



2025-2026 & 2026-2027 SEASON DATES

Washington Interscholastic Activities Association

WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES

*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2025-2026		2026-2027	
	START DATE	END DATE	START DATE	END DATE
FALL				
FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON*	AUG 25	NOV 15	AUG 24	NOV 14
FOOTBALL	AUG 20	DEC 6	AUG 19	DEC 5
CROSS COUNTRY (BOYS & GIRLS)	AUG 25	NOV 8	AUG 24	NOV 7
GOLF (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 25	NOV 15	AUG 24	NOV 14
SOCCER (GIRLS, 1B/2B BOYS)	AUG 25	NOV 22	AUG 24	NOV 21
SOFTBALL (SLOWPITCH)	AUG 25	OCT 25	AUG 24	OCT 24
SWIMMING & DIVING (GIRLS)	AUG 25	NOV 15	AUG 24	NOV 14
TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 25	NOV 15	AUG 24	NOV 14
VOLLEYBALL	AUG 25	NOV 13, 15 OR 22	AUG 24	NOV 12, 14 OR 21
WINTER				
BOWLING (GIRLS)	NOV 3	FEB 7	NOV 2	FEB 6
CHEERLEADING	NOV 3	FEB 7	NOV 2	FEB 6
FLAG FOOTBALL (GIRLS)*	NOV 17	FEB 14	NOV 16	FEB 6
GYMNASTICS	NOV 10	FEB 21	NOV 9	FEB 20
BASKETBALL (BOYS & GIRLS)	NOV 17	MAR 7	NOV 16	MAR 6
DANCE/DRILL	NOV 17	MAR 28	NOV 16	MAR 27
SWIMMING & DIVING (BOYS)	NOV 17	FEB 21	NOV 16	FEB 20
WRESTLING (BOYS & GIRLS)	NOV 17	FEB 21	NOV 16	FEB 20
SPRING				
BASEBALL	MAR 2	MAY 30	MAR 1	MAY 29
FLAG FOOTBALL (GIRLS)*	N/A	N/A	FEB 22	MAY 15
SOFTBALL (FASTPITCH)	MAR 2	MAY 23	MAR 1	MAY 22
GOLF (BOYS & GIRLS)	MAR 2	MAY 20	MAR 1	MAY 19
SOCCER (1A-4A BOYS)	MAR 2	MAY 30	MAR 1	MAY 29
TENNIS (BOYS & GIRLS)	MAR 2	MAY 23	MAR 1	MAY 22
TRACK & FIELD (BOYS & GIRLS)	MAR 2	MAY 30	MAR 1	MAY 29

*During its September 29, 2025 meeting, the WIAA Executive Board voted to reschedule the 2025-2026 Girls Flag Football State Championships from May 16, 2026 to February 13-14, 2026.

FALL

FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON*

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	OCT 6, 2025	OCT 5, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 15, 2025	NOV 14, 2026

FOOTBALL

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 20, 2025	AUG 19, 2026
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	OCT 6, 2025	OCT 5, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DEC 6, 2025	DEC 5, 2026
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)

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 8, 2025	NOV 7, 2026
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

GOLF (BOYS & GIRLS) *ALTERNATE SEASON*

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 15, 2025	NOV 15, 2026
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (GIRLS, 1B/2B BOYS)

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	OCT 6, 2025	OCT 5, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 22, 2025	NOV 21, 2026
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

SOFTBALL (SLOWPITCH)

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 25, 2025	OCT 24, 2026
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
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)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 15, 2025	NOV 14, 2026

TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 15, 2025	NOV 14, 2026
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

VOLLEYBALL		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	AUG 25, 2025	AUG 24, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 29, 2025	SEP 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 13, 2025 (1B, 2B) NOV 15, 2025 (1A, 2A) NOV 22, 2025 (3A, 4A)	NOV 12, 2026 (1B, 2B) NOV 14, 2026 (1A, 2A) NOV 21, 2026 (3A, 4A)
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
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)

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 3, 2025	NOV 2, 2026
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DEC 8, 2025	DEC 7, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	FEB 7, 2026	FEB 6, 2027

CHEERLEADING

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 3, 2025	NOV 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 8, 2025	DEC 7, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEB 7, 2026	FEB 6, 2027

FLAG FOOTBALL (GIRLS)*

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 17, 2025	NOV 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 29, 2025	DEC 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 14, 2026	FEB 6, 2027

**During its September 29, 2025 meeting, the WIAA Executive Board voted to reschedule the 2025-2026 Girls Flag Football State Championships from May 16, 2026 to February 13-14, 2026.*

GYMNASTICS

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 10, 2025	NOV 9, 2026
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	DEC 29, 2025	DEC 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEB 21, 2026	FEB 20, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	15	15
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

BASKETBALL (BOYS & GIRLS)

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 17, 2025	NOV 16, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 5, 2026	JAN 4, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAR 7, 2026	MAR 6, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
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

	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 17, 2025	NOV 16, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 19, 2026	JAN 18, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MAR 28, 2026	MAR 27, 2027

SWIMMING & DIVING (BOYS)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 17, 2025	NOV 16, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 29, 2025	DEC 28, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEB 21, 2026	FEB 20, 2027

WRESTLING (BOYS & GIRLS)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 17, 2025	NOV 16, 2026
MINIMUM PRACTICE DAYS	9	9
50% RULE DATE	DEC. 22, 2025	DEC 21, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 21, 2026	FEB 20, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	9	9
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

SPRING

BASEBALL		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 30, 2026	MAY 29, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
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

FLAG FOOTBALL (GIRLS)*		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	<i>*During its September 29, 2025 meeting, the WIAA Executive Board voted to reschedule the 2025-2026 Girls Flag Football State Championships from May 16, 2026 to February 13-14, 2026.</i>	FEB 22, 2027
MINIMUM PRACTICE DAYS		7
50% RULE DATE		APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)		16 + JAMBOREE
SEASON END		MAY 15, 2027

SOFTBALL (FASTPITCH)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 23, 2026	MAY 22, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
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)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 20, 2026	MAY 19, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (1A-4A BOYS)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 30, 2026	MAY 29, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TENNIS (BOYS & GIRLS)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	MAY 23, 2026	MAY 22, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TRACK & FIELD (BOYS & GIRLS)		
	2025-2026	2026-2027
HIGH SCHOOL		
1ST PRACTICE	MAR 2, 2026	MAR 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 6, 2026	APR 5, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 30, 2026	MAY 29, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE