



2023-2024 & 2024-2025 SEASON DATES

Washington Interscholastic Activities Association

WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES

*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2023-24		2024-25	
	START DATE	END DATE	START DATE	END DATE
FALL				
FOOTBALL	AUG 16	DEC 2	Aug 21	DEC 7
CROSS COUNTRY (BOYS & GIRLS)	AUG 21	NOV 4	AUG 26	NOV 9
GOLF (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 21	MAY 22	AUG 26	NOV 16
SOCCER (GIRLS, 1B/2B BOYS)	AUG 21	NOV 18	AUG 26	NOV 23
SOFTBALL (SLOWPITCH)	AUG 21	OCT 28	AUG 26	OCT 19
SWIMMING & DIVING (GIRLS)	AUG 21	NOV 11	AUG 26	NOV 16
TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 21	MAY 25	AUG 26	NOV 16
VOLLEYBALL	AUG 21	NOV 11 OR 18	AUG 26	NOV 16 OR 23
WINTER				
BOWLING (GIRLS)	OCT 30	FEB 3	NOV 4	FEB 8
CHEERLEADING	OCT 30	FEB 3	NOV 4	FEB 8
GYMNASTICS	NOV 13	FEB 24	NOV 11	FEB 22
BASKETBALL (BOYS & GIRLS)	NOV 13	MAR 2	NOV 18	MAR 8
DANCE/DRILL	NOV 13	MAR 23	NOV 18	MAR 29
SWIMMING & DIVING (BOYS)	NOV 13	FEB 17	NOV 18	FEB 22
WRESTLING (BOYS & GIRLS)	NOV 13	FEB 17	NOV 18	FEB 22
SPRING				
BASEBALL	FEB 26	MAY 25	MAR 3	MAY 31
SOFTBALL (FASTPITCH)	FEB 26	MAY 25	MAR 3	MAY 24
GOLF (BOYS & GIRLS)	FEB 26	MAY 22	MAR 3	MAY 22
SOCCER (1A-4A BOYS)	FEB 26	MAY 25	MAR 3	MAY 31
TENNIS (BOYS & GIRLS)	FEB 26	MAY 25	MAR 3	MAY 24
TRACK & FIELD (BOYS & GIRLS)	FEB 26	MAY 25	MAR 3	MAY 31

FALL

FOOTBALL		
	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 16, 2023	AUG 21, 2024
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	OCT 2, 2023	OCT 7, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DEC 2, 2023	DEC 7, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	12	12
MAXIMUM CONTESTS: 7TH/8TH	6 + JAMBOREE	6 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	7 + JAMBOREE	7 + JAMBOREE

CROSS COUNTRY (BOYS & GIRLS)		
	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 25, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 4, 2023	NOV 9, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

GOLF (BOYS & GIRLS) *ALTERNATE SEASON*

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	OCT 2, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 22, 2024	MAY 22, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (GIRLS, 1B/2B BOYS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 2, 2023	OCT 7, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 18, 2023	NOV 23, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

SOFTBALL (SLOWPITCH)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	TBD
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 25, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 28, 2023	OCT 19, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

SWIMMING & DIVING (GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 2, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 11, 2023	NOV 16, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 2, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 24, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

VOLLEYBALL

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	AUG 21, 2023	AUG 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 25, 2023	SEP 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 11 or Nov 18, 2023	NOV 16 or NOV 23, 2024
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

WINTER

BOWLING (GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	OCT 30, 2023	NOV 4, 2024
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DEC 18, 2023	DEC 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	FEB 3, 2024	FEB 8, 2025

CHEERLEADING

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	OCT 30, 2023	NOV 4, 2024
MINIMUM PRACTICE DAYS	10	010
50% RULE DATE	DEC 18, 2023	DEC 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEB 3, 2024	FEB 8, 2025

GYMNASTICS

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	NOV 13, 2023	NOV 11, 1-13
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	DEC 25, 2023	DEC 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEB 24, 2024	FEB 22, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

BASKETBALL (BOYS & GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	NOV 13, 2023	NOV 18, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 8, 2024	JAN 6, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAR 2, 2024	MAR 8, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	12 + JAMBOREE	12 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

DANCE/DRILL

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	NOV 13, 2023	NOV 18, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 8, 2024	JAN 13, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MAR 23, 2024	MAR 29, 2025

SWIMMING & DIVING (BOYS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	NOV 13, 2023	NOV 18, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 1, 2024	DEC 30, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEB 17, 2024	FEB 22, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

WRESTLING (BOYS & GIRLS)		
	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	NOV 13, 2023	NOV 18, 2023
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	DEC. 18, 2023	DEC. 23, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 17, 2024	FEB 22, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

SPRING

BASEBALL		
	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3, 2025
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 8	APR 7
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 31, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

SOFTBALL (FASTPITCH)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3, 2025
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 9, 2024	APR 7, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 31, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

GOLF (BOYS & GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3, 2025
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APR 9, 2024	APR 7, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 22, 2024	MAY 22, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (1A-4A BOYS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 9, 2024	APR 21, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 31, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TENNIS (BOYS & GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3, 2025
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 9, 2024	APR 7, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 24, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TRACK & FIELD (BOYS & GIRLS)

	2023-24	2024-25
HIGH SCHOOL		
1ST PRACTICE	FEB 26, 2024	MAR 3, 2025
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 8, 2024	APR 21, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 25, 2024	MAY 31, 2025
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE