of practices and games. That number was far lower than the tackle football cohort.*
23. *Another 2021 study published in the Orthopedic Journal of Sports Medicine sought to address the lack of head impact studies using both female athletes and direct male to female comparisons. Its head impact sensors – with video confirmation to rule out false positives – resulted in the following head impact rate per athlete exposure, defined as an athlete entering a single game.*

Cons:

1. *The addition of girls flag football may draw athletes from other sports reducing participation depending on the selected season.*

HS AMENDMENT #26

44.0.0 SENIOR HIGH SCHOOL TENNIS

Page 22

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- 44.3.2** ~~Coaching is permissible during the break between the 1st and 2nd sets (two minutes maximum) and the 2nd and 3rd sets (10 minutes maximum) and any official suspension of play.~~ **Designated school coaches are allowed to coach players for two minutes between sets and for 90 seconds on all changeovers.**

Submitted by Mead High School, Gonzaga Prep High School, Lewis & Clark High School, Mt Spokane High School and Rogers High School.

Pros:

1. *This change allows interaction between coaches and student-athletes during matches which aligns with coaching rules at the high school level in Idaho and Oregon.*
2. *Coaching rules are even more relaxed at the collegiate level.*
3. *Many leagues in Washington allow for more coaching than the state allows at the postseason level.*
4. *This proposal is what is best for student-athletes allowing them to be supported by coaches while not extending the length of the match.*

Con:

1. *This change will be noticed at the state level. WIAA officials will need to monitor for abuse at changeovers as well as between sets.*

HS AMENDMENT #27

45.0.0 SENIOR HIGH BOYS AND GIRLS TRACK AND FIELD

Page 78

~~45.3.0 TEAM CONTEST LIMITATION—Each squad may schedule ten (10) contests.~~

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

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

Submitted by North Thurston High School, Central Kitsap High School, Central Valley High School, East Valley High School (Spokane), Mead High School, Mt Spokane High School, Peninsula High School, River Ridge High School, West Valley High School (Spokane) and Yelm High School.

Rationale:

Rule 45.3.0 is needlessly confusing, outdated, and arbitrary. It should be eliminated. Rule 45.4.0 and the proposed change to 45.5.0 will form all the necessary boundaries for contest limitations for track and field.

Anticipated Outcomes:

1. *No athlete will have more than ten regular season contests (no change from before.)*
2. *With the universal use of athletic.net in our state and beyond, the number of contests each individual athlete has participated in is publicly available on the internet and therefore easy to track.*
3. *Coaches will not have to restrict the number of elite meets for their best athletes beyond the 10 meet rule at the expense of their developing athletes. This will allow schools to split their squads and attend two meets at the same time without affecting the ten contest individual limit.*
4. *Coaches will not have to restrict the number of more developmentally appropriate meets for their developing younger athletes beyond the ten meet rule at the expense of their more elite athletes.*
5. *Coaches must continue to work with their athletic director and stay within their means and program philosophy when creating a schedule (no change from before.)*

45.5.0 CONTEST DEFINITION - ~~Either a one (1) or two (2) day track and field meet will count as one (1) event if preliminary events are held on the first day and final events are held on the second day.~~ **A multi-day track and field meet will count as one contest as long as all contestants are limited to four events, including relays.**

Submitted by North Thurston High School, Central Kitsap High School, Peninsula High School, River Ridge High School, and Yelm High School.

Rationale:

1. *Growth in track and field and the population of the state and the increased demand for better competition has led to a much wider variety of invitational meets. Invitational meets have morphed into team-oriented meets (some, notably during the week rather than on Saturdays) and elite multi-state competitions between high level individuals who would otherwise not get a chance to see peers at their talent level.*
2. *Many of the most notable and prestigious of these meets take place over multi-day periods. Our present definition of a contest in track and field does not reflect this reality in that it unintentionally allows a more difficult competitive load as long as the meet takes place on a single calendar day. We propose to alter that definition to disregard the number of days in a single contest takes in favor of honoring the NFHS four event limit.*
3. *For instance, both the Pasco and Eason Invitationals are defined as one meet, despite having preliminary and final races in multiple events on the same day. 100m preliminary, 100 m final, 110H preliminary, 110H final, long jump, 4x100m relay all take place in one day and is defined as one contest with the present rule.*
4. *If you take the entire schedule for the same athlete and do it at the multi-day Arcadia Invite or Oregon Relays, the same competitive load is counted as a two day contest against a team's limit. This is illogical, arbitrary, and does not reflect informed practice, as spreading the four total events out (regardless of the present of preliminaries or not) over two days results in an easier load on the athlete. But we are penalizing that athlete (and program) a meet for an easier load.*
5. *No athlete will have more than ten regular season contests (no change from before.)*
6. *With the universal use of athletic.net in our state and beyond, the number of events and contests each individual athlete has participated in is publicly available on the internet and therefore easy to track.*