

# SECTION 1

## POLICIES & DEFINITIONS



SHORELINE SCHOOL DISTRICT NO. 412

## CO-CURRICULAR AND EXTRA-CURRICULAR PROGRAMS

It is the policy of the Shoreline School District to recognize co-curricular and extra-curricular programs as an integral part of the educational structure of the district. The activities program shall strive, within the limits of district resources, for the development of desirable traits in each individual, equal opportunity for participation for all students, and fulfillment of competitive desires. The program shall be conducted in such a manner that, through sound leadership, it furthers the aims of general education and provides the opportunity for varied experiences, responsive to the expressed interests and abilities of the participants.

### Guidelines

The activities programs are under the same administration and control as the rest of the school program. Co-curricular and extra-curricular programs shall be interpreted to be interscholastic athletics, interscholastic music, interscholastic forensics, intra-mural, drama, publications and other activities assigned a faculty advisor. They shall endeavor to meet the following guidelines:

- I. General
  - A. The welfare of the participants shall be of primary concern. Such programs should be directed, coached, and officiated by qualified personnel
  - B. The district shall be responsible for providing administrative assistance and support, both building and district-wide.
  - C. The district shall, within the limitations of facilities, staff, and finances, be responsible for providing a comparable basic program in each of its schools at a given level.
  - D. The programs should be designed to use the existing or available facilities. Facilities and equipment will be maintained with the health, safety, and enjoyment of participants and spectators in mind.
  - E. Participation in these programs is voluntary, and the individual has complete freedom of choice in selecting activities within the limitations of the programs offered.
  - F. The programs are designed to contribute to physical growth and development, good physical condition, healthful habits, efficient teamwork, good sportsmanship, and desirable citizenship.
  
- II. Interscholastic Competition
  - A. Competitive games or activities are to be the culmination of ethical and educationally sound instructional methods employed by the coaches and demonstrated by the team members.
  - B. The coaches or supervisors of activities must assume a major role in the molding of youth in their charge. They should teach and develop fundamental skills, develop able leaders and followers, foster cooperation, and exhibit good sportsmanship for emulation by students engaged in activities as participants and/or spectators. They must insist upon ethical

behavior and good citizenship. Winning should occur as an outgrowth of ethical coaching and competition.

- C. The interscholastic program shall be conducted under the rules and regulations of the Washington Interscholastic Activities Association, the Shoreline School District, the league or conference, and other groups of which our schools are members.
- D. The programs at the middle school level shall be carefully controlled and regulated to ensure that activities provide maximum competitive experience to the greatest number of students.
- E. The junior varsity and other sub-varsity team activities are an important and integral part of the athletic program. They have primarily two major objectives: to develop players for future varsity competition, and to provide all students turning out a chance for contest experience. All athletes on a sub-varsity team will participate in as many contests as possible.

III. Intramural

- A. An intramural program is to be provided to give all interested students an opportunity to participate in sports activities other than the interscholastic program and to allow more students to derive the benefits of sports competition.
- B. The intramural program should provide students the opportunity to develop skills, physical vigor and social growth through their participation.
- C. The intramural program should be compatible with and complementary to the total physical education program.
- D. The program should include activities with immediate and long-range value for the participant.

## INTERSCHOLASTIC ATHLETICS

It is the policy of the Shoreline School District to recognize the value of a program of interscholastic athletics as an integral part of the total school experience for students of the district. The district is committed to a strong athletic program for all of its students in grades 7 to 12. The district believes that, where feasible, this requires separate appropriate programs for boys and girls and sufficient levels of varsity and sub-varsity teams, to allow some competitive experience for every student who turns out for a sport.

Feasibility shall be determined on the basis of factors including, but not limited to the following:

- (1) numbers of each sex indicating an interest in interscholastic competition in each sport
- (2) availability of appropriate facilities and qualified coaching staff
- (3) availability of teams in nearby schools for competition
- (4) number of separate sports and separate teams which available finances will support
- (5) safety of participants in contact sports
- (6) the judgment of the board on how the best interest of all students and the rights of each student can best be served.

Where there is but one team in a given non-contact sport, both sexes will be given an equal opportunity to participate on that team. Where within a single sport separate teams are provided, boys shall be required to participate with the boys' team and girls shall be required to participate with the girls' team. Baseball shall be for boys only; gymnastics, volleyball and fastpitch shall be for girls only.

The high schools of the district shall be members of the Western High School Athletic Conference, and the middle schools shall belong to the Sno-King Middle School League. Eligibility in athletics shall be in compliance with the rules and regulations set forth by federal and state laws, the Washington Administrative Code, and the WIAA. The Board of Directors and the respective leagues to which the district's schools belong may adopt further regulations which shall govern local participation.

Each principal is responsible for the conduct of the athletic program in that school. The principal shall be familiar with the rules and regulations set forth in federal and state laws, the Washington Administrative Code, and by the WIAA, as well as those established by the Board of Directors and the conference or league to which the school belongs. The principal shall make certain that both faculty and students are fully aware of such rules and regulations.

## INSTRUCTION

### Interscholastic Athletics

The board recognizes the value of the program of interscholastic athletics as an integral part of the total school experience to all students of the district and to the community. The program of interscholastic athletics shall include all activities relating to competitive sport contests, games or events, or sports exhibitions involving individual students or teams of students of this district when such events occur between separate schools within this district or with any schools outside this district. The board expects that:

1. All interscholastic activities and events shall be in compliance with the rules and regulations of the Washington Interscholastic Activities Association (WIAA). The schools of the district shall not participate in any out-of-season athletics that are not sanctioned by WIAA. The district shall not be responsible or liable for non-school-sponsored programs or for programs that are organized, promoted, or participated in by staff members without school approval. The district shall not be responsible for or control and incur liability for summer and/or out-of-season activities unless specifically sponsored by the school district. The superintendent shall establish rules defining the circumstances under which school facilities may be used and under which announcements of summer sports leagues and/or clinics may be channeled to students;
2. An athletic coach must be properly trained and qualified for an assignment as described in the district's coach's manual and job description;
3. A coaches' manual which outlines the skills, techniques, and safety measures associated with a coaching assignment will be distributed to each coach. A coach must secure permission in advance if he/she wishes to deviate from the coaches' manual;
4. Inservice training opportunities will be afforded each coach so that he/she is trained to attend to appropriate sports-related health care emergencies. Prior to a sports season, the coach will prepare a plan for handling medical emergencies at practice sessions and games (home and away);
5. Participants will be issued equipment that has been properly maintained and fitted;
6. All facilities and equipment utilized in the interscholastic athletic program, whether or not the property of the district, shall be inspected on a regular basis;
7. Non-prescribed medications, including such items as analgesic balms, vitamins, and salt tablets, must be approved by the superintendent/designee before they may be available for use by coaches and/or athletic trainers. After athletic training medications have been approved, the coach and/or trainer must secure written authorization from the parent and the student's licensed health care professional before the medications may be used during the athletic season. If such release is not on file, the non-prescribed medications may not be used. This provision does not preclude the coach and or trainer from using approved first-aid items. (See Policy #3416, Medications at School, for guidelines.)

A sign will be posted that warns students that eligibility to participate may be denied if anabolic steroids are used for the purpose of enhancing athletic ability

8. The board recognizes that certain risks are associated with participation in interscholastic sports. While the district will strive to prevent injuries and accidents to students, each participant and his/her parent(s) or guardian(s) will be required to sign a statement which indicates that the parent(s) and the student acknowledge the risks of injuries resulting from such participation and give assurance that the student will follow the instructions of the coach.





SHORELINE SCHOOL DISTRICT NO. 412

JOB DESCRIPTION  
**HEAD COACH**

GENERAL

1. Keep abreast of new knowledge and innovative ideas and techniques by attendance at clinics and workshops and/or reading current publications. Head Coach should encourage his/her assistant coaches to do the same.
2. Have an understanding and knowledge of the rules and regulations regarding his/her sport, of the Washington Interscholastic Activities Association, the league, and the Shoreline School District.
3. Promote the sport within the school so that all students are aware of its possibilities for them.
4. Organize and schedule practice sessions to ensure the best use of time, facilities, and staff personnel for the benefit of the individual participant and teams.
5. Emphasize safety precautions and awareness of appropriate training and injury procedures.
6. Determine the system of play to be used.
7. Understand that as a coach they are frequently on display and must exercise good judgment in projecting a positive coaching behavior.
8. The coach of an athletic activity must assume a major role in the molding of youth in their charge. They should teach and develop fundamental skills, develop able leaders and followers, foster cooperation, and exhibit good sportsmanship for emulation by students engaged in activities and/or spectators. They must insist upon ethical behavior and good citizenship. They should instill in the participants a desire to win with a display of moderate self-esteem in winning and losing with dignity. Winning should occur as an outgrowth of ethical coaching and competition.

ADMINISTRATIVE

1. Be responsible for the participants in their sport from the time they report until they leave for home.
2. Thoroughly explain the eligibility requirements, participation rules, and the District Athletic Code to all squad members. It is imperative that all coaches in all sports review these regulations at the beginning of the season.
3. Be certain all team members are eligible and all necessary forms, information, and regulations are completed by the specified time.
4. Report any and all injuries or accidents for each student. These are to be turned in the following school day to the building.

5. Review with all squad members the rules of the sport.
6. Report scores promptly and accurately to the local news media (senior high school only).
7. Attend building, district and league meetings as scheduled.
8. Make recommendations to the coordinator of athletics regarding scheduling.
9. Be concerned with the care and maintenance of their facility by making recommendations concerning repairs as necessary.
10. Assume responsibility for the constant care of equipment and facilities being used.
11. Apply discipline in a firm and positive manner.
12. Arrange for the issuing of certificates, letters and special awards in compliance with the team's & school's policy and direction of the principal.
13. Maintain records of team and individual accomplishments.

#### FINANCIAL AND EQUIPMENT RESPONSIBILITIES

1. Be responsible for equipment and supplies used in the particular sport.
  - a. Complete an annual inventory and turn in to the building athletic director.
  - b. Issue and check in all equipment and supplies of the participants.
  - c. Mark all equipment for school identification.
  - d. Systemize cleaning, repairing, and storing of equipment at the conclusion of the season.
  - e. Based on the inventory, request the purchase of needed equipment and supplies for the next year.
2. Submit an annual budget request to the school administration.
3. Consult with the school's designee in the matter of purchasing equipment and supplies and provide required documents on time.

#### JOB DESCRIPTION **ASSISTANT COACH**

1. The duties of an Assistant Coach are to carry out the program planned by the Head Coach; to be of whatever assistance is required; and perform delegated duties set forth by the Head Coach of that sport.
2. When an Assistant Coach is given a sub-varsity team coaching assignment, their system of play will be designated by the Head Coach. They have the same responsibilities as listed for Head Coaches.
3. Attend building meeting(s) and the preseason district meeting(s) of the sport coached.

## SELECTION OF VOLUNTEER COACHES


Schools may use the services of volunteers to assist the coaching staff in the interscholastic athletic program of the Shoreline School District within the following guidelines:

The following are suggestions to keep in mind in the selection of volunteer coaches

- Has had playing experience in the particular sport, at least at the high school level.
- Has good working knowledge of the sport.
- Has had coaching experience, i.e., Little League, volunteer assistant, etc.
- Has a positive and healthy attitude towards athletics that is appropriate for the level of coaching.
- Possesses qualities indicating he/she will be a good teacher of the sport and will relate well with young people.
- Exhibits willingness to learn and improve as a coach.
- Is a good listener and willing to follow directions.
- Is willing to work on a regular basis as a volunteer coach and understands the possible hours involved.
- Understands and accepts the responsibilities and limitations as a volunteer coach.

## EXPECTATIONS FOR VOLUNTEER COACHES

1. Volunteer coaches (unpaid) may serve as assistants only upon approval and authorization of the Human Resources office.
2. The volunteer will be the responsibility of the Head Coach, and always under the supervision of a regular member of the coaching staff during practice and games.
3. This person must abide by school district regulations and uphold the district policies relating to athletics.
4. The volunteer may assist a coach at both home and away games.
5. Being a volunteer does not guarantee future employment as a coach in Shoreline.
6. A volunteer does not have to be a school district employee.
7. Volunteers are not to be used as a replacement for a vacant position on the coaching staff.
8. Volunteers must be qualified to help in the particular sport.
9. The services of a volunteer coach may be terminated by the Head Coach or the Principal or the District Athletic Director.
10. The Head Coach will be responsible to orient the volunteer with district, league, school, and WIAA rules and policies that relate to athletics.
11. No school district or ASB funds may be expended for volunteer coaches in lieu of salary.
12. It is intended that volunteer assistance is accepted on a one sport season basis.
13. Have a valid First Aid and CPR/AED card.

**SHORELINE**  
  
**PUBLIC SCHOOLS**  
**Coaches Code of Conduct**

Athletic competition of interscholastic age student-athletes should be fun and be a significant part of a sound educational program. Those who coach student-athletes are teachers of athletics, who have a duty to ensure that their sports programs impart important life skills and promote character development. Essential elements of character building are embodied in the concept of sportsmanship and include: trustworthiness, respect, responsibility, fairness, caring, citizenship, and leadership. The highest potential of sports is achieved when coaches consciously live by the code of conduct, and set a positive example for their athletes to follow. Sincere efforts to honor the spirit of this code of conduct will enhance the program quality and the well-being of our student-athletes.

Outlined below are key facets of seven core values

**Trustworthiness**

***Trustworthiness*** Be worthy of trust in all you do. By demonstrating repeated patterns of expected behaviors, the coach helps set the tone for the importance of integrity, honesty, reliability, and loyalty. Do not engage in or permit dishonest or unsportsmanlike conduct.

***Integrity*** - Model high ideals of ethics and sportsmanship. Always pursue victory with honor. Teach, enforce, advocate, and model (T.E.A.M) the importance of honor and good character by doing the “right thing” even when it’s unpopular or personally costly.

***Primacy of Educational Goals*** - Always place the academic, emotional, physical, and moral well-being of student-athletes above desires and pressures to win.

**Respect**

***Respect*** - Consistently treat all people with respect, and require the same of student-athletes.

***Taunting*** - Don’t engage in or allow “trash talking”, taunting, boastful celebrations, or other actions that demean individuals or the sport. Assure that student-athletes conduct themselves in an appropriate manner.

***Respect of Parents/Guardians*** - Treat the parents/guardians of student-athletes with respect. Communicate your expectations, goals, and policies on a regular basis and maintain open lines of communication. Provide reasonable opportunities for parent/guardian input and listen to their concerns.

***Profanity*** - Do not engage in or permit profanity or obscene gestures. This includes at practices, sporting events, on team buses, or in any other school-related situation when students are present.

***Professional Relationships*** - Maintain appropriate professional relationships with student-athletes and respect proper teacher-student boundaries. Sexual or romantic relationships with students are strictly forbidden. Verbal or physical conduct of a sexual nature including, flirting, dating, or consensual activities directed to or in view of athletes is prohibited. Conversely, inappropriate student-athlete behavior directed towards adults in your coaching program will be dealt with immediately. Coaches are responsible for maintaining an educational environment free from sexual, racial, religious, or other inappropriate harassment, by or directed at students or staff.

Sources contributing to this code include RCW 9A.36.080; RCW 28A.150.211; WAC 180-87-003 through WAC 180-87-095; Shoreline School District Board Policy #3308, Prohibition of Harassment, Intimidation, and Bullying; and The Six Pillars of Character<sup>SM</sup>.

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## INSTRUCTION

### Interscholastic Athletics (continued)

#### **Responsibility**

**Advocacy of Honor** - Prominently discuss the importance of character, ethics, sportsmanship, and appropriate behavior in materials about the athletic program. Stress that good character, ethics, sportsmanship, and appropriate behavior are essential to honorable athletic competition and that victory attained in any other way is empty and unworthy.

**Positive Environment** - Strive to provide a challenging, safe, enjoyable, and successful experience for athletes by maintaining a sports environment that is physically and emotionally safe. Failure is going to occur in athletics. Find the positive in each experience, regardless of the significance of the situation.

**Privilege to Compete** - Assure that student-athletes understand that participation in interscholastic sports programs is a privilege, not a right. Student-athletes are expected to represent their school, team, and teammates with honor, both on and off the field.

**Self-Control** - Control your ego and emotions. Avoid displays of anger and frustration. Coaches will never retaliate.

**Enforcing Rules** - Consistently and fairly enforce and honor both the coaches' code of conduct and the Athletes' code of conduct in all sports-related activities and ventures.

**Protecting Athletes** - Put the well-being of student athletes above all. Be aware of situations that could jeopardize the safety of student-athletes. Take proper steps to protect them from inappropriate conduct.

**Compliance Standards** - Follow state and district guidelines as they relate to the use and procedures of ASB policy and procedural requirements. This includes, but is not limited to, eligibility standards, finances, and paperwork.

**Continuing Education** – Comply with all WIAA requirements of coaches, including clock hour certification and valid CPR/AED and First Aid cards. Regularly seek ways of increasing professional development within your sport.

#### **Fairness**

**Fairness and Openness** - Be fair in competitive situations, team selection, discipline, and all other matters. Be open-minded and willing to listen and learn.

**Effort and Teamwork** - Encourage student-athletes to pursue victory with passion, as well as think and play as a team. Student-athletes must give their best and continually improve through personal effort and discipline.

**Clear Communication** - Provide clear communication to student-athletes as it relates to rationale for coaching decisions.

#### **Caring**

**Caring Environments** - Consistently demonstrate concern for student-athletes as individuals. Encourage them to care for each other as well as think and act as a team. Be alert to situations where peer/team pressure could make an athlete uncomfortable. Hazing of a team or individuals will not be tolerated.

**Positive Coaching** - Use positive coaching methods to make the experience enjoyable. These methods will increase self-esteem as well as foster a love and appreciation for the sport. Refrain from physical or psychological intimidation, verbal abuse, and conduct that are demeaning to the student-athlete.

**Life Skills** - Always strive to enhance the physical, mental, social, and moral development of student-athletes. Teach them positive life skills that will help them become well-rounded, successful, and socially responsible.

**Health** – Emphasize the importance of good nutrition; never advocate, condone, or ignore the use of performance enhancing substances.

INSTRUCTION

Interscholastic Athletics (continued)

**Citizenship**

**Promoting Sportsmanship** - Promote sportsmanship on a consistent basis over gamesmanship. Regularly practice pre-game and post-game rituals and traditions that reinforce the principles of sportsmanship. Positively acknowledge acts of good sportsmanship in your athletic arena.

**Class** - Class is “grace under pressure”. Be a good sport. Teach and model class. Be gracious in victory and accept defeat with dignity

**Respect of the game** - Treat the game, officials, and all coaches with respect. Good faith disputes with officials need to be handled in a respectful way. Modeling professional behavior is always encouraged.

**Personal Conduct** - Refrain from profanity, disrespectful conduct, and the use of alcohol, tobacco, or any illegal substance in the presence of or while in any supervisory situation with student-athletes. This conduct will undermine your positive impact as a role model.

**Verbal Abuse/Bullying** - Verbal abuse or bullying of student-athletes or others will not be tolerated. This includes, but is not limited to: name-calling, put-downs and insults, ridiculing, swearing, humiliation, sarcasm, blaming, intimidating, or threatening a student-athlete.

**Leadership**

**Role Modeling** - Be a worthy role model. Always be mindful of the high visibility and great influence you have as a coach. Consistently conduct yourself in a manner that represents this code.

**Advocacy of Education** - Advocate the importance of education beyond athletic eligibility standards. Work with faculty and parents/guardians to help student-athletes set and achieve academic goals. Encourage student-athletes to think of themselves as students first and athletes second.

**Lead by Example** - Head coaches must lead and mentor assistant coaches in a way that honors the code. Establish procedures and expectations for all assistant coaches to follow. It is the head coaches’ responsibility to lead and ensure that their staff is fulfilling the Code of Conduct.

**Maintain Religious Neutrality** - Respect the rights of students to engage or not engage in voluntary private prayer in conjunction with athletic practices or events. Avoid initiating, leading, participating, or allowing any non-students (parents, clergy, youth leaders) to initiate or lead student athletes in prayer in conjunction with athletic practices or events.

The Shoreline School District Code of Conduct for coaches serves to provide a guideline for coaches to follow. By honoring the code, this will assist in creating a positive environment for both coaches and student-athletes. The Shoreline School District is committed to the continued growth of our student-athletes and using the model of the seven core values mentioned above.

*I have read and understand the guidelines of the Shoreline School District Coaches Code of Conduct. I understand that I will sign this document one time and it will be kept in my file in the athletic department office. I understand that this code is the standard of behavior that the Shoreline School District expects of all its coaches. This code will not supplant existing language in the SAAA/District collective bargaining agreement. Enforcement of this code will be subject to contractual due process and other contractual procedures.*

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

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Date

This document has been reviewed by SAAA, the Coaches Advisory Committee, the Shoreline School District Board of Directors, and the Superintendent of Shoreline Public Schools.

INSTRUCTION

Interscholastic Athletics (continued)

*Sources:*

**RCW 9A.36.080, Harassment, Intimidation, Bullying.**

**RCW 28A.150.211, Values and traits recognized**

**WAC 180-87-003 through WAC 180-87-095**

**National Federation of High School Coaches, The Coaches Code of Ethics.**

**National Federation of High School Coaches, Legal and Ethical Responsibilities of Coaches.**

**Washington Interscholastic Activities Association, Code of Ethics**

Washington Interscholastic Activities Association, Just Play Fair! Indicators.

**Shoreline School District No. 412, School Board Policy # 3308, Prohibition of Harassment, Intimidation and Bullying. 2004.**

**Shoreline School District No. 412, Department of Athletics, Secondary School Athletic Policy and Guidelines Handbook. 2004.**



WASHINGTON INTERSCHOLASTIC ACTIVITIES  
COACHES STANDARDS

EMPLOYEE OF THE DISTRICT - No school team or individual contestant shall be eligible to represent a school in an athletic contest unless the coach is an employee of the school district in which they coach and has been employed to coach in compliance with RCW 28A.405.020 and/or WAC 180-79-230 (1) (iii). This requirement also applies to paid or volunteer assistant coaches who serve at all times under the supervision and direction of a regularly certified person. Volunteer coaches (unpaid) may serve as assistants only upon registration, approval and authorization of the school district Human Resources office.

EMPLOYING SCHOOL DISTRICT WILL REQUIRE:

Pursuant to RCW 43.43.830-845, all applicants must complete the disclosure form provided by the Department of Human Resources. A background check inquiry will be made to all references as well as the Washington State Patrol and/or state and federal law enforcement agencies.

FIRST-AID/CPR/AED CARDS –

- A. Hold a valid, current First Aid Certification (“hands-on” or online course acceptable) or have completed a School District approved Athletic Training/Sports Medicine course equivalent to the Red Cross First Aid Card training. A Sports Medicine course is to include prevention of injuries, recognition of injuries, emergency on-site procedures including transporting the injured, and the rehabilitation of injuries. If a Sports Medicine course is used to fulfill this requirement, it must be renewed every three (3) years.
- B. Hold a valid, current CPR/AED Certification (“hands-on” or online course acceptable)

WIAA ON-LINE RULES CLINICS - All paid coaches are required to complete the on-line WIAA rules test for the sport and year they coach within the first three weeks of their coaching assignment.

ADDITIONAL COACHING REQUIREMENTS:

Coaches will be required to meet specific obligations determined by their sport/level.

This will include but not limited to:

- √ Sudden Cardiac Arrest awareness training
- √ Concussion Management training
- √ Football Coaches training
- √ Red Cross Safety training for swim coaches or Lifeguard training
- √ Pole Vault Coaches training
- √ Stunt Certification for Cheer and Dance & Drill coaches



WASHINGTON INTERSCHOLASTIC ACTIVITIES  
CODE OF ETHICS

*It is the Duty of All Concerned with School Athletics:*

1. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and hosts.
6. To respect integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game--not a matter of life or death for player, coach, school, official, fan, community, state, or nation.

*It is the Duty To Demonstrate Team Sportsmanship*

1. We greet and are courteous to the opponents, coaches and players.
2. We know the rules of our sport.
3. We respect the officials and their decisions.
4. We abide by the officials' decision without any emotional displays.
5. We compete vigorously and hard, and yet are gracious to our opponents.
6. We display concern for the physical well-being of our opponents as well as our own team.
7. We interact positively with the opponent.
8. We win with humility and lose with grace and do both with dignity.
9. We are a first-class program and we do not accept unruly behavior. We are self-controlled during athletic events.
10. We demonstrate good sportsmanship and pride in Shoreline at all times.



## WASHINGTON INTERSCHOLASTIC ACTIVITIES REGULATIONS

Middle school and senior high school interscholastic athletics are governed by this association and member schools must abide by this organization's regulations. Each coach needs to be familiar with the rules governing athletics by reading each year the policy handbook of the WIAA, a copy of which is sent to each school principal. Ignorance is no excuse.

The following are some of the rules which are critical for athletics:

1. Penalties for violation of a WIAA regulation may range from a reprimand to forfeiture of a contest, to placing a school on probation or on suspension, and to actual expulsion from the association.
2. Schools may compete only with member schools, providing the school is eligible for membership in the WIAA.
3. To be eligible to compete in an interscholastic contest, a student must meet the following requirements:
  - a. Medical clearance.
  - b. Meet the scholastic requirements. (Also refer to the Athletic Code).
  - c. Meet the previous semester rule.
  - d. Legal residence is acceptable.
  - e. Be of appropriate age.
  - f. Be within the total semester's eligibility limitation.
4. In most sports, a student must turn out a minimum number of days before he or she is eligible to compete in a contest.
5. There are general practice regulations that apply to all sports which schools must follow.
6. Non-School Participation: During any sport season, after joining a school squad, students may participate in non-school athletic activities, provided they do not miss a team practice or scheduled contest.
7. Any coach is prohibited from unilaterally removing the team from the field or floor.
8. To resume participation following an illness and/or injury serious enough to require medical care, a participating student must present to the school officials a physician's written release.
9. Only players who are currently eligible to participate in an activity shall appear at the contest in the uniform of the school and/or occupy a position on the team bench.
10. There are regulations in reference to awards which can affect the eligibility of a school and individual athlete. All awards presented by an outside organization must be approved by the WIAA.
11. Middle school teams cannot play with or against high school players under any circumstances.
12. There are specific rules which apply to only the senior high school level or the middle school level.



WASHINGTON INTERSCHOLASTIC ACTIVITIES  
OUT-OF-SEASON PARTICIPATION REGULATIONS

1. WIAA does not sponsor, recommend, or approve any out-of-season participation for any activity. Your association does not sanction any out-of-season activity that is sponsored by any organization that is not affiliated with WIAA.
2. Schools may conduct practices and contests only during the WIAA sports season. A school's coach (contracted or volunteer) may not sponsor, promote, coach or direct activities which resemble out-of-season practices or contests in the sport they coach to any of their squad members or future squad members (grades 7-12) until after the school year final state tournament. \*\*

\*\*NOTE: For middle level school programs "after the school year's final state tournament" is changed to "until the completion of each league's spring sport season".

The WIAA shall consider the following as indicators of a possible violation of this rule:

- a. School allowing organization of a team of students by a school agent or coach during the school year.
  - b. School or school agent hosting, organizing or promoting out-of-season tournament contests or practices.
  - c. School identified uniforms and/or equipment being worn at a workout or competition.
  - d. Any use of school funds to support or finance in any way indicates, at least in part, school sponsorship or approval.
  - e. School allowing a school coach to use school equipment or facilities for the purpose of preparing a team or individual to be entered in out-of-season events.
  - f. Without local school board authority, a school processing registration, rosters, fees, etc. for non-school sponsored out-of-season event.
  - g. A school allowing out-of-season participation to be a requirement to "make the team" or as a condition of squad membership. School permitting the scheduling of practices except during the season.
  - h. School allowing inequity in use of facilities, promotion, etc. of programs to exist.
  - j. School allowing inequity in use of facilities, promotion, etc. of programs to exist.
3. When members of any school take part in a scrimmage of any type or practice game with members from another school or any other group, it is considered a game and counts as one of the team's allotted games.
  4. School districts shall adhere to the sports seasons as provided for in each sport.
  5. Students shall not compete in the uniform of their school at non-school events.
  6. Any attempt of a coach or teacher of a school team to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach, is a practice.
  7. A member school may organize and supervise a year-around conditioning program to include weight training, running and exercising, provided it is open to all students and does not include instruction in specific sport skills.