


SNO-KING
Middle School League

Edmonds, Everett
Mukilteo & Shoreline



SPORT
GUIDELINES

2022-2023

Sno-King Middle School League
GUIDELINES
GENERAL GUIDELINES

A. LEAGUE ATHLETIC DIRECTORS and COACHES

1. League Athletic Directors will meet four (4) times per year; once at the start of each sport season and again at the end of the year.
2. All sport coaches will meet as directed by league to meet each other, go over changes to regulations, discuss problems from last season, and to propose changes for the following year.
3. The League Athletic Directors and Principals will determine all decisions regarding the sport regulations with specific sport coaches' input.
4. Athletic Directors will determine and approve all sport schedules.
5. One Athletic Director will be in charge of each sport to handle all procedures and questions from coaches.
6. All coaches will follow WIAA guidelines as to training and sport regulations.
7. Any grievances should be handled at the building level between the Athletic Directors of the schools involved as soon after the problem as possible.
8. Member schools will pay a league fee each year. The fee will be set by the Athletic Directors to cover expenses for championship events and other league costs.

B. SCHEDULE FORMAT

1. Sports offered in the Sno-King League will include:

<u>Fall:</u>	Girls' Softball, Boys' & Girls' Cross Country, 8 th Football.
<u>Winter 1:</u>	7 th & 8 th Girls' Volleyball, 7 th & 8 th Boys' Basketball and Soccer
<u>Winter 2:</u>	Wrestling, and 7 th & 8 th Girls' Basketball
<u>Spring:</u>	Boys' & Girls' Track & Field.

2. Individual districts may choose to compete in all or only selected sports.
3. The starting time for games will generally be 3:45 p.m.
4. Only 8th graders may play on the 8th grade team and only 7th graders may play on the 7th grade team. Players shall not be allowed to play up or down from their grade level except as noted in specific sport guidelines.
5. When there are not enough players to make individual grade level teams, one (1) team may be formed combining grade levels. That team will play the 8th grade schedule.
6. Cross Country and Wrestling will be the only sports to use a Varsity / JV format rather than grade level competition.
7. 7th and 8th grade games will usually be played at the same site and same day except for football.
8. 7th and 8th grade teams will play first on alternate days when at the same site.
9. Even number of home and away games per school.
10. League schedule will attempt to not schedule more than two in a row home or away.
11. No more than half of a district's schools can be traveling per date.
12. A school may host only one (1) night game per sport.
13. Rooter buses, pep groups, and bands shall not be permitted to follow visiting teams to an away game. The exception to this rule will be for night games at neutral sites. Supervision of these groups is the responsibility of the school bringing them.
14. Canceled games will not be made up unless both schools involved agree.
15. There will be no won/loss records published or team sport champions declared by the league.

C. WIAA GUIDELINES

1. WIAA guidelines will be followed for athlete eligibility for all sports.
2. Each individual player must have a minimum of eight (8) to fourteen (14) practices before they are eligible to compete in a game or Jamboree depending on the sport. See specific sport guidelines for exact number.
3. WIAA rule 17.12.10 – Practice Interruption: An interruption of up to three (3) consecutive school schedule practice days will have no effect on the previous practice days in determining compliance with pre-contest practice requirement. Beginning with the fourth (4) consecutive school scheduled practice day without practice, days will be subtracted from an athlete's practice total. See Rule 17.12.10 in the WIAA handbook for the sliding scale. Once an athlete reaches the pre-contest minimum requirement, rule 17.12.10 is no longer in effect, but care must be taken before allowing an athlete to return to play after an extended absence.
4. The maximum length of the season will be ten (10) to twelve (12) weeks depending on sport. See specific sport guidelines for exact number.
5. The maximum number of games allowed per team is 6 to 10 depending on the sport. See specific sport guidelines for exact number.
6. The maximum number of games per week is two (2) or three (3) depending on the sport. See specific sport guidelines for exact number.

D. OFFICIALS

1. All matches will be officiated by members of the local officials association. In the event a registered official does not show for a game, **a designated alternate**, if agreed to by either coaches or ADs, may be used to officiate the event. This will apply **except in football and wrestling where a certified official must be present to play**. If one is not present, teams will return home and try to reschedule, if possible.
2. An adult should run the score clock and scorebook at all times.
3. The person keeping the scorebook should be knowledgeable and qualified.

E. SPORT SPECIFIC RULES

1. WIAA and National Federation rules will be used for all sports unless changes are approved and in the specific league sport guideline.
2. Fall sports shall not start before the first day of school unless league schedule states first possible starting date before school.
3. All eligible students on a team should play in every game if they come to practice.
4. All visiting teams will dress at home prior to each game.
5. If any squad is cut to size, the minimum squad size will be twelve (12) to seventeen (17) on the first game day of the season. See specific sport guidelines for exact number.
6. There will be no scouting of opposing teams.
7. Practices will usually be only on days that school is in session. Exceptions might be one (1) Saturday practice per sport to get kids to eight (8) practices; or a maximum of two (2) practices during the two-week winter break. Check with your individual district AD for limitations.
8. Coaches are reminded that they are responsible to supervise their athletes when they are not playing; either waiting before their game or after their game is over.

F. EJECTED PLAYERS or COACHES

18.27.0 EJECTION FROM CONTEST - Conduct resulting in an ejection from an interscholastic contest administered by game officials, coaches or school administrators shall result in the following:

18.27.1 For the remainder of the contest in which the ejection occurred:

- A. When a student is ejected, the coach continues to be responsible for the student. The student shall remain with the team.
- B. When a coach or other adult school representative is ejected, the coach or other adult school representative must vacate the playing area (gymnasium, field, and stadium.) If a head coach is ejected, an assistant coach or any school district personnel authorized to supervise students may assume the head coaching responsibilities for the remainder of the contest. If no other school district personnel are on site, the contest will be terminated and forfeiture declared.

18.27.2 The school principal/designee is required to submit an ejection report online to the WIAA office within 24 hours following the completion of the contest in which the ejection occurred.

18.27.3 The first ejection of the season shall result, at a minimum, in the ejected person (student, coach, other school representative) being ineligible until after the next school contest in that sport at the same level of competition from which the person was ejected.

- A. An ejection due to violent conduct by a player or a coach or abusive language by a coach shall result in a suspension equal to twenty percent (20%) of the number of allowable contests for that sport as indicated below.

<u>Number of contests allowed/season</u>	<u>Number of contests suspended</u>
1-7	1
8-11	2
12-15	3
16-20	4

1. Violent conduct is defined as the commission of a violent act against an opponent, official, spectator, teammate or other individual(s) when in or out of play. A player or coach is guilty of violent conduct if he/she uses excessive force or brutality against an opponent when not in the play. He/she is also guilty of violent conduct if he/she uses excessive force or brutality against a teammate, spectator, official or any other person. Violent conduct may occur either on the field of play or outside its boundaries, whether the person is in play or not.
2. Abusive language is defined as harsh or insulting language or profanity directed towards another individual.

- B. Even though a jamboree does not count as a contest for the purposes of meeting the suspension period, the suspended person is not allowed to participate in a jamboree.
- C. A student who is on suspension may be on the team bench, but not in the school uniform, during the suspension period.
- D. Any coach ejected shall not be involved in coaching to any degree during the game from which he/she is suspended and shall not be allowed into the facility (gymnasium, field, stadium, locker room or hallway, etc.) during the suspension period.

18.27.4 Should a participant be unable to complete a suspension during the sports season in which the ejection occurs, the suspension shall be carried over into the participant's succeeding season of participation. In order for the suspension in the succeeding season of participation to meet this requirement, the participant must be a member of the team for the entire season for that sport.

18.27.5 The second ejection in the same sport and season shall result in ineligibility for the remainder of the season of that sport.

18.27.6 For aggressive physical contact with an official, the WIAA Executive Director has the authority to suspend the individual from further competition for a period not to exceed one (1) calendar year.

18.27.7 Any school with five or more ejections during a school year must follow the protocol below:

- A. The first year that a school has five or more ejections, the school must submit a written plan of action to reduce the number of ejections prior to the proceeding September WIAA Executive Board meeting.
The written plan must include the following elements: Accountability, Action Plan, Evaluation Plan, Specific Expectations and Timeline.
- B. The second year that a school has five or more ejections, the school principal/designee must present the school's sportsmanship plan in writing directly

to the WIAA Executive Board during the September WIAA Executive Board meeting.

- C. The third year that a school has five or more ejections, the school principal/designee, coaches and student athletes representing the school must present the school's sportsmanship plan in writing directly to the WIAA Executive Board during the September WIAA Executive Board meeting.

G. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.
3. The Meet Manager/Event Manager has the authority to stop an event at any time in the interest of safety. In relation to weather, the combination of thunder and lightning the first strike is a thirty (30) minute delay, and will follow NFHS guidelines.

H. ELIGIBILITY

1. All participants must meet WIAA and home school/district requirements.

I. LEAGUE CHAMPIONSHIP FINALS

1. Only the individual sports of Cross Country, Wrestling and Track & Field will have a League Championship meet with all schools attending.
2. The games committee will consist of two (2) ADs and three (3) coaches.
3. Each participating school will provide two (2) officials at the league meet, if required. These officials will contact the meet director before 3:30 p.m.
4. Ribbons will be awarded to the top 6-10 finishers depending on the sport.
5. All schools competing in that sport will share the cost of ribbons.
6. If possible, the league championship meets will be distributed and rotated equally among the districts with competing schools to even the cost of officials.

J. SPORTSMANSHIP

The Sno-King Middle School League wants to promote sportsmanship and the WIAA "Just Play Fair" program. Sportsmanship is representing your school with a positive attitude toward those around you and acting in a manner that is encouraging and supportive. This means supporting and respecting your team, the opponent's team and fans, coaches, and referees. Sportsmanship shows leadership, responsibility, and class. Coaches and administrators will help model and maintain a positive sportsmanship atmosphere at all contests.

GUIDELINES

BOYS AND GIRLS BASKETBALL



A. SCHEDULE FORMAT

1. The starting time for the first game will be 3:45 p.m. The second game will begin ten (10) minutes after the conclusion of the first game.
2. 7th and 8th grade games will usually be played at the same site.
3. 7th and 8th grade teams will play first on alternate days.
4. Only 8th graders may play on the 8th grade team and only 7th graders may play on the 7th grade team. Players shall not be allowed to play up or down from their grade level.
5. Canceled games will not be made up unless both schools involved agree.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices before they are eligible to compete in a game or Jamboree.
2. The maximum length of the season will be twelve (12) weeks.
3. The maximum number of games allowed per team is ten (10).
4. The maximum number of games per week is three (3).
5. Undershirts worn under a jersey shall be white or same color as jersey.

C. OFFICIALS

1. All matches will be officiated by members of the Local Officials Association. In cases where this is not possible, a designated alternate may be obtained who are agreed to by either coaches or ADs.
2. An adult should run the score clock and scorebook at all times.
3. The person keeping the scorebook should be knowledgeable and qualified.

D. SPORT SPECIFIC RULES

1. If the squad is cut, the minimum squad size must be twelve (12) on the first game day of the season.
2. WIAA and National Federation rules will be used.
3. Home will wear white and visitor will wear color. If a team has only one uniform color, it is up to that team to call the opposing school and make the necessary adjustments.
4. No full court press if the lead is 15 points or greater. Enforced by coaches. It is the responsibility of the coaches to keep games from becoming "blow-outs" by playing less skilled players more, not pressing or trapping, falling back to the 3 point line, etc. to keep game scores from becoming embarrassing.
5. All visiting teams will dress at home prior to each game.
6. An approved leather or composition ball of correct size and weight shall be used.
7. There will be ten (10) minutes prior to the start of each game. There will be eight (8) minutes at half time.
8. Quarters will be eight (8) minutes in length for both 7th and 8th grades.
9. Overtime periods are allowed to determine a winner. Length of overtime determined by rulebook, which is four (4) minutes.
10. If a shot clock is available, it will be used for Boys & Girls games.
11. Coaches are reminded that they are responsible to supervise their athletes when they are not playing, either waiting before their game or after their game is over.

E. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.

F. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

Sno-King Middle School League
GUIDELINES
CROSS COUNTRY



A. SCHEDULE FORMAT

1. The starting time for the first race will be 4:00 p.m.
2. There will be one girl's and one boy's team with 7th and 8th grade athletes combined
3. Girls and boys races will run at the same site. **Girls races will start first on the first two meets of the season and Boys races will start first on the second two meets.**
4. Course run through will begin 15 minutes prior to the start of the meet. The host school will conduct a jog over the course for familiarization. This will be considered the warm-up before the first event.
5. Canceled meets will not be made up unless both schools involved agree.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices before they are eligible to compete in a meet.
2. The maximum length of the season will be 10 weeks.
3. The maximum number of meets allowed per team is 7.
4. The maximum number of meets per week is two (2). Meets must be scheduled a minimum of 36 hours between contests.

C. SPORT SPECIFIC RULES

1. The distance of the course will be a maximum of two (2) miles in length.
2. Each school may enter an unlimited number of runners in each race.
3. All uniforms worn in a meet must be an official school uniform consisting of running shorts, top and shoes.
4. Team scoring will be as outlined in the NFHS Rule book.
 - a. For team scoring, a team consists of seven (7) runners with only the top five (5) scoring for their team.
 - b. All competitors who finish the race shall be ranked by finish place. The team score shall be determined by totaling the points scored by the first five finishers from each team. The team that scores the smallest number of points is the winner.
 - c. If fewer than five (5) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores reranked.
 - d. Any team members beyond seven (7) shall be disregarded and shall not displace any opposing runners.
 - e. Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

D. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.
3. It is recommended that cross-country meets should have the following workers: Starter, Scorer, Timer, Finish Judge and Chute official.

E. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

F. LEAGUE CHAMPIONSHIP FINALS

1. The games committee will consist of the Athletic Director of the host school and two (2) coaches.
2. It is the responsibility of the host school to provide all supervisory personnel. If more are needed, each school may be asked to provide up to one (1) helper who will report to the head official at least by 3:45 pm.
3. Each school is allowed 15 entries per grade/gender in the final.
4. There will be four (4) separate championship races at the finals.
 - 7th grade girls
 - 8th grade girls
 - 7th grade boys
 - 8th grade boys
5. Ribbons will be awarded to the top 10 finishers in each championship race.

Sno-King Middle School League
GUIDELINES
FOOTBALL



A. SCHEDULE FORMAT

1. Regularly scheduled games shall begin at 3:45 p.m.
2. A school may host only one (1) night game.
3. Cancelled games will not be made up unless both schools involved agree.

B. WIAA GUIDELINES

1. The maximum length of the season will be 12 weeks.
2. Each individual player must have a minimum of twelve (12) practices before they are eligible to compete in a game. A student may participate in a jamboree the day following eight (8) days of practice.
3. The first three (3) days of practice for each player must be without shoulder pads. Following the first contest (jamboree or game) participants are limited to two (2) days per week (not counting contests) of thud or live action drills. (WIAA rule 57.2.3)
 - a. Definition of levels of contact: Thud – Drill is run at assigned speed through the moment of contact; no pre-determine “winner”. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
 - b. Live Action – Drill is run in game-like conditions and players may be taken to the ground.
4. The maximum number of games allowed per team is six (6)
5. A football participant shall be eligible to compete in up to four (4) quarters of play during any three-day period of the football season.
6. Fifth quarters are for those players who were not starters and who played in three (3) quarters or less of the regular game. Participation on a special team does not count as playing in a quarter.

C. OFFICIALS

1. All games will be officiated by members of the local officials' association. If one is not present, teams will return home and try to reschedule, if possible.
2. An adult should run the chain gang.

D. SPORT SPECIFIC RULES

1. Home will wear color and visitor will wear white. If a team has only one uniform color, it is up to that team to call the opposing school and make the necessary adjustments.
2. A high school equivalent ball shall be used.
3. Points will be scored as follows:
 - a. 6 points for a touchdown.
 - b. 1 point for conversion, running or passing.
 - c. 2 points for conversion by kicking.
4. Quarters will be 8 minutes in length for both 7th and 8th grades.

E. FIFTH QUARTER

If an official does not stay to officiate, there cannot be a 5th quarter!

The 5th quarter is considered an essential and required part of middle level football if warranted by numbers. It is recommended that the home coach initiate a welcome and conversation about the 5th quarter prior to the start of the game, and then report to the officials.

1. The 5th quarter will be 10 offensive and 10 defensive plays.
2. The 5th quarter cannot include kick-offs, punts tries or field goals.
3. Coaches may be on the field in the huddle during the 5th quarter.
4. Special teams will not count toward 3 quarters played.

5. 5th quarter will use chains.
6. Fumbles and interceptions will be blown dead and the ball will be returned to the offense if they have plays remaining.
7. Teams will not shake hands until the conclusion of the 5th quarter.

F. TIE BREAKER

1. The approved WIAA tiebreaker system will be used. Each team will take possession on the 10-yard line. The process will be followed until the tie is broken.

G. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.
3. Each team is responsible to bring their own water coolers and bottles. Teams will not have access to school buildings or locker rooms.
4. Each team is responsible to clean up their own sideline of all debris. Help your host.

H. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

Sno-King Middle School League
GUIDELINES
GIRLS AND BOYS SOCCER



A. SCHEDULE FORMAT

1. The starting time for the first game will be 3:45 p.m. The second game will begin ten (10) minutes after the conclusion of the first game.
2. Girls and boys games will be played at the same site.
3. Teams will be comprised of 7th and 8th graders.
4. Attempts will be made to make up canceled games.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices before they are eligible to compete in a game or Jamboree. If an athlete misses 4 or more consecutive practices before completing the eight practice requirement, the missed practices shall be subtracted from the athlete's total number of practices required to meet the minimum requirement to compete.
2. The maximum length of the season will be twelve (12) weeks.
3. The maximum number of games allowed per team is ten (10).
4. The maximum number of games per week is two (2).

C. OFFICIALS

1. All matches will be officiated by members of the Local Officials Association. In cases where this is not possible, a designated alternate may be obtained who are agreed to by either coaches or ADs.
2. The official clock will be kept by the official on the field.

D. SPORT SPECIFIC RULES

1. WIAA and National Federation rules will be used.
2. Home will wear DARK and visitor will wear WHITE uniforms. If a team has only one uniform color, it is up to that team to call the opposing school and make the necessary adjustments.
3. Efforts will be made to keep scores under control in the event of a lopsided game.
4. All visiting teams will dress at home prior to each game.
5. A NFHS approved ball shall be used.
6. There will be ten (10) minutes prior to the start of each game. There will be five (5) minutes at half time.
7. Halves will be 30 minutes in length for both girls and boys.
8. Overtime will not be played. If the game is tied at the end of regulation, the game shall remain a tie.
9. Coaches are reminded that they are responsible to supervise their athletes when they are not playing, either waiting before their game or after their game is over.

E. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.
3. The visiting team shall bring their own water, ice and medical kit.
4. Every effort should be made to provide an AED at all home events.

F. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

Sno-King Middle School League
GUIDELINES
SOFTBALL



A. SCHEDULE FORMAT

1. The starting time for games will be 3:45p.m.
2. National Federation Rules will govern games as amended by WIAA.
3. Teams will play fast pitch softball.
4. Teams may consist of both 7th and 8th grade players
5. Games will be for seven (7) innings. No new inning will begin after an hour and 30 minutes. Canceled games will not be made up unless both schools involved agree.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices before they are eligible to compete in a game.
2. The maximum length of the season will be twelve (12) weeks.
3. The maximum number of games allowed per team is ten (10) plus a Jamboree.
4. The maximum number of games per week is three (3).

C. OFFICIALS

1. Members of the Local Umpires Association will umpire all games. In cases where this is not possible, a designated alternate may be obtained if agreeable to either coaches or ADs.
2. The person keeping the scorebook should be knowledgeable and qualified.

D. SPORT SPECIFIC RULES

1. If the squad is cut, the minimum squad size must be fourteen (14) on the first game day of the season.
2. 60' between bases.
3. 43' from pitcher's rubber to apex of home plate (where foul lines meet).
4. An official optic yellow, raised seam ball will be used for all games.
5. Equipment must meet NFHS & NOCSAE specification requirements.
6. The game is over if one team has a 15-run advantage after 5 innings have been completed.
7. **Limit scoring to 5 runs per inning. In the final inning, a team that is ahead by 10 or more runs is limited to 5 runs. The team that is behind in the last inning will have an opportunity to score at least 5 runs more than their opponent.**

E. TIE BREAKER (extra innings)

1. Both coaches and official(s) must agree to extra innings.
2. Up to four (4) extra innings may be played.

F. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.

G. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

Sno-King Middle School League
GUIDELINES
BOYS AND GIRLS TRACK



A. SCHEDULE FORMAT

1. Field events will begin at 3:45 p.m.
1. Running events will begin at 4:00 p.m. It is ok to start earlier if all coaches agree
2. 7th graders must run with 7th grade team, and 8th graders must run with 8th grade team. Non-scoring heats may be combined grade level at the discretion of the starter.
3. Boys and Girls meets will be held at the same site.
4. Canceled meets may be made up by mutual agreement of schools involved.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices before they are eligible to compete in a meet.
2. The maximum length of the season will be twelve (12) weeks.
3. The maximum number of meets allowed per team is seven (7).
4. The maximum number of meets per week is two (2).

C. OFFICIALS

1. The person keeping the score sheet should be knowledgeable and qualified.
2. Adults should fill the positions of lane timers, event judges and scorer.
3. Host schools shall provide a minimum of four adult timers. When possible, timers should be provided for all lanes run. If unable to provide a timer for all lanes, the meet manager shall inform coaches prior to the meet beginning. All heats shall be timed and place will take precedent over time. Host schools should identify an individual to pick the top three places.
4. Officials will be assigned by the host school.
5. Host school will communicate to opponents by noon the day before the meet regarding entry information and meet process.

D. SPORT SPECIFIC RULES

1. During the first two (2) meets of the season, instruction is the goal and rule infractions that don't affect the outcome of the event will be talked over with the athlete. Starting the third (3rd) meet all league track & field rules will be strictly enforced.
2. The home team will supply all equipment for meets it hosts. This includes shots, disc, and starting blocks for all competitors. If this can't be done, the host school should notify the visiting school what they need to bring.
3. Boys and girls may not compete in more than four (4) events.
 - a. 3 field and 1 running.
 - b. 3 running and 1 field.
 - c. 2 running and 2 field.
 - d. Relays count as a running event.
4. An Olympic start will be used for the 800 and 1600 meter runs. A runner may change toward the inside or outside of the track when the competitor is one full running stride in advance of the runner whose path is crossed. It is not a foul if a runner crosses to the inside or outside if this action does not interfere in any way with another competitor's stride.
5. In duel or tri-way meets, extra heats will be run as needed to allow all eligible competitors a chance to compete.
6. Two (2) relay teams may run for each school (more for dual meets). Only one (1) team will count. The best finishing relay team from each school will be the scoring team.
7. In dual or tri-way meets, scoring places will be determined from heat one (1) only. Fastest runners must be in heat one.

8. One (1) false start for the entire field. On the second (2) false start, the competitor that false starts is out. This is for all meets.
9. Coaches may be anywhere on the field during dual meets. At the Pre-Lims and Championship meets, coaches must stay in the designated viewing areas.

E. HIGH JUMP

- 7th girls - Start at 3' 6" ... 2" increments to 4' 10"
 - 8th girls - Start at 3' 8" ... 2" increments to 4' 10"
 - 7th boys - Start at 3' 10" ... 2" increments to 5' 00"
 - 8th boys - Start at 4' 0" ... 2" increments to 5' 00"
- ...then all groups will be raised in 1" increments.

F. FIELD EVENTS

1. Each school is allowed four (4) scoring entries in tri-meets and six (6) scoring in dual meets per grade level with a maximum of twelve per meet per gender. At the conclusion of varsity competition, (boys & girls) an open pit will remain open (excluding HJ) for other participants to have up to two attempts that will be marked/measured.
2. Three (3) attempts will be allowed in the shot put, discus and long jump. Two (2) attempts will be allowed in the high jump up to 4'6" for girls, and 5' for boys. **If there are two pits, three (3) attempts will be allowed.** After 4'6" for girls, and 5' for boys, participants will be allowed three attempts. All three (3) may be taken in succession. A 45-minute time limit and an open pit will be used for dual and tri-meets.
3. Girl's high school discus (1 Kilo weight) shall be used for both boys and girls and will be provided by host school.
4. An 8-pound shot shall be used for both 7th and 8th grade boys and girls and will be provided by host school.

G. RUNNING EVENTS

1. Each school is allowed three (3) to four (4) scoring entries in dual meets depending on the number of lanes on the track (6 or 8). Two (2) scoring entries in tri meets. **Extra participants may fill any lanes not filled by a school, or extra heats will be run.**
2. **There will be unlimited entries in the 800 and 1600.**
3. Starting blocks will be provided by the host school for all running events, including relay.

H. RELAY TEAMS

1. All members of a relay team must wear the same uniform tops; this includes undershirts. Relay teams **MUST** be the same above the waist.
2. If a school can't form a 7th and 8th grade relay teams, they may combine 7th with the 8th grade and run in the 8th grade race.

I. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.

J. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

K. LEAGUE PRE-LIMS

1. The games committee will consist of the host school Athletic Director and two (2) coaches.
2. At the Pre-Lims, coaches must stay in the stands.
3. Each school is allowed one entry in relays, two entries in laned races and three entries in field and non-laned races. (800/1600)
4. Two (2) heats will be run in each laned event, except relays.
5. The winner of each laned heat will advance plus the next two (2) fastest times and an alternate. If F.A.T. timing is used to time, then the top four (4) times advance plus an alternate, regardless of heat or place.
6. The top six (6) finishers and one alternate in the 800, 1600, and field events will advance to the league finals.
7. In the event of a tie for fourth (4th) in a laned event, a run-off will be held when convenient during the meet to determine who advances to the finals. Ties for 6th place in non-laned and field events will advance to the finals.
8. In the event the Preliminary Track Meet is cancelled, the meet will be rescheduled for the next available date. If a Pre-Lim is unable to be run, athletes will be seeded into the finals based on their season's best mark.
9. The **day** following the final dual meet, coaches shall submit their Pre-Lim entries to the meet manager in charge of their Pre-Lim.
10. A 3-turn stagger will be used in the 800 and 1600 relays.
11. At the Pre-Lims, two adults are required at each relay exchange zone.

L. LEAGUE CHAMPIONSHIP FINALS

1. The games committee will consist of two (2) ADs and three (3) coaches.
2. Each participating school will provide two (2) officials at the league meet, if required. These officials will contact the meet director before 3:30 p.m.
3. Lanes in the finals will be pre-assigned based on Pre-Lim finish times.
4. Each participant in the shot, discus or long jump will be allowed four (4) attempts.
5. The shot put, discus ring, and the long jump pit will be open for one (1) hour.
6. Participants in field events shall report promptly to the event judge when the event is announced. A participant shall be charged with an unsuccessful attempt if he/she does not initiate a trial or pass within 1-1/2 minutes in all jumping. The only exception is being excused by the judge to participate in another event.
7. Participants excused to compete in another event shall have a maximum of 10 minutes from the time they are excused until they must make themselves available for their next trial.
8. When an athlete is scratched from the finals, his/her place will be taken by the alternate from their same Pre-Lim.
9. Athletes not able to compete in the Pre-Lims may be petitioned into the finals if they missed the pre-lims due to an excused school absence or have a doctor's medical excuse, except for vacations. The coach will petition as soon after the Pre-Lim as possible with proof of time or distance. This rule does not apply to laned events. No athlete may be petitioned into a laned event in the finals.
10. Ribbons will be awarded to the top 8 finishers in each event.
11. Coaches **must** stay in the designated viewing areas at the Championship meet.
12. At the Championship, team scoring will be as outlined in the NFHS Rule book: 10-8-6-5-4-3-2-1 for ten (10) teams with eight (8) places scoring.
13. A 3-turn stagger will be used in the 800 and 1600 relays.
14. At the Finals, two adults are required at each relay exchange zone.

TRACK & FIELD ORDER OF EVENTS

RUNNING EVENTS

1. 7th Girls 1600 m. run (Olympic curve start)
2. 8th Girls 1600 m. run (Olympic curve start)
3. 7th Boys 1600 m. run (Olympic curve start)
4. 8th Boys 1600 m. run (Olympic curve start)
5. 7th Girls 100 m. low hurdles
6. 8th Girls 100 m. low hurdles
7. 7th Boys 100 m. low hurdles
8. 8th Boys 100 m. low hurdles
9. 7th Girls 100 m. dash
10. 8th Girls 100 m. dash
11. 7th Boys 100 m. dash
12. 8th Boys 100 m. dash
13. 7th Girls 800 m. run (Olympic curve start)
14. 8th Girls 800 m. run (Olympic curve start)
15. 7th Boys 800 m. run (Olympic curve start)
16. 8th Boys 800 m. run (Olympic curve start)
17. 7th Girls 400 m. relay (4x100)
18. 8th Girls 400 m. relay (4x100)
19. 7th Boys 400 m. relay (4x100)
20. 8th Boys 400 m. relay (4x100)
21. 7th Girls 400 m. dash
22. 8th Girls 400 m. dash
23. 7th Boys 400 m. dash
24. 8th Boys 400 m. dash
25. 7th Girls 200 m. dash
26. 8th Girls 200 m. dash
27. 7th Boys 200 m. dash
28. 8th Boys 200 m. dash
29. 7th Girls 800 m. relay (4x200)
30. 8th Girls 800 m. relay (4x200)
31. 7th Boys 800 m. relay (4x200)
32. 8th Boys 800 m. relay (4x200)
33. 7th Girls 1600 m. relay (4x400)
34. 8th Girls 1600 m. relay (4x400)
35. 7th Boys 1600 m. relay (4x400)
36. 8th Boys 1600 m. relay (4x400)

Boys & Girls 100 m. low hurdles:
 30" height - 10 hurdles
 42' 8" to 1st hurdle
 27' 10 3/4" between
 34' 5 1/2" to finish

1st FLIGHT

*Girls High Jump
 Girls Shot Put
 *Boys Long Jump
 Boys Discus

2nd FLIGHT

*Girls Long Jump
 Girls Discus
 *Boys High Jump
 Boys Shot Put

* Sites with multiple pits may run B/G concurrently

Sno-King Middle School League
GUIDELINES
VOLLEYBALL



A. SCHEDULE FORMAT

1. Regularly scheduled games shall begin at 3:45 p.m.
4. Only 8th graders may play on the 8th grade team and only 7th graders may play on the 7th grade team. Players shall not be allowed to play up or down from their grade level.
5. 7th and 8th grade games will usually be played at the same site.
6. Every effort will be made for each team to play at 3:45 on an equal basis.
7. Canceled games will not be made up unless both schools involved agree.

B. WIAA GUIDELINES

1. Each individual player must have a minimum of eight (8) practices.
2. The maximum length of the season will be twelve (12) weeks.
3. The maximum number of matches allowed per team is ten (10) plus a jamboree.
4. The maximum number of matches per week is three (3).

C. OFFICIALS

1. All matches will be officiated by members of the Local Officials Association. In cases where this is not possible, a **coach may** be obtained which is agreed to by either coaches or ADs.
2. An adult, or knowledgeable and qualified student, should run the scoreboard and scorebook at all times.
3. The person keeping the scorebook should be knowledgeable and qualified.
4. Home team is required to furnish **2** line judges.

D. SPORT SPECIFIC RULES

1. If the squad is cut, the minimum squad size must be twelve (12) on the first game day of the season.
2. Warm-up will be as follows:
3. 8-minute warm-ups – home, 8-minute warm-ups - visitor.
4. 2-minute warm-ups – both teams serving.
5. Three (3) games are guaranteed regardless of the winner of the first two games. There will be no 4th and 5th games.
6. All games will be to 25 points using rally score, winning by two (2) points.
7. The let serve will be in effect.
8. Net height for both grades will be 7'- 4"
9. Volleyball uniform shorts shall have a minimum 4" inseam.

E. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.

F. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

Sno-King Middle School League
GUIDELINES
WRESTLING



- A. SCHEDULE FORMAT
1. Weigh in for the first match will begin as soon as the visiting team arrives, and no later than 3:45 p.m. Home team may weigh in prior to visiting team arriving if an administrator or official is on sight.
 2. Junior Varsity matches will wrestle after the Varsity matches unless the site can accommodate both levels at one time.
 3. There will be one team with 7th and 8th grade athletes combined.
- B. WIAA GUIDELINES
1. Each individual player must have a minimum of **eight (8)** practices before they are eligible to compete in a match. A student may participate in a jamboree the day following eight (8) days of practice.
 2. The maximum length of the season will be twelve (12) weeks.
 3. The maximum number of matches allowed per team is ten (10) plus a jamboree.
 4. The maximum number of matches per team per week is two (2).
 5. The maximum number of matches per individual per week is four (4).
 6. The maximum number of matches per individual per season is fourteen (14). The takedown tournament DOES NOT count as one of the fourteen (14) matches allowed per wrestler.
 7. Varsity wrestlers shall weigh in shoulder to shoulder on the host team's certified scale. The host team administrator, or designee, will certify the weigh in. Junior varsity wrestlers may weigh in after practice the day before the contest or before lunch on the day of the contest at their respective schools. JV weigh in sheets must be submitted to the scorer's table at the start of the match.
 8. For Double Dual Meets, schools shall weigh in at their school site before departure (lunch or after school) with weight certification approved by the administrator or Athletic Director.
 9. In a Jamboree an individual wrestler may not wrestle more than the time permitted in a dual contest.
- C. OFFICIALS
1. All matches will be officiated by members of the Local Officials Association. If one is not present, teams will return home and try to reschedule, if possible.
 2. An adult should run the score clock and scorebook at all times.
 4. The person keeping the scorebook should be knowledgeable and qualified.
- D. SPORT SPECIFIC RULES
1. Varsity matches will consist of a maximum of three (3) ninety, (90) -second rounds.
 2. Junior Varsity matches at dual meets will consist of a maximum of three (3) rounds. Each round will be a minimum of sixty (60) seconds and a maximum of ninety (90) seconds. Length will be set by mutual agreement of the participating coaches.
 3. Weight divisions will be as follows:

81	103	123	148	188	<u>These weight classes INCLUDE</u> <u>the post Feb 1st three (3)</u> <u>pound weight allowance</u> <u>per WIAA 66.67.0</u>
88	108	128	157	218	
93	113	133	167	248	
98	118	140	178	278	
- NO ADDITIONAL WEIGH ALLOWANCE WILL BE ALLOWED.**
4. Minimum weight for 81 lb. class is 64 lbs.
 5. Minimum weight for 88 lb. class is 70 lbs.
 6. Heavy Weight wrestlers must be within 30 pounds of each other to wrestle.

E. FACILITY PREPARATION / SUPERVISION

1. Facility preparation is the responsibility of the host school.
2. It is the responsibility of the home school to provide all supervisory personnel.

F. ELIGIBILITY

1. All participants must meet WIAA and school/district requirements.

G. LEAGUE CHAMPIONSHIP FINALS

1. A student must wrestle in the Championship Tournament in or above the weight class at which he/she weighed in for at least fifty (50) percent of that wrestler's weigh-ins during the regular season. **Girls must wrestle at the Girls Championship Tournament and Boys must wrestle at the Boys Championship Tournament.**
2. If a wrestler makes weight for a contest and wins by forfeit, that contest will be counted toward satisfying the fifty (50) percent requirement.
3. Ribbons will be awarded to the top six (6) wrestlers at each championship tournament. There will be ribbons for 1st and 2nd place as well as two (2) 3rd place ribbons two (2) 5th place ribbons
4. Seeding for the varsity tournament will be determined using the following criteria:
 - a) Overall record
 - b) Head-to-head competition (at weight classification for 7th and 8th seeds)
 - c) Grade in school
 - d) Coaches' recommendation and discussion.
5. League Championship participation will occur at two league sites as determined by Athletic Directors. Facility assignment will be determined by random draw on an annual basis.
6. Each league school will have a minimum of three wrestlers in the varsity tournament. Participating schools must submit entries one week prior to the championship match.
7. Each school may enter a minimum of one wrestler in each weight class. If the bracket of a weight class is not filled, then the slots may be filled by a second wrestler from a school. A school rotation will be developed so that each school has an opportunity to add wrestlers to various weight class brackets.
8. Tournament matches will consist of three (3) ninety (90) second rounds.
9. Consolation matches will consist of three (3), sixty (60) second rounds.
10. Athletes will weigh in at school on the day of the tournament. Coaches will bring weight sheets verified by school administration to the tournament.