

Washington Catholic Athletic Conference



2025-2026

Athletics Handbook

(Adopted August 2025)

website: wcaasports.com

Introduction:

The information contained in the Washington Catholic Athletic Conference (WCAC) Handbook is intended to serve as a general resource for WCAC member school Administrators, Athletic Directors, Coaches, and Parents to understand the rules and regulations of the conference. This handbook contains the Bylaws, rules and regulations and general information of the Conference.

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WCAC Mission Statement

The Washington Catholic Athletic Conference (“WCAC”) was organized exclusively for fostering the spiritual, academic, social and athletic development of interscholastic high school athletic competition while cultivating the ideals of Christian sportsmanship. Formed in 1993, the WCAC consists of 13 private schools in the Maryland, DC, and Northern Virginia area whose membership includes eight co-ed schools: Archbishop Carroll High School, Bishop Ireton High School, Bishop McNamara High School, Bishop O’Connell High School, Our Lady of Good Counsel High School, St. Paul VI Catholic High School, St. John’s College High School, and St. Mary’s Ryken High School; three all-boys schools: DeMatha Catholic High School, Gonzaga College High School, and The Heights School; and two all-girls schools: Academy of the Holy Cross and Elizabeth Seton High School. All member schools participate in interscholastic sport at the Varsity and Junior Varsity level, with some also competing at the Freshman-only level.

WCAC Vision

The WCAC will advance the collective well-being of its member schools by being...

- Recognized as a leader in advancing the ideals of Christian sportsmanship, good citizenship, and the balanced growth of students through-athletics.
- Committed to maintaining excellence and seeking opportunities to broaden participation.
- Structured to foster trust, respect and Christian community among member schools.
- Accountable and transparent in administrating its bylaws consistent with its code of ethics.

WCAC Code of Ethics

The administration and athletic department of each member school will fulfill the mission and advance the vision of the conference at all times by:

Governance:

- Recognizing the presidents or heads of school as the final authority for the conduct of the interscholastic athletics programs at their individual institutions
- Educating constituents about the conference's mission, vision, code of ethics and bylaws, including but not limited to articulating the mission, vision and code of ethics in each student and faculty handbook
- Assuring that the actions of coaches and administrators are consistent with Catholic values and exhibit fairness, openness, respect and honesty in their relationships with student-athletes, the public, and each other.
- Complying with Safe Environment principles as mandated by the United States Conference of Catholic Bishops
- Providing equitable athletics opportunities, administrative support, and resources for boys' and girls' sports
- Providing information to WCAC authorities as requested to ensure the appropriate accountability and transparency in conference practices.

Competition:

- Expecting Christian sportsmanship from all constituents, including student-athletes, coaches, administrative personnel, and spectators.
- Giving primary emphasis to in-league competition and conference championships.
- Keeping competition focused on the welfare and development of student-athletes.
- Supporting student-athletes in their efforts to reach high levels of athletic performance by providing all teams with appropriate facilities and competitive opportunities.

- Ensuring all coaches and officials receive adequate training to enhance interscholastic competition and ensure the safety, emotional, and physical health of student-athletes;

Recruiting, Admissions and Student Life:

- Assuring that athletic recruitment practices respect the child, involve the parent, are consistent with Catholic values and WCAC regulations, and comply with established institutional policies and procedures applicable to the admission process.

- Committing to awarding financial aid, tuition assistance or scholarships to student-athletes on the same basis as all other students

- Assuring that admissions policies for student-athletes comply with policies and procedures applicable to the general student body

- Assuring that student-athletes are treated the same as other members of the student body with respect to school discipline

- Assuring that the academic performance of student-athletes is consistent with that of the general student body

- Providing a safe and healthy environment for student-athletes to practice and compete

- Assuring that student-athletes are supported in their efforts to participate meaningfully in non-athletic extracurricular pursuits to enhance their overall educational experience and spiritual growth.

*The above statements articulate the principles and values as outlined by the WCAC mission and vision and should serve as a guide for the preparation of rules by the Conference and for planning and implementation of programs by institutions.

Requirements For Athletic Participation – General Eligibility

A. All Varsity rosters – (Varsity, Junior Varsity and Freshman) must be in the hands of the Sports Commissioner and League Commissioner prior to the first playdate. All rosters must be re-submitted 1 week prior to the playoffs.

1. The rosters shall include:

- a. Name of the player
- b. Date of birth
- c. Current grade
- d. Date entered 9th grade
- e. For Transfers – Name of school last attended
- f. Jersey Number(where applicable)
- g. Name of Head Coach and Coaching Staff
- h. Signature of Principal or Athletic Director

2. Eligible student athletes may participate on varsity, junior varsity, or freshman teams and may change levels of competition as many times as coaches determine is in the best interest of the team or the player.

- a. A player may not participate in more than one contest per day (except for tournament play and regularly scheduled double contests such as baseball/softball double headers).
- b. Only freshmen may participate on the freshman team.
- c. Seniors may not participate below the Varsity level.
- d. No player may participate in more regular season contests than the total number of contests permitted for that varsity team in that season as defined in WCAC part V. Competition #4 Contest Limitations.
- e. Any movement to varsity during the season must be reported to the League Commissioner and the Sport Commissioner.
- f. Special exemptions may be requested from the League Commissioner

Individual Eligibility Requirements

A. **Enrollment Rule** To participate in a WCAC sport a student must be officially enrolled in his/her conference school according to the member school's stated admissions policies.

Enrollment must include:

1. A completed application.
2. A written acceptance from the school.
3. Payment of Registration Fee.

B. **Age Rule**: No student who is nineteen (19) as of September 1 will be allowed to participate in a sport.

C. Semester Rule: Students are permitted eight (8) consecutive semesters of playing time starting with first entry in the ninth grade. An appeal for exemption may be made to the eight-semester rule in cases of medical reasons that prevent the student from attending class and earning credit in order to be promoted to the next grade.

D. Physical Examination:

- a. All student-athletes must be medically cleared for sports participation, with a physical examination dated after June 1 of the preceding school year (this includes 9th graders) in order to engage in off-season workouts, tryouts, or practice as a squad member.
- b. Physicals are good for one year, once the student has entered the school.

E. Academic and Disciplinary Standards: Academic and disciplinary standards for eligibility are to be determined by each member school.

F. WCAC Athletic Transfer Policy

1. The WCAC Athletic Transfer Policy applies only to student participation varsity sports. There are no transfer restrictions for student participation in junior varsity sports.
2. A student may only participate in sports for 8 consecutive semesters upon entering the 9th grade.
3. Subject to paragraph 4 below pertaining to an 11th grade student, 9th, 10th, and 11th grade students are permitted a ONE-TIME intra-conference transfer. To be eligible to play any varsity sports at the new WCAC member school during the school year of the transfer, the student must be enrolled in the new school on or before September 15 of that school year. There are NO intra-conference transfers after September 15 of a given school year. If the enrollment occurs after September 15, the student is ineligible to play any varsity sports at the new school for the remainder of that school year. Any intra-conference transfer in addition to the ONE-TIME intra-conference transfer renders the student ineligible to play any varsity sports at the new school for 365 days from the date of enrollment at the new school.
4. A 12th grade student is not permitted an intra-conference transfer. If a 12th grade student transfers from one WCAC member school to a new WCAC member school, he/she is ineligible to play any varsity sports. If during his/her 11th grade year a student plays a varsity sport or plays multiple varsity sports at one WCAC member school and thereafter uses the ONE-TIME intra-conference transfer, the student is ineligible to play that same sport or those same sports at the new school for 365 days from the date of enrollment at the new school. For the purpose of all provisions of this policy, a student is considered a 12th grade student the day after the end of his/her 11th grade school year.
5. Transfers from non-WCAC member schools:
 - a. Each 9th, 10th, and 11th grade student transferring from a non-WCAC member school to a WCAC member school is eligible to participate in all varsity sports immediately, provided the student has not previously used his/her ONE-TIME intra-conference transfer. If the student previously used his/her ONE-TIME intra-conference transfer, the student is ineligible to play varsity sports at the new school for 365 days from the date of enrollment at the new school.
 - b. A 12th grade student transferring from a non-WCAC member school to a WCAC member school is eligible to participate in all varsity sports provided he/she has enrolled in the WCAC member school by September 15 of that school year and provided the student has not previously used his/her ONE-TIME intra-conference transfer. If the enrollment occurs after September 15 or the student previously used his/her ONE-TIME intra-conference transfer, the student is ineligible to play any varsity sports at the new school.
6. Definitions: for the purpose of this Athletic Transfer Policy, the following definitions apply:
 - i. A student is considered officially enrolled in the school of roster if they meet

the following criteria:

- ii. Registration Completion: The student has completed all required academic and administrative enrollment procedures, including submission of registration forms, payment of tuition or deposit (if applicable), and acceptance by the school.
 - iii. Full-Time Academic Attendance: The student is actively attending scheduled classes on a full-time basis in accordance with the school's academic calendar.
 - iv. Enrollment Timing: The student must be enrolled and attending classes no later than the date specified by WCAC regulations for eligibility in that sport's season (September 15; January 31).
- b. "Intra-conference transfer" means moving from one WCAC member school to another WCAC member school.
 - c. "ONE-TIME" is defined as a single intra-conference transfer for a 9th, 10th and 11th grade student during the student's high school years.
 - d. "WCAC member school" means a school which is a part of The Washington Catholic Athletic Conference.
 - e. "Play" or "Played" means to appear or be listed on a varsity sport roster.
7. Each Head of School shall provide the WCAC Commissioner with legal guardianship documentation for a student upon request.
 8. The WCAC and each member school shall publish the Athletic Transfer Policy, and all future amendments or modifications thereto, on their respective websites or on any other media intended to give notice to their students or those interested in becoming students at their school. It is the responsibility of each member school to provide a copy of the Athletic Transfer Policy to each student who intends to transfer or has transferred into their school.
 9. The Athletic Transfer Policy is effective September 12, 2025, and shall remain as stated above until otherwise amended, modified, or terminated by the member schools.

G. Appeal: A member school may make a written appeal to the Commissioner for special circumstances.

A. All appeals will be reviewed by the Executive Committee, an Athletic Director from the WCAC, and the Commissioner.

i. A convened committee will not contain the Athletic Director of a school which is filing an appeal.

ii. The Committee will meet three times a year, one month prior to each season, July, October, and February.

iii. Waiver/Appeals will only be heard at these meetings.

iv. All decisions are final.

B. Hardship Cases will be reviewed individually by the Executive Committee.

H. Recruiting and Athletic Scholarships:

A. A member of a school's staff may contact a prospective student/athlete and/or the parent/guardians for the purpose of encouraging that student to attend that member school. Such contact should highlight the positive aspects of attending a secondary Catholic school and the overall programs offered by the school.

B. Member schools may not recruit or initiate contact with students already enrolled in other high schools, private or public, or once a student has paid any school's registration fee.

C. It is also impermissible for a member of a school's athletic staff to visit a prospective student/athlete in his/her home.

D. Member schools, individuals, groups, or organizations may not give financial assistance in any form to students as remuneration for participation in athletics.

Competition

A. Tournament Alignment: See individual sports regulations.

- a. The championship will be determined by a season ending tournament. Seeding of the tournament will be based on the winning percentage at the completion of the entire WCAC schedule.

Fall Sports:

- Football - 4 Team Tournament seeded/5th seed eliminated at end of regular season (Capitol & Metro Division)
- Field Hockey- ALL teams make playoffs (7 school/1 Seed gets bye to semifinals)
- Girls Tennis- ALL teams make tournament (9 schools)
- Soccer – Boys -10 Team playoffs seeded/11th seed is eliminated at end of regular season
Girls - ALL teams make tournament (9 schools)
- Volleyball - ALL teams make playoffs (10 schools)

Winter Sports:

- Basketball – Boys - ALL teams make playoffs (11 schools/1-5 seeds receive BYE)
Girls - ALL teams make playoffs (10 schools)
- Ice Hockey – Boys - ALL teams make playoffs (4 schools- Capitol & Metro Division)
Girls- ALL teams make playoffs (4 schools)
- Swimming - ALL teams make tournament (10 schools)
- Wrestling - ALL teams make tournament (10 schools)

Spring Sports:

- Baseball - 10 Team Playoffs seeded/11th seed is eliminated at end of regular season
- Boys Tennis - ALL teams make tournament (10 schools)
- Golf - ALL teams make tournament (12 schools)
- Lacrosse – Boys - ALL teams make playoffs (10 schools)
Girls- ALL teams make playoffs (9 schools)
- Softball - ALL teams make playoffs (9 schools)
- Track & Field - ALL teams make tournament (13 schools)

B. Contest Limitations

See the following chart.

Contest Limitations				
Sport	Reg. Season	WCAC Playoffs/ Championship Required	Post Season Tournaments	JV & Freshman
Baseball	28	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Tournament(s)	20
Basketball	30	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Tournament	22
Cross Country	12	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Meet	12
Field Hockey	18	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Tournament	16
Football	10	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Tournament	10
Golf	15	yes	<ul style="list-style-type: none">• State Playoffs• Post Season Tournament	10

Ice Hockey	30	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	18
Lacrosse	18	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	14
Soccer	20	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	20
Softball	28	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	20
Swimming	15	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	15
Tennis	16	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	16
Track	15	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	12

Volleyball	25	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	22
Wrestling	15 events Includes Dual, Tris, Quads and Tournaments	yes	<ul style="list-style-type: none"> • State Playoffs • Post Season Tournament 	12

- Scrimmages --- Limit 4 per season, Limit 4 hours
- # Scrimmages cannot be held after playing regular season game.
- **Allows split squads to attend different meets on same day.
- Junior Varsity and Freshmen – the WCAC does not sanction or sponsor WCAC Conference Championships or post season tournaments at the Junior Varsity and Freshmen level.
- Junior Varsity and Freshmen - each sports season ends before the conclusion-of the WCAC Championship.

C. Scrimmage

Definition – A scrimmage is defined as two schools competing in a practice setting.

- Scrimmages are limited to pre-season. (Prior to playing a Conference or Non-Conference Regular game.)
- Only eligible student-athletes who are on a team’s roster may participate in scrimmages of an athletic team during the season.
- In a timing contest (Basketball, Football, etc.) time can only be kept by the quarter and a running continuous score cannot be kept.
- A winner and a loser cannot be determined.
- Individual statistics or scores cannot be published.
- Officials cannot be paid for a scrimmage unless necessitated by written contract between the Association and the host school.
- Admission cannot be charged.
- Both teams must agree that it is a scrimmage game.
- Game uniforms cannot be worn.

D. Championship

The Commissioner will determine the method of championship in the individual sport. a. All scheduled WCAC games or matches must be completed in order to participate in playoffs, subject to waiver by the Commissioner.

E. Competition Rules Guidance

The WCAC will follow National Federation High School Rules with approved adjustments as voted and approved by three-fourths ($\frac{3}{4}$) of the Athletic Directors.

F. Tie Break Procedures

For the purpose of tournament seeding, ties will be broken according to the following:

a. The following policies are set up to break ties at the end of the regular season for seeding purposes. Follow the appropriate steps in order. Once one or more teams gain an advantage in the case of a multiple-team tie, revert to the beginning of the tie-breaking policies with the remaining teams.

1. Two-Way Tie:

a. Regular season head-to-head results

b. Each team's combined winning percentage versus the teams ranked higher in the standings.

c. Each team's winning percentage versus a common opponent that is occupying the highest position in the standings and continuing down through the standings until one team gains an advantage.

NOTE: When arriving at another pair of tied teams while comparing records, use each team's record against the tied teams as a group rather than the performance against the individual tied teams.

d. Coin flip.

2. Multiple-Team Tie:

a. Teams are viewed as a "mini-conference" when comparing head-to-head results. The team or teams with the best combined record versus the other teams in the mini-conference gains the advantage.

b. Each team's combined winning percentages versus the teams ranked higher in the standings.

c. Each team's winning percentage against a common opponent that is occupying the highest position in the standings, and continuing down through the standings until one team gains an advantage.

NOTE: When arriving at another pair of tied teams while comparing records, use each team's record against the tied teams as a group rather than the performance against the individual tied teams.

d. Draw

G. Rescheduling Contests

a. Contests are to be made up on the first calendar date on which no conflicts exist for either member school.

b. If a contest is not rescheduled within seven days, the Commissioner will determine the date on which it will be played.

c. If there is a conflict at the end of a season, the WCAC schedule takes precedence.

H. Ejections

- The Commissioner and Sport Chair must be notified in all cases of a player or coach ejection from a contest.
- All team and individual sports ejections or disqualifications from a competition for the unsportsmanlike behavior of any form shall result in a one(1) game suspension, whether the game is in-conference or out of conference.
- A player or coach that has been suspended from a contest must immediately leave the place of the competition.
- Any player ejection for something other than a sportsmanship violation will be issued a warning, and a second ejection of this nature during the current season will result in a one(game) suspension.
- A person who has been ejected shall be suspended from the next played sanctioned competition. If the ejection takes place at the end of a season, it should be served during the first official game of the following season. Coaches or student-athletes shall not be permitted to attend the game nor be present in the facility while serving the suspension.
- A second unsportsmanlike ejection of either a player or coach will result in a minimum of a three(3) game suspension. Additionally, a person who has been ejected from a third contest in the same season shall be suspended for the remainder of the season. Coaches or students shall not be permitted to attend the game nor be present in the facility while serving the suspension.

I. WCAC Sport Season Start Dates

Practice		Opening Day / First Play Date
Fall	Practice starts August 12th with the exception of varsity football which starts 24 days (excluding Sundays) prior to their first game and not before August 1 st . Organized sub-varsity practice can begin no more than 24 practice days before the first game or August 12 th , the beginning of fall sports. Whichever comes first. They are still required to follow the player acclimation period. There are no restrictions on sub-varsity players trying out for the varsity team.	August 29 th or for football not earlier than 24 days(excluding Sundays) after the first day of practice.
Winter	November 8th	Friday after Thanksgiving
Spring	Tuesday after President’s Day	March 1st

- a. If the opening day of practice is a Sunday, teams will be permitted to practice on the preceding Saturday if their school does not permit practice on Sunday.
- b. Ice Hockey and Swimming practice start date – October 13th.
- c. For the JV and Freshman level, each sports season ends before the conclusion-of the WCAC Championship.

J. School Cancellation

When a school closes due to an emergency or severe weather conditions, all league contests involving that school are automatically canceled. The Athletic Directors will reschedule the contests at an appropriate time. In the case of scheduling difficulties, the Commissioner will make a final decision.

K. Game Video and Videotaping Contests

In all sports, where applicable, game film/videos may be requested to be exchanged prior to league play. The video is exchanged between schools for scouting purposes.

Tournament Revenue Procedures

A. All revenue from tournament/playoff games shall go to the WCAC to pay expenses.

GRIEVANCES

A. Conflicts and unofficial complaints should be resolved directly by those involved.

B. If a member of a WCAC school wishes to file an official grievance, he/she must do so according to channels: Athletic Director to Athletic Director, Principal to Principal, and then, if needed, to the Commissioner.

C. A member school wishing to file a grievance against another school or request a waiver of a Rule or Regulation must present it in writing to the Commissioner. The Principal and the Athletic Director of the filing member school must sign the grievance.

D. After reviewing the grievance, the Commissioner will schedule a hearing allowing the school being accused of a violation to have the opportunity to respond. Following the review of the grievance, the Commissioner will render a decision and present his/her findings to the Board of Directors.

E. The Commissioner will bring grievances that prove to involve a serious violation of the Bylaws or these Rules and Regulations to the entire Board of Directors. Disciplinary action of the offending party will follow if a simple majority of the entire Board of Directors so votes.

F. All protests of games shall be filed in writing by the Principal of the member school objecting within seventy-two (72) hours of the game in question with the Commissioner.

APPEALS

A. Any decision of the Commissioner with respect to cases not covered in the Bylaws or these Rules and Regulations may be appealed to the Executive Committee. This appeal must be made to the Commissioner in writing within seventy-two (72) hours after notification of the initial decision. The Commissioner will call a meeting of the Executive Committee within seven (7) days to consider the appeal. The Principal and the Athletic Director of the school initiating the appeal must sign the appeal letter.

PENALTIES

A. The Commissioner will rule in any game in which the eligibility rules of the WCAC have been violated.

B. For violation of the Bylaws and these Rules and Regulations, the following penalties shall be enforced:

- a. A school may forfeit all games in the contested sport(s) for the current school year and be placed on probation in the sport(s) for the coming year.
- b. A team on probation is not eligible for any championship and/or post-seasonal play on any level in that sport.
- c. A member school may be suspended:
 - i. For flagrant violation of the Bylaws or these Rules and Regulations.
 - ii. For neglecting to provide reasonable safeguards for the protection of officials and visiting teams.

C. Player and/or Coach ejections from a contest:

- a. The Sport Commissioner and Commissioner must be notified in all cases of player or coach ejection from a contest.
- b. Any coach ejected for any reason from a contest will be suspended from the next game whether the game is in-conference or out of conference.
- c. Any player ejected for unsportsmanlike conduct will be suspended from the next game.
- d. Any player ejection for something other than a sportsmanship violation will be issues a warning, and a second ejection of this nature during the current season will result in a one (1) game suspension.
- e. A second unsportsmanlike ejection of either player or coach will result in a minimum of a three (3) game suspension as determined by the Executive Committee.

FINANCES

1. Each member school shall pay the approved annual fee.
 - a. Each member school must pay the annual fee for athletic training software.
2. Individual member schools are responsible for all regular season expenses. The host member school is responsible for any deficit in revenue sports.
 - a. Any contest in which two Conference teams are involved is considered a league contest and must follow these Rules and Regulations.
 - b. Ticket Prices:
 - i. Regular Season Tickets: At door \$5.00; Six (6) years and under free when accompanied by a paying adult. Visiting school has 25 Basketball/50 Football for Comps.
 - ii. Sideline Passes: 50 coaching passes per year
65 sideline passes for Semi/Championship Football games
 - iv. Playoffs: At school sites - To be determined by the Commissioner
 - iv. Post Season: At off campus sites - Price to be determined annually by the Commissioner
 - c. The conference recommends that each school does not charge for Freshman Basketball Games unless it's combined with a JV and/or Varsity Game.

HEALTH AND SAFETY

WCAC Leadership Committee

2 Athletic Trainers to serve as liaisons to the WCAC Commissioner and will meet monthly at the Athletic Director's meeting. The change in liaisons will occur at the Spring WCAC AT meeting of even number years.

SPORTS MEDICINE COMMITTEE

(National Athletic Trainers Association, National Federation of High School Sports, National Collegiate Athletic Association)

A subcommittee shall be formed to act as the representatives for all the members of our conference.

1. Committee Make up:
 1. The league commissioner
 2. 2 Athletic Directors
 3. 2 Athletic Trainers
 4. 1 physician - on a consultation basis,
 5. 1 Head of school -
2. These positions will rotate every 2 years with the WCAC Leadership Committee.
3. It is recommended that all WCAC institutions follow the recommendations of the NATA under Safe Sports Schools by the fall of 2025.

CHAIN OF COMMAND

Athletic Director, Athletic Trainer and Coach

- The Athletic Trainer who is under the direction of the team physician has final say regarding health and safety matters involving the student athlete. Athletic Director is there for support and enforcement of those decisions and or policies.
- Coach aids with the enforcement of health and safety

LIGHTNING PROTOCOL

The AT in conjunction with the game officials have the authority to clear field in event of lightning

- Weather Bug will be the official app used by WCAC institutions and athletic trainers
- Lightning radius
 - Within 15 miles – begin safety procedures (i.e.: notify coaches and officials that lightning is in the area)
 - Within 10 miles – fields must be cleared, and everyone should seek shelter in accordance with the school's specific emergency action plan
- Game/Practice delay
 - 30-minute delay with each lightning strike until lightning has moved outside of the 10-mile radius
 - During a game, delays lasting longer than an hour and a half will result in end of competition.

14-DAY HEAT ACCLIMATION PERIOD

Days 1 through 5

- Teams that conduct preseason overnight travel, the 14-day heat acclimation period must be followed.
- The first five days of formal practice are limited to one practice per day, totaling no more than 3 hours.
 - a. If practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe.
 - b. A 1-hour maximum walk through is permitted during days 1-5 of acclimatization period, however a 3-hour recovery period should be inserted between walk through and practice (or vice versa)

Days 1-2

- Sports requiring helmets and shoulder pads should be limited to helmets only
- Goalies (in the case of field hockey and related sports) should not wear full protective gear or perform activities that would require protective equipment

Days 3-5

- Only helmets and shoulder pads should be worn
- Football: contact with blocking sleds and tackling dummies may be initiated
- Field hockey: goalies may wear full protective equipment with breaks as determined by the Heat Exposure Protocol

Days 6-14

- All protective equipment may be worn, and full contact may begin.
- Football:
 - a. No team shall participate in traditional “two-a-day” practices. One Contact Practice (OCP) per day
 - i. Each contact practice should last no longer than 3 consecutive hours
 - ii. Warm up, stretching, cool down, walk through, conditioning, and weight room activities are included as part of “practice time”
 - b. A one-hour walk-through practice without padding is permitted before/after the contact practice, but must be separated by at least 3 hours in a cool environment
 - i. Sprinting, conditioning, and competitive speed drills are not permitted during the walk-through practice
 - ii. The walk-through practice may be substituted with a Strength Training session
 - c. The rest period between practices must be conducted in a cool environment for three consecutive hours
 - Team meals may be either at the beginning or end of the 3-hour break.
 - All activities must be concluded in a timely manner to allow for a minimum of 10 hours sleep.

HEAT EXPOSURE

- Determined by Wet-Bulb Globe Temperature (WBGT) Category Three:

Cat 1 WBGT (F)	Cat 2 WBGT (F)	Cat 3 WBGT (F)	Activity Guidelines
< 76.1	< 79.7	< 82.2	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
76.2 - 81.1	79.8 - 84.6	82.3 - 87.0	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
81.2 - 84.1	84.7 - 87.6	87.1 - 90.0	Maximum practice time is 2 h. <i>For Football:</i> players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <i>For All Sports:</i> Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
84.2 - 86.0	87.7 - 89.6	90.1 - 92.0	Maximum practice time is 1 h. <i>For Football:</i> No protective equipment may be worn during practice, and there may be no conditioning activities. <i>For All Sports:</i> There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 86.1	≥ 89.7	≥ 92.1	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Less than 82.2 WBGT Degrees

- Normal activities
- Water should always be available and never restricted during events in the heat
- Provide three separate rest breaks each hour lasting a minimum of three minutes.

Between 82.3 – 87.0 WBGT Degrees

ALL SPORTS

- Water should always be available and never restricted during events in the heat
- Provide three separate rest breaks each hour lasting a minimum of three minutes
- Coordinate breaks with assigned contest officials.
- Watch/monitor athletes carefully for necessary action

Between 87.1 – 90.0 WBGT Degrees

ALL SPORTS

- Maximum practice time is two hours
- Water should always be available and never restricted during events in the heat
- Provide four separate rest breaks each hour lasting a minimum of four minutes.
- Coordinate breaks with assigned contest officials.
- Watch/monitor athletes carefully for necessary action

CONTACT SPORTS - Contact sports and activities with additional protective equipment (in addition to the above measures)

- Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing activity to later in the day
- Recheck WBGT every 30 minutes to monitor for increased heat risk.

Between 90.1 – 92.0 WBGT Degrees

ALL SPORTS

- Maximum practice time is one hour
- Water should always be available and never restricted during events in the heat
- Mandatory rest breaks totaling 20 minutes each hour
- Coordinate breaks with assigned contest officials
- Watch/monitor athletes carefully for necessary action
- Cancel outdoor conditioning
- Consider postponing activity to later in the day or another day (with approval from the Director of Athletics)

CONTACT SPORTS – Contact sports and activities with additional protective equipment (in addition to the above measures)

- Protective equipment removed for practices
- Make modifications for game situation
- Recheck air temperature and humidity every 30 minutes to monitor for increased heat risk.

Above 92.1 WBGT Degrees

ALL SPORTS

- Cancel all outdoor activities and all inside activities if air conditioning is unavailable

Games during Heat Risk

- When the “real feel” temperature is **92°F or above**, it is up to the home school’s athletic trainer and athletic director to determine what measures will be taken to ensure the safety of the athletes (ie: change game time, longer and more frequent water breaks, cooling period, postponement, etc.)
- During championship tournaments the designated sport Athletic Director and Athletic Trainer will make the decision for continuation or discontinuation. Or, weather policies to be followed may be predetermined through the event contract held with the neutral site facilities where the game is being played

Practices during Heat Risk

- The athletic trainer and coaches should take the predicted weather forecast into consideration to adjust practice times to accommodate for heat index as needed

Heat Exposure Notes

- When the air temperature is below 80 degrees, there is no combination of heat and humidity that will result in need to curtail activity or implement this policy. While most attention will be given to outdoor sports in the fall and spring, indoor venues/facilities (gymnasiums, wrestling rooms, and swimming/diving facilities) that are not air conditioned should not be neglected for the purposes of this policy. Additionally, sometimes conditions will vary for different aspects of the same competition. For example, one part of a cross-country course may be hotter or more humid than other parts. The best course of action for athletic trainers is to take the heat index at the place of the most severe conditions

- ***Cold immersion should always be available and conducted before transport by EMS in the event of an overheated athlete for fast cooling***

COLD EXPOSURE

Definitions:

- “Real feel” temperature is defined as the exact outdoor temperature including wind chill and/or precipitation

“Real Feel” Temp*	Notification	Modifications
> 40	-	Normal Activity
40-32	Alert	No modifications of practice are necessary, but a warning will be given to coaches and athletes with an emphasis on the importance of dressing appropriately
32-25	Caution	Appropriate dress is required (including but not limited to a hat that covers the ears and gloves)
25-15	Warning	Outside participation will be limited to 20 minutes at a time, followed by 15-20 minutes inside
≤ 14	Termination	ALL outdoor practices will be terminated.

Between 40-32 Degrees (“Real Feel” Temperature) - ALERT

ALL SPORTS

- No modifications of practice are necessary, but a warning will be given to coaches and athletes with an emphasis on the importance of dressing appropriately

Between 32-25 degrees (“Real Feel” Temperature) - CAUTION

ALL SPORTS

- Appropriate dress is required (including but not limited to a hat that covers the ears and gloves)
- Outside participation will be limited to 45 minutes at a time, followed by 10-15 minutes’ inside

Between 25-15 Degrees (“Real Feel” Temperature) - WARNING

ALL SPORTS

- Outside participation will be limited to 20 minutes at a time, followed by 15-20 minutes’ inside
- There may be a termination of outside practices based on conditions at the time

Below 15 Degrees (“Real Feel” Temperature) - TERMINATION

ALL SPORTS

- All outdoor practices will be terminated

GAMES DURING COLD EXPOSURE

- When the “real feel” temperature is **32°F or below**, it is up to the home school’s athletic trainer and athletic director to determine what game will be postponed or what measures will be taken to ensure the safety of the athletes (ie: longer halftime break, heaters on field, etc)
- During championship tournaments the designated sport athletic director in conjunction with the Athletic Trainer will make the decision for continuation or discontinuation. Weather policies to be followed may be predetermined through the event contract held with the neutral site facilities where the game is being played

HOME GAME COVERAGE

All the following home games must be covered by a certified and licensed athletic trainer.

- High risk sports: Football, Ice Hockey, Wrestling.
- Moderate risk: Basketball Field Hockey, Lacrosse, Soccer, Volleyball
- Low risk sport events will be left to institutional discretion: Baseball, Crew, Cross country, Golf, Track, Softball, Swimming, Tennis

(National Athletic Trainers Association, NCAA 2007)

- **Championship Game Coverage**

The Commissioner and Sport Chair will confirm coverage for the championship games. If for some reason, the AT staff of a competing school in a WCAC championship cannot provide coverage during the championship, the home team is responsible. If the home team cannot provide coverage for some reason, the school that the sport chair represents will supply AT coverage for the championship game.

- Host ATs working these large tournaments will be paid by the WCAC Conference
 - Tennis – will need 1 AT
 - Cross Country – will need 2 ATs
 - Wrestling – will need 2 ATs
 - Track and Field – will need 3 ATs
 - Basketball
 - Semi-finals will need one AT
 - Championship – each team is responsible to provide their own AT

EMERGENCY ACTION PLAN

- All schools must have an updated Emergency Action Plan in place for each venue that they utilize for competition
- Prior to contests, a Pre-Event Medical Meeting should be conducted by the Host AT with visiting medical personnel to discuss emergency medical procedures and weather policies if necessary

PRACTICE LIMITATIONS

(National Athletic Trainers Association, National Federation of High School Sports, National Collegiate Athletic Association)

- Teams are limited to 6 days of consecutive practices. The 7th day must be a complete rest day
 - a. Rest day means no sport related activity, including but not limited to lifting, film, travel, etc.
- No double practices/on field time will exceed 4 hours total in one day. No single practice/on field activity will exceed 3 hours in one day.

- Any student-athlete participating in off-season workouts at the WCAC institution must be medically cleared.
- Incoming students (8th graders, transfers) should not participate in team practices until they are officially enrolled by the institution and have been medically cleared by a qualified health professional
 - a. Enrollment is defined as having the completed application, written acceptance letter from the institution and the family has submitted registration fees to the institution
 - b. All head coaches should provide a list of incoming students to the Athletic Trainers to check eligibility

OUT OF SEASON ACTIVITY (OSA)

Member schools will adhere to the following guidelines regarding out of season activities (OSA). While the Conference cannot control the activities or leagues students participate in out of school, these are the activities allowed by the Conference while working with athletes in the off-season. All WCAC sponsored sports must abide by the following guidelines, as well as those sports not under the WCAC umbrella.

- Out of Season Activities (OSA)
 - An organized gathering of athletes supervised by coach(es) for the purposes of preparing for an athletic contest or determining the makeup of a team.
 - OSAs are not to exceed **meeting 4 days a week and 12 hours (4-12 rule)** in a seven-day week (Sunday to Saturday)
 - Cannot extend longer than three hours in one day.
 - Each week must include at least one full day of rest, where there are no activities of any kind, including class hours.
 - OSAs are limited by each school's facilities and space and In-season sports should take precedence over the use of facilities and space.
- The sport season shall be defined as:
 - **“Fall”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Crew, Cross Country, Field Hockey, Football, Soccer, Volleyball)
 - **“Winter”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Basketball, Hockey, Indoor Track, Swimming, Wrestling)
 - **“Spring”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Baseball, Crew, Golf, Lacrosse, Softball, Tennis, Track)
- If a particular sport does not have a championship or post-season tournament, the sport season shall end with the last varsity regular season league contest.
 - All post-season tournaments/championships will follow league formats.
 - Individuals selected to participate in post season “showcases” or “all-stars” are excluded from this policy.
 - For individual sports (cross country, track, swimming, wrestling, tennis and golf), athletes may continue to participate in post-season events as an “individual”, not as part of a team

- No athlete is to participate in more than one sport per season with the current in-season sport taking precedent over any out-of-season sports
 - unless approved by the coaches involved, the athletic trainer, and the athletic director
- If the athlete is not involved with an in-season sport, they may participate in more than one team's OSAs
 - May not exceed the weekly 12 hours/week of OSAs
- There is to be a three-week dead period between the end of a regular season and the start of OSAs.
 - The exception to this rule is a multi-sport athlete, who must complete a three-day rest period between the end of one season and their start of the subsequent sport season, regardless of if there is overlap in the end/beginning of the seasons.
- There is to be at least a three-day dead period between the end of OSA's and the start of regular season. (Note: not in original document)

The following chart will be used to determine what is considered an OSA and what is not.

Counts as an OSA	Does not count as an OSA
Practices, not to exceed 3 hours in a day	Individual meetings discussion topics such as recruitment, grades, overall school performance
Film sessions	Compliance meetings
Competition and associated activities that day that are less than 3hrs in duration will count as 3hrs	Meetings with a coach initiated by an athlete as long as no "countable" activities occur
Field, pool, floor, and court activities	Drug/alcohol/life skills meetings
Setting up offensive/defensive alignments (walkthroughs)	Study hall, tutoring, or academic meetings
On court/field activities called by any member of the team that's confined primarily to members of the team (i.e.: captain's practices)	Athlete advisory committee meetings, captains' council meetings
Weight training and conditioning activities	Traveling to or from the site of competition
Required participation in camps or clinics	Training room activities (treatment, physical therapy, etc.)
Visiting the competition site in sports such as golf, skiing, and cross country	Recruiting activities
Participation outside of regular season in individual, skill related, instructional activities with a member of the coaching staff	Training table meals
Discussion or review of game films	Banquets
Participation in physical activity class only offered to athletes, taught by a member of the athletic staff	Fund raising, promotional activities, community service that include team sport related activity in any capacity

- The coaches are responsible to comply with the OSA rules. The athletic trainer will keep track of compliance of the OSA.
- Any infractions should be emailed to the AD and Commissioner.

MULTI SPORT ATHLETES

(National Athletic Trainers Association, National Federation of High School Sports, National Collegiate Athletic Association)

- Any athlete participating in more than one sport in subsequent seasons is required to have a minimum of 3 calendar days’ rest between sports
 - This is to be a mental and physical rest, meaning they are not to attend any team practice or activity during this period

TEAM ROSTERS

- Team rosters are due 24 hours before the first game of the season. Any athletes added after the roster due date must be approved by the athletic director and athletic trainer, and an updated roster must be sent to the sport’s athletic director.
- Every athlete must participate in a minimum of 5 team practices before they are cleared to compete in a game, scrimmage, match, etc.
 - a. Participation in OSA’s is not included in these official 5 days of team practice
- Transfer students
 - a. An exception is made for transfer students who have participated in the same sport at the previous institution during the same athletic season

CONCUSSION POLICY

(National Athletic Trainers Association, National Federation of High School Sports, National Collegiate Athletic Association)

- ALL institutions must have a concussion policy in place
- Possible head injuries need to be reported to the parents of the athlete, coach, and athletic trainer
 - This includes members of visiting teams

COACHES REQUIREMENTS

- It is required that all Head Coaches and at least 2 Assistant Coaches are CPR/AED/First Aid certified prior to the start of the season.
- It is required that all Head Coaches and at least 2 Assistant Coaches complete the CDC Course: Heads Up Course on Concussions for Coaches – prior to the start of the season.
- The Athletic Director and/or athletic trainer will monitor all certifications.

WRESTLING

- Wrestling must follow the National Prep Rules and Regulations regarding weight management
- An NFHS skin lesion form **MUST** Be presented to the head athletic trainer of the host school before the athlete can participate
- Skin checks will be completed by the referee or certified athletic trainer. Any problems should be reported directly to the athletic trainer. No athlete should be taped or strapped up until after the skin check.

ENFORCEMENT OF POLICIES AND PROCEDURES

Should a Coach violate any of the above policies and procedures the following will take place:

- First time offense or violation will be reported to the individual school's athletic director.
- Second offense an official report of the incident or violation will be submitted to the individual athletic director and head of school.
- Third or multiple offenses will result in a formal meeting between the athletic director, the athletic trainer, head of school, and coach.

Media/Photographer Policies

Preference for credentials will be given to local newspapers, radio, TV anchor personnel, weekly newspapers, media entities and photographers with a media outlet that has a strong history of covering WCAC sports throughout the athletic year.

The WCAC does not issue media credentials related to for-profit entities, game recording access, or personal/business use.

- The presence of any type of photographer (video or still) in the bench area, for any sport is strictly prohibited.
- No media personnel shall communicate in any way with people in the team area or coaching box.
- The WCAC prohibits photographers (video or still) from stopping and shooting behind the bench area.
- In no event may a photographer interfere with a game play, and the WCAC reserves the right to revoke a photographer's credential at its sole discretion if it believes the photographer is interfering with the game.
- Filming the game in its entirety is prohibited.
- Live streaming of WCAC events through social media or other internet-based technology is strictly prohibited.
- Unprofessional conduct or "cheering" in the working news media area at WCAC events will not be permitted.
- Children are not permitted in the working news media area without written permission from the WCAC.
- These areas will be maintained to offer a working atmosphere conducive to productivity and concentration.
- Violation of this regulation may result in loss of credentials and ejection from the news media area

SPORTSMANSHIP

- A. No noise makers INDOORS (hand clappers, cans w/coins, whistlers, horns, drums, cell phone lights, etc.)
- B. Drums and other noise makers are allowed OUTDOORS (Exception: No Electric Bullhorns. Drums must not be on the sidelines and can be played only when there is a “DEAD BALL”.)
- C. Organized “pep” Bands must be accompanied by a Faculty Advisor.
- D. Signs, Banners, and Flags must be permanently positioned, positive and in a good taste.
- E. No visiting team shall be allowed to place signage at another team’s home field or gym.
- F. WCAC Sportsmanship Creed and Prayer will be read at events with a public address system.
- G. Athletic Administration and assigned Administrators should help monitor “Student Cheering Sections” helping separate opposing groups.
- H. Music should be appropriate and monitored by the Administrator assigned for explicit lyrics.
- I. The Home team is responsible for student and athlete safety and security when hosting an event. The Home Administer/Staff member, assigned to the event, will have the final decision on all matters concerning safety and security.
- J. No opposing team or team member shall meet at half-court or mid-field of any opposing team’s home court/field in pregame or post-game rituals. The opposing team may gather at its respective end of the court/field well away from mid-court/field. Only the Home Team has the right to center court. On a neutral court/field both teams must meet at their respective ends.

WCAC SPORTSMANSHIP CREED

Admission to interscholastic athletic events in the Washington Catholic Athletic Conference entitles spectators to enjoy a competitive exhibition of skills in a Christian educational setting. Spectators, please give the student-athletes positive encouragement and support. Show respect for opposing players, coaches, spectators, and support groups.

Please refrain from booing, taunting or intimidating the officials and opponents. Such behavior is unfriendly and unacceptable. Please respect the integrity and judgement of game officials; they are doing their best to promote the student-athlete and the game. Be a positive representative of your school community.

SPORT: Baseball

SEASON: Spring

SPORT CHAIR: Dennis Hart , Athletic Director, St. John's College High School

1. Number of games between conference teams: Two games within each Division and one game across the divisions with each team . The North Division consists of The Heights, St. John's, Good Counsel, DeMatha and Gonzaga. The South Division consists of St. Mary's Ryken, Bishop Ireton, McNamara, Paul VI and O'Connell. The Divisions were chosen geographically and are to be reviewed every 2 years starting in 2021 in terms of equitable splits for competition and/or additional varsity teams (note: any new conference team during this time could play 1 game vs each WCAC varsity opponent and/or a JV schedule and not be eligible for the playoffs).
2. Maximum number of games: 28 games including one Spring Break Tournament (note: counted as 4 games, but not to exceed 6 games in order to play for the tournament title in the championship bracket only), plus WCAC Tournament, plus one post-season tournament.
3. Maximum number of scrimmages: 4 scrimmage dates, doubleheaders may be played. Total scrimmage time to 4 hours.
4. WCAC practice start date is the Tuesday after President's Day. Coaches may also coach their teams and participate in Summer League, Winter Training & Fall Ball team activities under the WCAC out-of-season activities rules.
5. The spring sport first play date is March 1st. The WCAC league play start date is determined by the baseball commissioner.
6. ***For games cancelled because of weather—schools **must** make up the cancelled game on the first available date for both schools involved. Monday's are in place as scheduled make-up days if there is no available date before Monday. If the two schools cannot come to agreement on a make up date, the sport chair and WCAC commissioner shall set the date.
 - It is also recommended that if the host schools field is unplayable the game be switched to the visitor's field. This is not mandatory – only if both schools agree to do so. If this switch were made – home and away would flip flop. If both games end being played at one school the visiting team would be given one as the home team.
 - All schools must make a decision on whether their field is playable or not by noon the day of the game.
7. How WCAC Champion is determined: Top 5 teams from the North & South Divisions will make the playoffs, i.e. total of 10 teams no matter how many teams join the conference (note: we will start with 1st place and go down from there in the rankings with overall record between the divisional rankings, determining any tiebreaker 1st with overall record of the two teams and then head-to-head competition etc.). Play-in games will be played at the higher seed school. Quarterfinals will be played at the higher seeded school. The semi-finals will be played as a best of three with game one at the higher seeded school, game two at the lower seed school and game

three back at the higher seed school, if necessary. The championship, will be played as a best two out of three at a neutral site. The neutral site will and shall be determined by the Baseball Sport Chair and WCAC Commissioner.

8. How ties are resolved: For the purpose of the tournament seedings, ties will be broken according to the following:
 1. Overall Record
 2. Head to Head
 3. Record against higher seeded team (s). (Big East)
 4. Coin Flip (Two-way tie) or Draw (Three-way tie)
9. Officials: Southern District Umpires Association and Mid Atlantic Officials Association.
10. Game rules to be followed with exceptions:
 - a. National Federation of State High School Associations
 - b. Exceptions:
 1. Trips to the Mound: 1 free trip per inning, per pitcher; on the 2nd trip in the inning the pitcher is removed.
 - A. Crossing into fair territory constitutes a trip.
 - B. In addition, you may not make a second visit to the mound during the same at-bat.
 2. Stepping out of the batter's box is not a strike.
 3. No restrictions on number of offensive conferences.
 4. A ten (10) run rule will be in effect after 4 1/2 or at least five full innings when the game is called shall be a suspended game.
 5. Pitcher/DH:
 - A. If a coach uses a pitcher/DH in a game, he must be designated in the line-up at the start of the game.
 - B. Once a pitcher/Dh has been declared by the coach to be no longer effective in the pitching position, the following may occur:
 - i. If the pitcher goes to the bench, he remains the DH for the new player that replaced him in the field.
 - ii. If the pitcher takes a defensive position, the DH position is eliminated.
 6. College slide rule at 2B – runner can pop up and go through the bag, but cannot go right or left of the bag
 7. Balks are LIVE
 8. Pitch Count:
 - A. Pitchers will be allowed no more than 110 pitches per game. Any player that throws more than 100 pitches in a contest must rest for four days.
 - B. Under the new format: 76 to 100 pitches in a day requires three days of rest; 51 to 75 pitches in a day requires two days of rest and 26 to 50 pitches in a day requires one day of rest.
 - C. 25 pitches or less requires no rest, but no pitcher can throw more than 51 pitches over two consecutive days. If a pitcher throws 51 pitches over two consecutive days, it requires one calendar day of rest.
 - D. Coaches should double check with each other at the conclusion of the game to

agree on pitch count for every pitcher.

E. Teams that violate the pitching restrictions will result in a 1 game suspension for the coach. 2nd violation, the coach will be suspended 5 games.

- i. The Home Book will be utilized and submitted by each of our teams to submit to the Baseball Commissioner on a weekly basis for review via the GameChanger App.
 - ii. Likewise, if there is a dispute during a game on these statistics, the Home Book will rule.
 - iii. The Home Team will also notify coaches with a 90 pitch warning during any game in order to prevent the 110 pitches per game limit from becoming an issue during a pitching rotation / completing a batter and/or inning scenario.
 - iv. Prior to each game, each coach will present their lineup card as always, now including an asterisk for any pitchers that will not be able to pitch on that day due to pitch count regulations.
 - v. During the regular season, no representative from the WCAC is needed to be there for games in terms of pitch counts. However, we will have a 3rd party official/umpire (not a parent, student, school administrator or coach), who keeps the pitch counts during each of the playoff games & Championship Series.
11. WCAC regular season games called after the fifth inning, due to weather shall be called a complete game. This rule is not in affect for the WCAC playoffs – all playoff games must be completed from the point where the game was suspended. If a WCAC regular season game is called prior to the fifth inning due to weather, a suspended game, it shall be picked up on the next available date and prior to the next scheduled game with said team -- from the point where the game was left off. Coaches are required to discuss this with the umpires calling the game.
 12. Responsibility for calling in scores: Winning team is responsible for calling in scores to newspapers and sending to the baseball chairperson.
 13. Miscellaneous regulations- rosters and schedules: All teams are required the send their varsity rosters and schedules to the Commissioner and baseball chair before the first game.
 14. Eligible student athletes may participate on varsity, junior varsity or freshman teams and may change levels of competition as many times as coaches determine is in the best interest of the team or the player. A player may not participate in more than one contest per day (except for tournament play and regularly scheduled double contests such as baseball/softball double headers). Only freshman may participate on the freshman team. Seniors may not participate below the varsity level. No player may participate in more regular season contests than the total number of contests permitted for that varsity team in that season as defined in the WCAC By-Laws, part V- Competition, #4 contest limitations. All requests must be made in writing to the Athletic Director and be approved before any such movement. Special exceptions may be requested from the commissioner.

SPORT: Boys and Girls Basketball

SEASON: Winter

SPORT CHAIR: Terry Kernan, Athletic Director, Gonzaga College HS

1. Number of games between conference teams: 13 Games for Boys, 14 for Girls. Each Team will play everyone on their side two times and will play the other side one time (girls will have one additional crossover). You may play the opposite side twice but only the one game will count towards league standings.
2. Maximum number of games and tournaments: 30 games, plus WCAC play-offs, plus VA State/ DC State/MD State Tournament, plus one postseason tournament. Maximum of 4 scrimmages. **(No scrimmages after the first game has been played)**. Junior Varsity and Freshman can play a maximum of 22 games plus a postseason tournament that is completed by the WCAC Championship date.
3. Dates before which games cannot be played and desired ending dates: Regular season games will be between Friday after Thanksgiving and February 17th, The season ends for the junior varsity and freshman teams no later than the WCAC Championship date. The varsity season ends with the VA State/ DC State/MD State Tournament, plus one postseason tournament.
4. Preferred day and time of games with make-up dates: Freshman- 4:00pm, Junior Varsity- 5:45pm, Varsity- 7:30pm. (Schools may adjust if both schools agree). Boy-Girl doubleheaders can be scheduled by the two schools.
5. How Conference Champion is determined: All teams will participate in the playoffs. The seeding chart is on the next page.
6. How ties are resolved in League standings:
 - A) Head to Head
 - B) Big East Tie Breaker
 - C) Coin Flip (2 way tie / Draw (3 way tie)
7. Game Format: All play four quarters of eight minutes each. 4-minute overtime(s) as needed. Follow High School Federation Rules.
8. Officials:

Boys - IAABO Board #12

Girls - Maryland Basketball Officials Association
9. Game rules to be followed with exceptions: High School Federation Rules (exception: College rule on coach's bench conduct). The home team supplies a High School Federation approved game ball and six similar practice balls for regular season games.

10. Process to handle postponed games: Refer to the WCAC Bylaws. Must be rescheduled on the next available playdate and played before the play-offs. "If the play-in games are Thursday, the last possible make up date is Tuesday, 2 days prior."
11. Responsibility for calling in scores: The home team is responsible for calling in the scores to the chairperson and to the newspaper. All coaches must send an email with game results to Dave Sauer (Dsauer33@gmail.com) our webmaster for the WCAC- he will post the results and keep updated standings.
12. Uniform Colors- Home/Away: HOME team wears white or an off-white color and the VISITING team wears a contrasting dark color. It is recommended that both teams meet at top of key closest to their bench for pregame gathering. The home team is the only team that can go to half court. *Undershirts must all be the same color for every player on the team, and must be one of the school colors, or black, or white.*
13. Shot Clock: Shot clock will be in effect for Varsity, Junior Varsity and Freshman games. Shot clock for boys is 30/20 and girls is 30 seconds. NCAA Rules for shot clock.
14. **WCAC Basketball - 35-Point Running Clock Rule:**

During all WCAC regular season and tournament games, to include JV and Freshman games, if at any time during the fourth quarter one team is ahead by 35 or more points, the clock shall continue to run except during free throws, time-outs, injuries, and the administration of technical fouls.

(1) Once the 35-Point Rule is in effect, it remains in effect. If the lead drops to 20 points, the time reverts to standard operating time.

(2) The Shot Clock will remain on, and operate normally for the entire game, regardless of the score.

15. Miscellaneous Regulations:

A) **SUMMER LEAGUE:** Seven days of try-outs or practice are allowed prior to the first game. No practices are allowed after the first game has been played. No player may participate on more than two school sponsored summer league teams. Players for a school-sponsored team must be officially registered at the school. Each school will determine if he/she is registered. Summer League must be completed by the first weekend in August.

B) **OPEN GYM:** Refer to IX of the WCAC By Laws

Freshman & Junior Varsity Eligibility: Eligible student athletes may participate on varsity, junior varsity or freshman teams and may change levels of competition as many times as coaches determine is in the best interest of the team or the player. A player may not participate in more than one contest per day. Only freshman may participate on the freshman team. Seniors may not participate below the

varsity level. No player may participate in more than 30 regular season contests which is the total number of contests permitted for that varsity team in that season as defined in the WCAC By-Laws, part V- Competition,#4 contest limitations.

1. The following numbers are legal: 0-99

- A team roster shall not have both numbers; 0 and 00

2. There will be no Administrative Technical Fouls during the game

- Not having supplied each team member's name & number to the official scorer 10 prior to the start of the game

- Not having designated the five starting players to the official scorer 10 prior to the start of the game

- Changing a player's number in the scorebook

3. A player is disqualified if they receive "2" unsportsmanlike technical fouls.

4. When the ball contacts the backboard and any part of the ball is above the rim during a field goal attempt, it is considered to be on its downward flight. In such a case, it is goaltending when the ball is touched by a player as long as it has a possibility of entering the basket.

5. It is basket interference when a player causes the basket or backboard to vibrate when the ball is on or within the basket and/or is on or in the cylinder.

SPORT: Boys and Girls Cross Country

SEASON: Fall

SPORT CHAIR: Dan Lively, Athletic Director, The Heights

1. Coaches, please go to the following link www.milesplit.com to register your athletes for the WCAC Cross Country Championships. The registration window will be open from Oct. 13 to Oct. 17, closing at 11:59 pm. Please email your girls and boys varsity rosters prior to Oct. 17th.
2. Packets may be picked up at 9:00 AM near the finish area where we will have the coaches' meeting.
3. Please have your athletes on the starting line and ready to go 10 minutes prior to the start of each race.

4. Meet Schedule: Saturday, Oct 25, 2025

9:30 AM Coaches' meeting (Awards Table)

10:00 AM Freshman 10:30 AM

Varsity B Boys 11:00 AM

Varsity B Girls 11:30 AM

Varsity A Boys 12:00 noon

Varsity A Girls 12:45 PM

Awards ceremony

5. Awards, both individual and team, will be handed out at the awards ceremony as follows:

- Varsity A races: medals to top 12 individuals, plaques to 2nd place team and trophy to 1st place team
- Varsity B races: medals to top 12 individuals, plaques to 2nd place team and trophy to 1st place team

6. Assigning chip & bib numbers: Each athlete competing in a race will be assigned a competitor bib number which will be pinned to their chest and a corresponding chip to be worn on their shoe. **YOU MUST MAKE CERTAIN EACH ATHLETE WEARS THE BIB NUMBER AND CHIP ASSIGNED TO HIM/HER ON THE SHEET IN YOUR PACKET.** Each athlete must start and finish the race with both items to receive a time. Additional instructions for the shoe chip will be provided in each team's packet. ALL chips must be returned at the conclusion of the meet. A \$25 fee will be assessed for each chip not returned after the meet.

7. Officiating:

The meet referee (Mike Kiernan), or designee, is responsible for starting each race and for judging finish places and for enforcement of appropriate rules. An appeals committee made up of three head coaches (TBD) and will rotate

yearly. The appeals committee will be called upon in case any head coach files an official appeal with the referee.

8. Eligibility: In order to race any athletes in either Varsity B or freshman boys' races, a team must race a minimum of 5 competitors in the Varsity A race. An unlimited number of runners from a school may compete in freshman and varsity B races. No more than 7 runners may compete in a Varsity A race. Freshmen that run in the freshmen race cannot run in two races on championship day.
9. Bathroom facilities: Bathroom Facilities (port-a-potties) will be located near the parking area.
10. Athletic trainers: Each may bring their own athletic trainer; however, a general athletic trainer will be available for treating athletes in need. He/she will be stationed near or under the Archbishop Carroll tent.

SPORT: Football

SEASON: Fall

SPORT CHAIR: Ed King, Athletic Director, DeMatha HS

1. Number of games between conference teams: N/A
2. Maximum number of games and tournaments: 10 + league post-season (team and individual)
Please send your schedule to Deron Tross wdfoa.commissioner@gmail.com
3. Dates before which games cannot be played and desired ending date: 13 weekends prior to the championship which is the weekend before Thanksgiving, will serve as the first play date. There will be 11 play dates to play 10 regular season games prior to the playoffs. Practice will start 24 days prior to the first game but not before August 1, and follow the NATA Heat-Acclimatization Guidelines.
4. Preferred day of games with make-up days: Junior Varsity and Freshmen games 4:00 on Wednesday or Thursday same week as Varsity with same opponent depending upon scheduling of officials. Junior Varsity and Freshmen games must be played unless prior arrangements have been made. Varsity games on Fridays at 7:00 or – Saturday at 2:00. Sunday, and Monday will serve at make-up days as determined by the two schools involved.
5. A Regular Season Champion will be declared before the playoffs. The team or teams with the best regular season record among division opponents will be declared Regular Season Champion. Ties will not be broken, so more than one school may carry the title.
6. Determination of Conference Champion: Dependent upon league play; playoffs are at end of season between top four teams in each division. The first round is played at higher seed; the championship is at a neutral site determined by league. See addendum. During the Semifinals the host school may keep money to cover expenses. The league will cover the cost of officials during the playoffs and all profits will be forwarded to the WCAC. Each school will have 50 comps for semi-finals and 100 for the championship. There is to be no live streaming or broadcasting of the semifinal games and championship by individual schools.
7. Resolution of ties for league standings: See addendum. Rules and Regulations of the WCAC Article VI – I.1 and L.2
8. Game/Overtime format:
Varsity: 12-minute quarters, overtime rules for all Conference games including playoffs and crossover games.
JV: 12-minute quarters, NO overtime, NO Playoffs.
Fr: 10-minute quarters, NO overtime, NO Playoffs.
9. Officials: the league determines Organization used. All league games must employ the contracted organization. Varsity, Junior Varsity and Freshmen must provide a chain crew (adults are strongly recommended). Chain crews will operate on the HOME side for WCAC games.

10. Game Rules with Exceptions: National Federation Rules. No official game ball; each team supplies its own game ball approved by officials and the HOME team takes the field first. Running clock situation: running clock will occur as early as the 2nd quarter, automatically and without prior conversation, if there is a 35-point spread. Normal clock procedures will occur if the 35-point spread ceases. During Play Off Games: a running clock shall start **NO** earlier than the third quarter if at 35-point spread occurs and normal game procedure will begin if the 35-point spread ceases.

11. Postponed Game Procedure due to weather: If the weather warrants a postponement prior to the start of the game the Athletic Directors of the two involved schools must agree on an alternate date and time. Games should be played the following day at the best available site. If an agreement cannot be reached the Football Commissioner will decide. Appeals must be made to the WCAC Commissioner on the day of the postponement as to not delay or upset the following week's game. This shall serve as the final decision.

- a. If the start of the game is delayed due to weather it must restart no later than one hour past the original start time.
- b. Once the game begins and it is delayed or suspended because of weather it must restart within two hours of the original start time.
- c. If the game cannot be restarted once the 3rd begins because of weather or other related events the score at the time of suspension will serve as the final score.
- d. If both teams arrive at the game site and it is postponed because of weather it should be played the next day at the location best suited for the game.
- e. If the game is postponed due to weather it must be played no later than the following Monday.
- f. A game becomes final after the two complete quarters.

12. Communication of Scores: Home team is responsible for calling in scores of all Varsity Junior Varsity, and Freshman games to the Football Chair.

13. Uniforms: Home team wears the dark jerseys/uniforms; visitors wear white jerseys/uniforms adhering to new High School Federation guidelines. If a team does not have two sets of jerseys on any level, arrangements must be made with the other team prior the actual game day.

14. Game Films: Up to three game films may be requested prior to league play. Last game played must be available by the following Sunday at noon. If game film(s) received is poor, the coach must notify his athletic director and game film and will be reviewed. If the quality of the game film is questionable a better version may be requested. The exchanged film must be the same film as viewed by the staff, coaches and players. It must be filmed from the same location and same person. If the film has been "doctored" or "edited" to gain an advantage the guilty party's head coach will be suspended for the first half of the first game following the investigation.

- a. End zone filming is allowed. The end zone view can be used as an exchange film and can be counted as game exchange film. Access to games must be posted no later than Sunday noon.

- b. Conference schools all have access to the Hudl system. All League Games are to be posted in the LEAGUE POOL and available by Sunday at noon which includes your most recent game. If you play Friday night you have 48 hours to post. If you play on Saturday you have 24 hours to post. The League Pool closes on Wednesday at noon.
- c. Scouting scrimmages: WCAC schools are not permitted to scout one another. However, if you are playing a non-league opponent in which a WCAC school plays prior to league play you are permitted to scout the game with the approval of the other WCAC School.
- d. The WCAC will follow Federation Rule 1-6 as of 8-1-18 in reference to use of video/still photography on the side lines or in the school facility during the game.
- e. End zone cameras may be used as a sideline viewing device. All WCAC Head Coaches will submit login information to the official's association for HUDL accounts. The officials shall have access to game video to be used as educational tools only and not shared without side sources. This will serve as a means to evaluate and substantiate calls both good and bad.

15. Miscellaneous: Junior Varsity and Freshmen football players are admitted free to home games. Varsity players will only be admitted free to away games when identified by a coach at the gate.

16. In the event bleachers are located on only one side of the playing field, the home team shall occupy the bench in front of them; the only exception would be an agreement by the visiting team made prior the actual game day.

17. Player Acclimation:

Day one: Helmets, shorts and T-shirts only, 3-hour max. practice, plus 1 hr. walk-through, 3 hr. recovery period between practices. No person-to-person contact. Hand shields and dummies can be used.

Day two: Helmets, shorts and T-shirts only, 3-hour max. practice, plus 1 hr. walk-through, 3 hr. recovery period between practices. No person-to-person contact. Hand shields and dummies can be used.

Day three: Helmets, shoulder pads, shorts, T-shirts. 3-hour max. practice, plus 1 hr. max walk-through, 3 hr. recovery period between practices. Blocking sleds/dummies permitted.

Day four: Helmets, shoulder pads, shorts, T-shirts. 3-hour max. practice, plus 1 hr. max walk-through, 3 hr. recovery period between practices. Blocking sleds/dummies permitted.

Day Five: Helmets, shoulder pads, shorts, T-shirts. 3-hour max. practice, plus 1 hr. max walk-through, 3 hr. recovery period between practices. Blocking sleds/dummies permitted

Day 6-14 or until school starts: **Full gear and full contact.** One OCP (One Contact Practice) per day. Practice may include weight training but does not exceed the three-hour limit for practice.

Starting with Day Six: teams will follow the OCP schedule as adopted by the NATA guidelines. The two-a-day format (one of which is a Walk through) will be in effect if you decide to have two practices on a Saturday or school holiday. Warm-up, stretching, cool-down, walkthrough, conditioning and weight-room activities are included as part of the practice time. The two practices should be separated by at least three continuous hours in a cool environment. A Walk-through is teaching opportunity with NO Pads. It is less than 2 hours in length and may/may not include the weight room. Conditioning may occur at only one practice.

18. Two-A-Days

- As of 2017 the NCAA has eliminated multiple “on field” practices in a day to decrease the amount of contact and reduce the risk of injury
 - No team shall participate in traditional “two-a-days” (more than one contact practice per day), in accordance with the following definitions:
One Contact Practice (OCP) any contact practice/workout other than a walkthrough including:
 - o Non-contact conditioning, sprinting, or competitive speed drills
 - o Live contact
 - o Minimal contact (ie: “thud” contact)
19. **Duration of OCPs** No longer than 3 consecutive hours. There may be two separate on-field sessions (ie: for different position groups) but they must occur within the same 3hr practice window.
20. **Multiple Sessions** A walk-through or weight training session may take place on the same day, before or after an OCP. There is a mandatory 3-hour recovery period between sessions.
21. **Walk-Through** Use of any protective equipment (ie :helmet, shoulder pads) is prohibited. Sprinting, conditioning, and competitive speed drills are not permitted. Footballs may be used but cannot change the speed of the walk-through.
22. **Summer League: 7-on-7/Games:** No restrictions other than following the OSA’s. You are allowed 12 hours per week of activities with the team. 7-on-7 games should conclude **by the first weekend in July**. If you are participating in a tournament/league which requires helmets you will be permitted to train with helmets. For the purpose of safety, you will be permitted to practice with a helmet prior to the event. A five-day acclimation period is permitted before the event only.
23. **No protective equipment, (helmets, shoulder pads, etc.) school or personal maybe used for OSA’s.**
24. **WCAC Out of Season Activity (OSA) Position Statement**
(adopted 7-2019)

Member schools will adhere to the following guidelines in regard to out-of-season activities (OSA). While the Conference cannot control the activities or leagues students participate in out of school, these are the activities allowed by the Conference while working with athletes in the off-season. All WCAC sponsored sports must follow the following guidelines, as well as those sports not under the WCAC umbrella.

- Out of Season Activities (OSA)

- An organized gathering of athletes supervised by coach(es) for the purposes of preparing for an athletic contest or determining the makeup of a team.
- OSAs are not to exceed **meeting 4 days a week and 12 hours (4-12 rule)** in a seven-day week (Sunday to Saturday)
 - Cannot extend longer than three hours in one day.
- Each week must include at least one full day of rest, where there are no activities of any kind, including class hours.
- OSAs are limited by each school's facilities and space, and In-season sports should take precedence over the use of facilities and space.
- The sport season shall be defined as:
 - a) **“Fall”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Crew, Cross Country, Field Hockey, Football, Soccer, Volleyball)
 - b) **“Winter”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Basketball, Hockey, Indoor Track, Swimming, Wrestling)
 - c) **“Spring”** means the first date of allowable practice until the final date of the WCAC Championship for that sport and or approved playoff. (Baseball, Crew, Golf, Lacrosse, Softball, Tennis, Track)
 - d) **“Summer”** is defined as June 1-3 (three days) (REST, RECOVERY. -RRP, NO CONTACT WITH THE PLAYERS) prior to the members school start date for the fall. The 3-day RRP will be in effect before the beginning of each season fall, winter, and spring. Once school starts the winter and spring sports they will follow the 4-12 rules. The 3-week RRP period will be adhered to unless June 1 falls prior to the end of the 3-week rest period. At that point, the summer season begins.
- If a particular sport does not have a championship or post-season tournament, the sport season shall end with the last varsity regular season league contest.
 - All post season tournaments/championships will follow league formats.
 - Individuals selected to participate in post season “showcases” or “all-stars” are excluded from this policy.
 - For individual sports (cross country, track, swimming, wrestling, tennis and golf), athletes may continue to participate in post-season events as an “individual”, not as part of a team.
- No athlete is to participate in more than one sport per season with the current in-season sport taking precedent over any out-of-season sports
 - unless approved by the coaches involved, the athletic trainer, and the athletic director
- If the athlete is not involved with an in-season sport, they still may participate in more than one team's OSAs
 - May not exceed the weekly 12 hours/week of OSAs
- There is to be a three-week dead period between the end of a regular season and the start of OSAs.
 - The exception to this rule is a multi-sport athlete, who must complete a three-day rest period between the end of one season and their start of the subsequent sport season, regardless if there is overlap in the end/beginning of the seasons.

The following chart will be used to determine what is considered an OSA and what is not.

Counts as an OSA	Does not count as an OSA
Practices, not to exceed 3 hours in a day	Individual meetings discussion topics such as recruitment, grades, overall school performance
Film sessions	Compliance meetings
Competition and associated activities that day that are less than 3hrs in duration will count as 3hrs	Meetings with a coach initiated by an athlete as long as no “countable” activities occur
Field, pool, floor, and court activities	Drug/alcohol/life skills meetings
Setting up offensive/defensive alignments (walkthroughs)	Study hall, tutoring, or academic meetings
On court/field activities called by any member of the team that’s confined primarily to members of the team (i.e.: captain’s practices)	Athlete advisory committee meetings, captains council meetings
Weight training and conditioning activities	Traveling to or from the site of competition
Required participation in camps or clinics	Training room activities (treatment, physical therapy, etc.)
Visiting the competition site in sports such as golf, skiing, and cross country	Recruiting activities
Participation outside of regular season in individual, skill related, instructional activities with a member of the coaching staff	Training table meals
Discussion or review of game films	Banquets
Participation in physical activity class only offered to athletes, taught by a member of the athletic staff	Fund raising, promotional activities, community service that include team sport related activity in any capacity

- The coaches are responsible to comply with the OAS rules. The athletic trainer will keep track of compliance of the OSA. If a violation occurs, a non-compliance form will be reported to the athletic director, as well as the commissioner. See attached compliance form.

Addendum:

- a. Playoff Format: Top four teams in each division shall advance to playoffs; first place team will host fourth place team, second place team will host third place team. The two winners of playoffs shall play the championship game.
- b. Seeding: Determined by WCAC competition

SPORT: Boys and Girls Golf

SEASON: Spring

SPORT CHAIR: Kelly Flaherty, Athletic Director, Academy of the Holy Cross

1. Number of Games between conference teams: Conference schools will play each other once during the season.
2. Maximum Number of Contests: Each team is allowed to schedule 18 matches.
3. WCAC practice start date is Tuesday after President's Day.
4. With the implementation of the Out of Season Activity statement, teams may be coached during their offseason by the coach **no more than 4 days per week for 12 hours**.
5. WCAC league play start date is determined by the Sport Commissioner.
6. WCAC Conference Championship: As has been previously determined by the Athletic directors on February 5, 1997, the WCAC Medal Play Tournament Champion will be the League Champion. The runner-up will be the 2nd place team in the WCAC Medal Play Tournament. The Championship will be a single day, 18-hole stroke play event and must have at least one Rules Official present. The Rules Official present must have attended the USGA rules school.
7. Determination of Conference Champion:
 - a. WCAC Match Play League Champion: If the WCAC Tournament Champion is the same team as the Regular season match play league Champion, the 2nd place team in the WCAC Tournament will be the 2nd representative.
 - b. WCAC Tournament Champion - If there are co-champions and neither team won the match play season, the representatives will be determined as follows:
 - c. Team with the lowest score counting top 4 lowest scores in the WCAC tournament.
 - d. Team with the lowest score counting the lowest 3 scores in the WCAC Tournament.
 - e. Team with the lowest score counting the lowest 2 scores in the WCAC tournament.
 - f. Team with the lowest one individual score in the WCAC Tournament.
 - g. Coin Flip by the Director of Golf of the WCAC with a representative from each school in attendance.

8. Resolution of ties for match play league standings: If there is a tie for first place after the match play season. The team who won the head-to-head match will represent the league in the WCAC-IAC Championship. If a tie still exists, then the team with the lowest score in the WCAC Tournament will represent the WCAC in the WCAC-IAC Championship. If still tied, we will follow the USGA tie break procedures.
9. Match format: Match sites will be obtained by the home team on the schedule. It is the responsibility of all home teams to provide a site. If the home team fails to do this they should make every effort to coordinate a site with the away team (including playing at an away site). If this process fails to yield a match, the home team forfeits the match, and any complaints should be brought to the Sport Commissioner.
 - a. There will be three matches with a fourth tee time being for alternate. Each home team will be required to make four tee times. Matches will be 12 holes but may be changed to 9 at the discretion of the coaches.
 - b. Each bracket will have an individual match and a four-ball match.
 - c. There will be one point for each individual match - the total being 6 points, and one point for each of the four ball matches - the total being 3 points. The total points that can be obtained is 9.
 - d. The visiting team shall have the choice on the first tee.
10. How ties are broken: Each coach will select two players in the event of a tie, to participate in a best ball sudden death playoff. (This does not need to be designated at the beginning of the match).
11. Procedures for Inclement Weather: In the event that a match cannot be played or finished due to weather or darkness it is considered a constituted match when seven holes are completed by each team in each match. With that, matches will be based on the last hole finished.

Example: the first group is finished 9 holes of the match, and the last group has finished 7 holes. The first group would be scored based on their 9 holes, while the last group would be scored based on their last completed hole (7 holes). If this has not happened then the match will need to be rescheduled. The match will need to be replayed from the start. The coaches need to make every effort to reschedule prior to the start of WCAC Championships.

12. Game rules to be followed with exceptions:
 - a. USGA Rules
 - b. The team coach is allowed to actively coach a player. Each team may have two coaches. These coaches may be an assistant coach, a parent, or a team follower. These coaches must be designated prior to play.
 - c. **In coaching players, the coach is permitted to give putting advice.**
 - d. **In coaching players, the coach must remain off the green at all times.**

- e. Female players will play from the forward tees and will play against men's par on all holes. Female par, if higher, is of no significance in either medal or match play. The girls tee should be 85% of the boys tee and the home coach should make every effort to set the tee appropriately for each hole.
- f. Code of Conduct:

Upon conclusion of any players finished match, they should assume all behavior and expectation of a spectator and only that. They should not be walking in the fairway with players still in competition, carrying bags for others, etc. They should remain on the cart path as a spectator would and should not be providing advice or coaching.

- i. Dress code is as follows, male players must wear a shirt with a collar, golf hats must be worn forward, no hard spikes or blue jeans. Ladies should wear tasteful shirts; no short shorts or halter tops or jeans is permitted. Any violations will lead to **disqualification**.
- ii. Unsportsmanlike conduct will not be tolerated (profane language, throwing clubs, throwing balls, etc.) Is it the responsibility of all players and coaches to in a respectable manner and to honor the traditions and sportsmanship of the game. Failure to comply with these rules will result in **1st offense with loss of hole and 2nd offense loss of match and removal from participation in best ball. If called in medal play, the first offense shall be a two-stroke penalty and the second offense will be disqualification. If the player does a grievous offense, they will be immediately DQ'd.**
- iii. **Etiquette - On the first tee a player must announce they will be using their cellphone for yardage. Players must also announce if they need to use the phone for any other reason during a match.**
- iv. Spectators and parents are welcomed and encouraged to attend matches but are required to stay on the cart path or in the rough. Spectators/Parents may not walk in the same fairway with players. They may not help student athletes with distances, club selection, or any information that may help the athlete. In order to help the pace of play, spectators/parents may help look for a lost ball but may not touch the ball when it is found. It's the responsibility of the player to identify their ball. Spectators/Parents who cannot follow these rules may cause forfeiture of the hole for the student athlete or ultimately disqualification from the match. Spectators/Parents cannot give advice during a stipulated round. Players upon completion of their matches are considered spectators and must follow the above rules. The penalty for breach of this rule is loss of hole and 2nd offense loss of match, and removal from best ball match. GPS devices will be allowed during play for yardage.
- v. During a stipulated round, a player may not:

1. Give advice to anyone in the competition playing on the course other than his partner, or
 2. Ask for advice from anyone other than his partner.
 3. The penalty for breach of this rule; in match play - loss of hole, in stroke play - two stroke penalty.
- g. Pace of play will be strictly enforced. The first match will be deemed behind if they have not reached the fourth fairway in one hour from their tee time. All other matches will be deemed out of position if they are more than one hold behind the group in front of them. Players will be given a warning and must make every attempt to speed up play. If they fail to accomplish this, they may be asked to skip a hole - if this occurs, the hole will be halved. All players are encouraged to finish their 12 hole matches in 2.5 hours.
- h. If a player is found smoking or using tobacco products before or during match or medal play, he/she will be disqualified. No loitering by players in the clubhouse or pro shop at any time. No cell phone use during play. No cell phones will be allowed at any time on any private courses, including parking lots. If a player is found looking at or using their cell phone during play, 1st offense will be loss of hole and 2nd offense will be loss of match and removal from play in their best ball match. Players and Coaches must follow all of the rules of the courses they are playing.
- i. The maintenance of the course is the responsibility of all golfers; each athlete is encouraged to maintain high quality of the facilities by adhering to a few rules of thumb. Replace all divots, repair all ball marks, rake bunkers, and avoid damaging the course and adhering to USGA rules at all times.
13. Responsibility for calling in scores: Host team should report scores to Sport Commissioner via email as agreed upon in preseason meeting.
14. Miscellaneous regulations: All teams are required to send the varsity roster to Kelly Flaherty (Sport Commissioner) before the first match.
15. Eligible student athletes may participate on varsity, junior varsity, or freshman teams and may change levels of competition as many times as coaches determine is in the best interest of the team or player. A player may not participate in more than one contest per day (except for tournament play). Only freshman may participate on the freshman team.
16. Rules for WCAC Tournament: Locating sites for the WCAC tournament will be determined by the Golf Commissioner. The Sports Commissioner may ask on a rotation basis to designate a coach to find a site for the WCAC tournament. In the pairings for the tournaments, no more than one player per team shall be in the same foursome/threesome. The tournament will be 18 holes medal play. Format for championship is as follows:

For 2026 Golf Championship based on End of Season Standings:

Top 6 teams will send 6 players to the WCAC Championship. (36)

Top 5 scores from each team will count towards team score

Teams 7-8 will send up to 3 players to the WCAC Championship. (6) Teams 9-12 will send up to 2 players to the WCAC Championship. (8)

From there, we will fill any remaining spots with an additional girls representative from each eligible school in descending order based on the team standings, until we are at 54-57 players total depending on course availability. These additional players will not be eligible to impact the team score but will be eligible for the Girls Low Medalist trophy.

Eligible Schools for Additional Girls: *Holy Cross, Bishop Ireton, Bishop McNamara, Bishop O'Connell, Elizabeth Seton, Good Counsel, Paul VI, St. John's, and St. Mary's Ryken.*

Tiebreakers for standings and berths:

Any tiebreakers that impact standings and playoff berths will be broken accordingly: Tiebreaker 1:

Head to Head record between tied teams

If more than 2 teams are tied, then we will go to Tiebreaker 2 Tiebreaker 2:

Total Points record for all conference matches

At the WCAC Golf Championship, we will award:

Boys Low Medalist, Girls Low Medalist, Team Champion, Runner Up

- a. If two or more teams tie for the WCAC Tournament championship, there will be a sudden-death playoff. The team with the lowest total strokes will be the champion. If tied after the first hole, play will continue until tie is broken. The runner up shall be the team with the second lowest total. If darkness prevents a playoff, the Golf Sports Commissioner will follow the USGA rules for determining a winner.
- b. If two teams tie for regular match play season, the team that won the head-to-head match will earn the top seed to the WCAC-IAC four team championships. If three or more teams tie in match play season, no team will be seeded. The winner and runner-up in the WCAC Tournament will advance to the WCAC-IAC Championships.
- c. The committee for the tournament will consist of all of the coaches in the WCAC Golf, and the Golf Sports Commissioner. In the event of rain, the tournament committee and Sports Commissioner will decide the tournament outcome.

SPORT: Field Hockey

SEASON: Fall

SPORT CHAIR: Jon Lombardo, Athletic Director, St. Mary's Ryken

1. Number of Conference Contests-

Each team will play 6 games in conference. Conference schools will play each other once. You may play a league opponent twice, but the added game would be considered a non-conference matchup.

*The game scheduled by the league commissioner will count towards WCAC standings.

2. Maximum Number of Contests

18 Varsity games (includes tournaments)

16 JV games

3. First Play Date

August 24th

4. How the conference championship is determined.

WCAC field hockey, we will follow the 7 team format for WCAC sports with uneven number of teams. The # 1 seed receives a BYE to the semifinals with the below playoff format taking place.

All 7 teams make the playoffs.

Tuesday	WCAC 1st Round #1 receives BYE 7 at 2 6 at 3 5 at 4
Thursday	WCAC Semifinals 1 vs Winner of 4v5 2 vs winner of 3v6 ● Semifinals hosted at highest seeds
Sunday-	WCAC Finals @ - TBD

For the purpose of seeding, ties in the regular season standings will be broken using the WCAC tie breaking procedure - **See WCAC Rules & Regulations – Tie Break Procedures**

5. Game Format

2021 Federation Rules will be used. For ties – see below. Note: The JV game may need to be shortened when the varsity games goes into overtime.

6. Officials

Each school may contract with their choice of certified officials associations for regular season home contests and home play-offs. The chair of WCAC field hockey will contract officials for the championship game.

7. Results

It is the responsibility of the home team to email in the results of conference games to the chair (contact information above).

8. Tie Breaking Procedures- updated 8-30-18

Varsity Games: Play up to two, 10-minute 7v7 sudden victory overtime periods

- 5 minute intermission following end of regulation play
- **Substitutions:** Allowed
- Meet with Captains for coin toss; Visiting team calls toss and winner chooses for possession or not
- Teams defend goals they had at the end of regulation play. Change ends if second overtime is played.
- Overtime starts with 6 field players and a goalie unless someone is sitting out during regulation due to a card. If a player is penalized for a Green, Yellow, or Red card at game's end, or in overtime, the team will play short during overtime, and the player receiving the Green or Yellow card may re-enter the game after penalty has been served if time remains. A player with penalty time remaining when timed overtime ends cannot play in untimed overtime. Team plays short throughout overtime for Red card penalty.
- Have coaches submit roster including goal keeper.
- On all penalty corners, defense has 3 field players plus goal keeper behind the end line.
- **Time-outs:** 90 second time out per regulation game. The time out carries over into overtime, only if they did not use their time out during the regulation play. (9/12/22)
- **Score:** At end of the overtimes, the score is the total of all goals scored during the game and the sudden victory overtime period.

If game is still tied after second 7v7 OT, one set of five 1v1's with follow-up shots will be taken alternately by each team. Green and Yellow carded players are not eligible for the 1v1's if time on the card is not served. Umpires select the goal at which the 1v1's will be administered. One official keeps the 10-second clock and the other official umpires the 1v1's. Players and coaches remain in the team area during the 1v1's. Each coach presents a list of 5 players in shooting order to the official. A coin toss will determine which team shall shoot first. A player shooting out of order is considered "no goal" and correct players order resumes with the teams' next turn.

1v1 Procedure

a. 1v1 –Attacker begins on 25-yd and will have 10 seconds against opposing goalie (who begins on the goal line) to move the ball into the circle; take a shot and any follow-up shot as time permits. Procedure ends when: there is a foul or violation by the attacker, 10 seconds has elapsed, a goal is scored, or the ball goes over the end line or sideline. (Note: Only in this situation the goalie can deliberately push the ball over the end line.) An unintentional foul by the goalie shall result in the 1v1 being retaken. For an intentional foul by the goalie, a penalty stroke is awarded. (Any eligible player on the roster may take the penalty stroke. Players currently serving Green or Yellow card penalties are

not eligible). If the score is still tied at the end the one set of 1v1s, the game remains a tie. In Play-offs there must be a winner.

Note that in 1v1, the lead referee will be positioned down inside of the goal circle. The trail will stand above the 25 yard line. The lead will blow the whistle to start the 1v1. The trail will use their watch to time the 10 seconds. Trail will use their whistle to indicate 10 seconds is done. No arm signals are necessary.

JV: No OT and, if Varsity has played the first game and has OT, JV regular game may need to be shortened as arranged by the officials with the coaches.

9. Coaches meeting and All-Conference voting will be Via Zoom. We will vote on the following:

- Player of the Year
- 1st Team Attack
- 1st Team Midfield
- 1st Team Defense
- 1st Team Goalie
- 2nd Team Attack
- 2nd Team Midfield
- 2nd Team Defense
- 2nd Team Goalie
- Coach of the Year
- Honorable Mention- Coach will select 3 players from there team in this category.

SPORT: Ice Hockey

SEASON: Winter

SPORT CHAIR: Jon Lombardo, Athletic Director, St. Mary's Ryken HS

1. Number of games between conference teams: Each WCAC team will play each other twice in their division (Capital, Metro, Girls). Sub-varsity teams can schedule as they wish as long as they don't exceed the game limit.
2. Maximum number of games and tournaments: 30 plus one tournament (Holiday Tournament mid-season) and post-season play. Post season includes WCAC plus one tournament according to your district affiliation. This applies to all WCAC sports according to Rules & Regulations.
3. Dates before which games cannot be played and desired ending date: 10/13 is the start date for hockey on ice practice. Games cannot be played before 11/10, excluding scrimmages. JV competition will conclude prior to the WCAC Championship - there are no JV playoffs. This applies to all WCAC sports according to Rules & Regulations.
4. Preferred day of games with make-up days: Varsity, Junior Varsity (V-2) and Freshmen (JV) games are recommended Monday-Friday. Weekends are not favorable days but are not Excluded.
5. Championship: Friday night prior to President's Day. The Semifinals will be hosted by the higher seed PRIOR to Friday (Tuesday of that week is preferred). For the Semifinal the higher seed will cover all ice expenses, and any other expense that is needed to play the game. The lower seed team will cover the cost of officials.
6. Determination of Conference Champion: Dependent upon league play; playoffs are at end of season between top four teams in each division. If the division only has three teams the higher seed receives a bye. The 2nd and 3rd seed will have a play-in game. All teams must have completed the WCAC schedule to be eligible for the post season. The first round is played at higher seed; the championship at a pre-determined site set by league. During the semi-finals the home team supplies the ice slot, pucks and any other game day essentials. The officials will be covered by the visiting (lower seed) team. There will be no admission for the semi's.
7. Resolution of ties for league standings: Rules and Regulations of the- WCAC Article VI
8. Game time/Overtime format:

Varsity: 15 minute periods (3), No overtime for all Conference regular season games. Winning team will be awarded 2 points. If the game ends in a tie it is registered as a TIE and teams awarded one point. At the end of the second period, the officials will inquire about remaining ice time. If there is less than 30 minutes the amount of remaining time will be divided in half and that will be the length of the third period, STOP-TIME. (Example: 20 minutes left, 3rd period will be 10 minutes long).

JV: 15 minute periods (3), NO overtime, NO Playoffs.

Fr: 15 minute periods (3), NO overtime, No Playoffs.

- i. If the Semifinal or Championship ends is a tie: (teams will switch ends for overtime)
 - a. If more than 20 minutes are left in the slot, a 10-minute overtime will be played.
 - b. If 10-20 minutes are left in the slot. A 5-minute overtime will be played
 - c. If less than 10 minutes are left there will be a 5 player shootout.
- ii. If the game is still tied after the overtime period, a 5 player Shootout will decide the winner.
 - a. The HOME team will get to decide whether they would like to shoot or defend first.
 - b. Any player whose penalty had not been completed when the overtime period ended or who receives a penalty during a shootout procedure is NOT eligible to be one of the players selected to participate in any partition of the shootout process.
 - c. Any player that has been ejected during the game is NOT eligible to return for the shootout.
 - d. Each team will select 5 shooters. All goalkeepers and players from both teams listed on the official game sheet shall be eligible to participate in the shootout (exception: those DQ'ed during the contest).
 - e. The score keeper will keep track of who is sent out and the order in which they shoot.

f. If after 5 shooters, the score is still tied it becomes a Sudden Death situation. Should one team be successful and the other not, the game is over.

g. Players in a sudden death shootout shall NOT be allowed to take another shot until Four additional shooters have completed their attempt.

9. Ice Cuts: If there is 45 minutes or more left in an ice slot, there can be an ice cut between the second and third periods. (Prior to the game coaches will decide if this will be possible)

10. Officials: the league determines Organization used. WCAC will use NIHOA (National Ice Hockey Officials Association) certified officials, who are sanctioned and scheduled by the Southeast Hockey Officials Association. All league games must employ the contracted organization. A three-person crew (2 referees, 1 linesman) will be used for the BOYS. A two-person crew will work the GIRLS game.

11. Game Rules: National Federation Rules. The HOME team takes the ice first, supply pucks for warm-up, responsible for the clock, scorekeeper, and score sheets. Running clock situation: Normal clock procedures will deviate if one team has a 7 goal lead. A running clock will be in effect until the lead is cut back to 4 goals. If there is a running clock, there will not be an ice cut. During the Championship game a running clock will not occur before the 3rd period.

12. Postponed Game Procedure due to weather and or any unforeseen circumstances which prohibit the completion of a game: If the weather or any other reason that warrants a postponement prior to; or once the game has started (and two periods have not been completed) the Athletic Directors and Coaches of the two involved schools must agree on an alternate date and time. Games should be rescheduled as soon as possible. If an agreement cannot be reached the Hockey and League Commissioner will decide. Appeals must be made to the WCAC Commissioner on the day of the postponement as to not delay or disrupt upcoming games.

a. A game becomes final after the two complete periods.

13. Penalties: Player and or Coach ejections:

a. The Sport Commissioner and League Commissioner must be notified in all cases of player or coach ejection (Disqualification DQ) from a WCAC contest.

b. Any player/coach ejected, DQ for any reason from a contest will be suspended from the next game whether the game is in-conference or out of conference.

c. If a player or coach is ejected for a second time in a season, this will result in a minimum of a (3) game suspension.

- d. If a player has been DQ they may not attend the next game while serving the suspension.
- 14. Communication of Scores: WCAC score sheets will be provided to report scores - contact Jon Lombardo if any issues with score reporting.
- 15. Uniforms: Home team wears the light jerseys/uniforms; visitors wear dark jerseys/uniforms.
- 16. OSA's will be in effect with the exception for a Black Out Period extending from the first day of school until the first day of practice on Oct. 1.

17. WCAC Out of Season Activity (OSA) Position Statement
(adopted 7-2019)

Member schools will adhere to the following guidelines in regards to out of season activities (OSA). While the Conference cannot control the activities or leagues students participate in out of school, these are the activities allowed by the Conference while working with athletes in the off-season. All WCAC sponsored sports must follow the following guidelines, as well as those sports not under the WCAC umbrella.

The coaches are responsible to comply with the OAS rules. The athletic trainer will keep track of compliance of the OSA. If a violation occurs, a non-compliance form will be reported to the athletic director, as well as the commissioner.

Addendum:

- a. Playoff Format: Top four teams in each division shall advance to playoffs; first place team will host fourth place team; second place team will host third place team. If it's a three team conference the higher seed receives a Bye. The play-in game between 2 and 3 will determine who advances to the championship. The two winners of playoffs shall play the championship game.
- b. Seeding: Determined by WCAC competition. See WCAC Rules & Regulations for tie breaking/seeding procedures.

SPORT: Girls and Boys Lacrosse

SEASON: Spring

SPORT CHAIR: Dwayne Bryant, Athletic Director, Bishop Ireton HS

Boys' and Girls' Lacrosse Season: Spring

Sport Commissioner: Dwayne Bryant

1. Required number of games between conference teams: 1 (alternating home & home annually among those schools fielding varsity teams)
2. Maximum number of games: 18 varsity, 14 junior varsity/freshmen (no restriction on regular season tournament participation, that is, you could play all your non-conference schedule in tournaments, but each game in the tournament counts against the overall total 18-game limit on all games). 4 is the maximum number of scrimmages, all of which are to be completed before the first regular season contest, conference or non-conference. Play days are normally treated as one scrimmage, if, the individual game is not a regular timed game, that is four 12, minute quarters for girls varsity and four regular quarters of 12 minutes for boys varsity conducted within one calendar day. As with scrimmages, play days are not allowed after the first regular season game is conducted.
3. Preferred day and time of games with make-up days:
Tuesdays and Fridays 4:00 (Varsity); 3:30 prior to daylight savings; not available date for make-up games
4. How WCAC Champion is determined: See bylaws
5. How ties are resolved:
 - a) Girls'
 - i. Game/Match ties - coin toss to determine the goal to be defended. The alternate possession will continue from the regulation game. Upon scoring of the first goal in the "sudden victory" period (s), the team scoring the goal will be declared the winner. Overtime periods will be six minutes in duration with the clock stopping on each whistle. At the three-minute mark, the whistle will stop play and the teams will change ends with no delay for coaching or substitution allowed. The game will restart with a center draw. The rules of the NFHS apply, see them for additional details.
 - ii. When there is a standings tie to be broken the following formula is used:
 - iii. 1) most conference wins; 2) record head-to-head, 3) record versus highest seeded teams, beginning with top seed; 4) coin toss if two teams tie. If three or more teams are tied, compare records among tied teams as if a "mini-conference." For example, in three-way tie if one of the three teams defeated the other two teams with whom they are tied, that team receives the highest seed, then the remaining two compare their head-to-head results. If that does not resolve the tie, the names of the teams are selected by blind draw.

b. Boys'

- i. Game/Match ties – coin toss to determine the goal to be defended. One 4-minute “sudden victory” overtime period will be played; the first team to score in the overtime period is declared the winner of the contest. One timeout is permitted for each overtime period. If no winner is determined in the first overtime period, the teams will switch goals at the end of each overtime period and continue with a second and subsequent 4-minute overtime period until a goal is scored.
- ii. When there is a standings tie to be broken the following formula is used:
- iii. 1) most conference wins; 2) record head-to-head, 3) record versus highest seeded teams, beginning with top seed; 4) coin toss; *if two teams tie. If three or more teams are tied, compare records among tied teams as if a “mini-conference.” For example, in three-way tie if one of the three teams defeated the other two teams with whom they are tied, that team receives the highest seed, then the remaining two compare their head-to-head results. If that does not resolve the tie, the names of the teams are selected by blind draw.*

6. Game or Match Format:

a. Girls'

Varsity game consists of four 12-minute quarters with a shot clock; National Federation of High School rules apply (see US Lacrosse rules at www.uslacrosse.org)
Junior Varsity consists of four 10-minute quarters, National Federation of High School rules apply. JV will have a running clock with stoppages at all whistles in the final two minutes of each half. Varsity Girls will be using a shot clock and there will be three certified officials for varsity games.

b. Boys'

- i. Varsity game consists of four, 12-minute periods. NCAA rules apply, see NCAA rules at www.ncaa.org/sports
- ii) JV game consists of four, 10-minute periods. NCAA rules apply, see www.ncaa.org/sports

7. Officials:

Minimum: Varsity, three certified officials for girls WCAC games, three certified officials for boys; JV, two certified officials. No scrimmage or game should be conducted without certified officials as a matter of safety and legal liability.

8. Process to handle cancelled games: WCAC bylaws state all conference games must be rescheduled on the next available play date and all conference games must be completed before the start of the conference post season tournament. The home team is responsible for scheduling make-ups.

9. Responsibility for calling regarding scores:

Each Coach/AD is responsible for recording the varsity scores to the sport chairman.

10) Uniforms: Colors-Home/Away

- a) Home team will wear white/light colored jersey.
- b) Visiting team will wear dark, unless an alternative arrangement is mutually agreed upon by both coaches in advance.

10. Freshman, Junior Varsity Eligibility: See bylaws

11. Inclement Weather Policy

- a. For boys' play, if half of the game is completed (halftime or later) the game stands as complete if it is called due to the weather or playing conditions of the field. If the game is called before the half the game must be replayed in its entirety. In the championship tournament game, an entire game must be completed in order to award a championship.
- b. For girls' play, the US Lacrosse/NFHS standard of 80% of the contest completed constitutes a legal contest, unless the teams are tied. In a suspended or interrupted game, the contest will be governed by NFHS rules, basically the game should be restarted from the point of interruption. A suspended game may be terminated and considered complete by mutual agreement of the opposing coaches. The score at the point of termination will be the official score. See the NFHS rules governing play for high school.

12. Game Ejection Policy

- a) The conference interpretation for the rule regarding the penalty for receiving an ejection stands as follows: the offending player must sit out the next game. There is no differentiation made between conference or non-conference games. If a player or coach is ejected for a second time in a season, this will result in a minimum of a (3) game suspension. When an individual player is disqualified from the game, but can be replaced by another player according to the rules, it is not considered an "ejection" and does not result in a one-game suspension for said player.
- b) The conference interpretation for coaches, athletic officials, employees, and other adults under the supervision or control of a member institution is as follows: any legally awarded sanction by an official in the execution of his/her duties as contracted to officiate a contest which removes the coach, employee, or other official from his/her official duties regarding the contest, that coach, employee, et. al. shall be suspended for a minimum of one game. The suspension to be served at the next game scheduled, whether a WCAC or non-conference contest. There shall be no distinction made for any individuals not on a team roster to attend/participate in the game, including students or players from other teams or schools.

13) Out of season activities

- a. Out-of-season activity is defined as organized activities after WCAC, state, or other WCAC-sanctioned post season championship tournament play up to the first day of spring season tryouts, normally Feb 20th.

- b. Consistent with the Conference bylaws, open field/gym activities may be conducted by a school's coaches to teach individual skills. See the WCAC bylaws updated as of 2025.

14) Video and still photography of games, practices, and scrimmages.

- a) Teams are allowed to record their activities, including away contests, in the WCAC; for the purpose of teaching, recruiting, and evaluation. WCAC members are not allowed to record or otherwise obtain visual information, including video or photographs of teams or games with whom they are not directly competing, except by mutual agreement prior to the contest. That restriction includes not only school employees and students, but also others affiliated with the school, such as alumni, parents, or "friends of the program". That does not preclude material that is publicly available, such as live streaming, retail sales, or material otherwise legitimately available in the public forum. Members should not provide video materials to others without the knowledge of the member institution whose contest is being shared.
- b) Non-conference contests will be addressed by the WCAC member and opponent individually in a manner consistent with the Conference policy and mutual agreement of the schools involved. WCAC should not make available to a third party any materials involving an opponent without informing the opponent of the intention to release such materials. For example, if a WCAC member exchanges film with a non-conference opponent and the game exchanged included a third program with whom the non-conference opponent is scheduled or may be scheduled to play at a later date, it is incumbent upon the WCAC member school to inform that WCAC member program of the intention to share the film.

SPORT: Girls and Boys Soccer

SEASON: Fall

SPORT CHAIR: Billy Emerson, Athletic Director, Paul VI HS

- 1) Required number of games between conference teams: one game vs. each conference opponent.
- 2) Maximum number of games: 20 (no restriction on tourneys, but 20 is limit on all games) 4 is the maximum number of scrimmages, to be completed before the first regular season contest, conference or non-conference.
- 3) Preferred day and time of games: Tuesdays and Thursdays 4:00 (Varsity); 3:00 after daylight savings. Schools with lights, field conflicts, etc. may set different times.
- 4) How WCAC Champion is determined: seeded single elimination tournaments with play-in round(s) if necessary.
- 5) How ties are resolved:
 - a) Game/Match ties-No overtime until conference tournament , for the standing in the regular season, 3 points are awarded for each regular season conference win, 1 point is awarded for a regular season tie, with most wins the first determination when points are equal. When there is a standings tie to be broken the following formula is used: 1) most conference wins; 2) record head-to-head, 3) record versus highest seeded teams, beginning with top seed; 4) coin toss.
 - b) Championship tournament will use overtime.
- 6) Game or Match Format:
Varsity 40-minute halves; National Federation of High School (NFHS) rules apply
Junior Varsity **35** minutes halves.
- 7) Officials: Minimum: two Preferred: three (3-5 will work championship tournament games)
- 8) Process to handle cancelled games: next available date.
Make-ups to be played within one week of cancellation if at all possible. The home team is responsible for scheduling make-ups.
- 9) Responsibility regarding scores:
Each Coach/AD is responsible for recording the varsity scores.
- 10) Uniforms: Colors-Home/Away
Home Team will wear dark colored jersey (new NFHS rule as of 2018). Visiting team will wear white. Check with non-conference opponents (they may not follow the same rule).
- 11) Freshman, Junior Varsity Eligibility: See WCAC bylaws.
- 12) Inclement Weather Policy: The following policy was adopted for the WCAC (September 21, 1994) regarding rainouts. If half of the game is completed (halftime or later) the game stands as

complete if it is called due to the weather or playing conditions of the field. If the game is called before half the game must be replayed in its entirety.

13) Red Card Policy

a) The conference interpretation for the rule regarding the penalty for receiving a red card now stands as follows: the carded player must sit out the next game. There is no differentiation made between conference or non-conference games at this point. If a player receives a second red card in the season, the Conference commissioner will investigate the matter and take appropriate action. When an individual player receives two yellow cards and is disqualified from the game, the result is also a one game suspension for said player.

b) Ejection of Player and/or Coach - Players and Coaches who are ejected from a contest, scrimmage, jamboree or benefit game for unsportsmanlike misconduct (i.e. red card) are ineligible for the team's next scheduled contest. Engaging in fighting (including throwing punches as an instigator, in retaliation, or intentionally kicking or stomping an opponent), biting or aggressive physical contact shall result in a 3-game suspension (a player shall be ineligible for the team's next three scheduled contests) and a coach for a minimum of the team's next three scheduled contests. Profanity directed at a game official will result in a 2-game suspension. Student-athletes who leave the bench area and become actively involved in an altercation will result in a 2-game suspension. Coaches ejected for unsportsmanlike conduct will not be physically present or communicate in any way with the team at the next scheduled contest.

c) The conference interpretation for coaches, athletic officials, employees, and other adults under the supervision or control of a member institution is as follows: any card or other legally awarded sanction by an official in the execution of his/her duties as contracted to officiate a contest which removes the coach, employee, or other official from his/her official duties regarding the contest shall be suspended for a minimum of one game, the suspension to be served at the next game scheduled, whether a WCAC or non-conference contest.

14) WCAC Soccer Tournament Policy - Overtime and Game Interruption

a) Overtime Policy through *Semi-Finals*: If a game is tied at the end of regulation there will be two sudden victory (Golden Goal) five-minute overtimes.

1. If one team scores in the first overtime, the game is terminated with that team as a winner.
2. After the first overtime, teams will change goals and play an additional five-minute overtime. Again, one goal determines the winner.

b) If a tie still exists, the game will be determined by penalty shots according to Federation Rules:

1. The head referee shall choose the goal at which all of the kicks from the penalty line shall be taken.
2. Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified), to take the kicks.
3. The team winning a coin toss shall have the choice of kicking first or second.
4. Teams will alternate kickers. There is no follow-up on the kick.
5. The defending team may change the goalkeeper prior to each penalty kick.
6. Following five kicks for each team, the team scoring on the greatest number of these kicks shall be declared the winner.

- c) If the score remains tied after each team has had five kicks:
1. Each coach will select five different players than the first five who already have kicked to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken.
 2. If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating kicks, if a tie still remains, repeat step 2.

Overtime Policy for Finals

1. If a game is tied at the end of regulation there will be two sudden victory (Golden Goal) 10-minute overtimes.
 - A. If one team scores in the first overtime, the game is terminated with that team as a winner.
 - B. After the first overtime, teams will change goals and play additional 10 minutes overtime. Again, one goal determines the winner.
 - C. If a tie still exists the game will be determined by penalty shots according to Federation Rules.

Interrupted Tournament Game. In the event a tournament game must be suspended by the head referee because of conditions which make it impossible to continue play, the chairman shall;

1. Declare it an official game if one complete half or more of the game has been played and one team is ahead;
2. After completion of the first half if the score is tied, resume the game from the point of interruption and play out the remainder of the game.
3. If less than one complete half has been played, resume the game from the point of interruption.
4. The championship game must be played in its entirety. The game may be resumed on another date, time, or venue in order to complete the contest. This decision will be made after consultation with the commissioner and schools involved.

Boys play 10 conference games. The girls will continue to play 8 (9 for JV). The overall game limit is 20. The scrimmage limit is 4.

SPORT: Softball

SEASON: Spring

SPORT CHAIR: Joe Wootten, Athletic Director, Bishop O'Connell HS

- First Day of Practice is Tuesday after President's Day.
- Metal cleats are allowed except on Turf.
- Regular Season Suspended Play: If a regular season game is called by the umpire for weather and it is not a complete game the game will be suspended. Unless both coaches and ADs agree that the game is complete. A complete game will be defined as 5 full innings played unless 4 and a ½ innings have been played and home team is winning.
- Varsity Run Rule: Up by 10 runs after 5 innings and the game is called. The rule remains in effect for the remainder of the game.
- The field must have a batter's box.
- Total # of contests: 28 for varsity, plus WCAC and State. 20 for JV. Each game in a tournament must be counted.
- The Catchers box outlined on the field of play is encouraged but not required.
- JV and Varsity on the same day exception: In order to allow league teams to be able to field a JV team, players will be allowed to play JV and Varsity on the same day. The player who competes in both games cannot play the position on the JV that they played on the varsity.
- Each Varsity team must begin a game with 9 or more players.
 - Each JV team must begin a game with 8 or more players.
 - In a Varsity competition, if at any point the batting line up falls below 9 players, the missing spot will be considered an out.
 - In a JV competition, if at any point in the game the batting line up falls below 9 players the missing spot will be skipped over without penalty.
 - For the JV and freshmen level, each sports season ends before the WCAC championship.
- JV games include a 5-run per half inning for all JV games. The last inning will not have a 5-run limitation. After a team scores 5 runs in a half inning, that team will go to the field & the bases will be cleared for their next turn up to bat. 2 Hour Time limit on JV Games.

- **Defensive Substitutions:** Substitutions are unlimited. Only catcher and pitcher substitutions need to be announced due to the courtesy runner rule. A player not in the batting order may play defense at any time.
- **Offensive Substitutions and Re-Entry:** A substitute may enter the batting order to either pinch-hit or pinch-run. The starting player may re-enter the batting order one time. The substitute may also re-enter the batting order one time, but it must be for the same person in the lineup.
- **Courtesy Runners:** Courtesy runners are allowed for the pitcher and the catcher. These are not considered offensive substitutions. A team may use a substitute or the last retired batter as the courtesy runner. The same player may not run for the pitcher and the catcher in the same inning. A pitcher or catcher must have been the pitcher or catcher in the ½ inning prior to the offensive team's at-bat.

Catcher's One-Way Electronic Communication

- Approved for use for the spring 2026 WCAC Softball Season
- Coaches will be able to use one-way electronic communication in the dugout or bench area for one-way communication to the catcher while the team is on defense. The electronic communication is not for multiple player use.
- Use of one-way electronic communication is optional.
- There is no rule that indicates if one team's one-way electronic device becomes inoperable during a game, that the opposing team must stop using their device.
- Teams may choose whichever one-way electronic communication device that works for them – that is in choice of brand, or whether the device is an earpiece, electronic wrist band, etc.

SPORT: Swimming and Diving

SEASON: Winter

SPORT CHAIR: Tom Krawczewicz, Swim Coach, DeMatha HS

1. Number of Matches Between Conference Teams: Each school *should attempt* to swim against each conference opponent one time during the regular season. *A school may use the dual meet format scoring results of the WCAC Championship meet as a way to determine head-to-head results against other schools.*
2. Maximum number of matches and tournaments: 15
3. Coaches Pre-Season Meetings: Determined by the Sport Commissioner
4. Pre-season training: Must follow the Out of Season Activity policy in the WCAC Rules and Regulations.
5. Preferred time of meets: TBD based on facility availability.
6. Match Format: Dual Meets or Multi-team Meets.
7. Officials: During the season, host schools are responsible for coordinating officials. For the WCAC Championship the Sport Commissioner will book the officials.
8. Postponed/Canceled/Forfeited Matches: If an event is canceled, a school should try to reschedule.
9. Score/Roster Reporting: Scores from meets need to be sent to the WCAC website editor, and the Sport Commissioner.
10. Uniforms: Each school is responsible for their own uniforms. For the championship meet, all teams should be required to wear apparel with only their school logo.
11. Coaching: Coaches are permitted to be on the deck coaching their athletes during a meet.
12. How the Conference champion is determined: At the WCAC Championship meet, the scoring will determine the champion.
13. ***WCAC Championship meet: The championship meet will be run as a timed final. Each team is permitted three (3) entries per individual event and one scoring (A) and one exhibition (B) entry per relay event.***
14. WCAC All-Conference Selection: All Conference teams are based on the final standings at the WCAC Championship for each event. ***The first-place swimmer/diver in each event is named First Team; the second-place swimmer/diver is Second Team; the third-place swimmer/diver is Honorable Mention. The same format is used for the three relays.***

SPORT: Girls and Boys Tennis

SEASON: Fall and Spring

SPORT CHAIR: Martin Keithline, Athletic Director, Bishop McNamara HS

1. Number of Matches Between Conference Teams: One.

Scrimmages occur prior to any scheduled regular season match. Only conference matches count towards tournament seeding.

2. Maximum number of matches and tournaments: 16 + Post-Season tournament

3. Coaches Pre-Season Meetings: to be held prior to the beginning of each season.

4. Pre-season training: Follow WCAC Out of Season Guidance

5. Preferred time of matches: 4:00 PM

6. Match Format:

a. A match consists of six (6) singles and three (3) doubles matches; team members are allowed to play singles and doubles.

b. Matches are 8 game pro-sets, regular scoring, with a 7-point tie breaker to be played at 8-all (must win by 2).

c. #1 and/or #2 singles player(s) may not play #3 doubles.

d. There will be a 90 second changeover time.

e. If a player is missing for a singles or doubles match, the coach has the option to insert any player in that position.

f. Rosters must be exchanged prior to the beginning of a match for singles and doubles. Rosters cannot be adjusted once the match has begun unless the outcome to the match has been determined or unless there is an injury.

7. Officials: Regular season - self officiated; Conference Tournament – USTA Referees, with a minimum of three (3) each day.

8. Postponed/Cancelled/Forfeited Matches:

a. If a match is postponed, participating coaches must try to reschedule at the earliest convenient date.

- b. The home team determines whether a match must be cancelled due to inclement weather and must inform the visiting team as soon as possible.
- c. If a match is delayed by the weather, then the match should be continued the next available day.
- d. Individual match(es) can be forfeited if player(s) arrive 15 minutes late. If a team match is to be forfeited, the forfeiting team must call in advance.

9. Score/Roster Reporting:

- a. Rosters must be sent to the commissioner prior to the first match.
- b. Home teams are responsible for reporting scores to the Tennis commissioner.
- c. The tennis commissioner reports all team scores to WCAC for posting on the website.
- d. Home team records scores in Tenniscores.com.
- e. Other media scores reporting? *Optional Head* coaches are responsible for reporting scores to the Washington Post.

10. Uniforms: Appropriate tennis attire and shoes must be worn for all matches regardless of temperature.

11. Coaching:

- a. Parents may not coach or talk to players during a match, unless officially named on the roster as a coach.
- b. All coaches must be listed on the roster. Only coaches are allowed on the court. Coaching is permitted **ONLY** during changeovers.

12. How Conference champion is determined:

- a. The Conference champion is determined through a tournament at the end of the girls' season in the fall and the boys' season in the spring.
- b. Tournament seeding takes place at the seeding meeting and is determined by season standings utilizing the 11-2 (Win - Loss) scoring system.
- c. Each school is allowed one player/team in each of the 6 Singles and 3 Doubles Championships. Players must play in **at least four (4) conference matches** in the same seed to be eligible to compete in **singles**, and in **at least three (3) conference matches** with the same partner in the same seed to compete in **doubles**.
- d. Players who do not fulfill this requirement may be eligible to participate in the conference tournament if a majority of coaches agree at the seeding meeting. If agreed, that player will be seeded 9th / 10th.

**** WCAC All-Conference Selection ****

- a. 1st team All-Conference honors shall be issued to those who finish 1st in 1 through 6 singles and 1 through 3 doubles.
- b. 2nd team All-Conference honors shall be issued to those who finish 2nd in 1 through 6 singles and 1 through 3 doubles.
- c. WCAC Coach of the Year will be voted at the end of the year seeding meeting PRIOR to Tournament. This is consistent with all WCAC sports procedures.

SPORT: Outdoor Track and Field

SEASON: Spring

SPORT CHAIR: Dan Lively, Athletic Director, The Heights School

I. CONTEST

- a. Student-Athlete must compete in a VARSITY meet in order to compete in the WCAC Championships
- b. Student-Athlete must compete in a WCAC meet during the current outdoor season.

II. ELIGIBILITY

- a. Student Athlete must be on the official roster in order to participate in the WCAC Championships
- b. Official roster must be received by the coordinator before the outdoor championships.

III. RULES

- a. NFHS rules are followed for the WCAC OUTDOOR TRACK & FIELD Championships

IV. MEETINGS

- a. Pre-Championship meeting will be held the week before WCAC OUTDOOR TRACK & FIELD Championships

V. ENTRIES/PARTICIPATION

- a. **ALL** entries must be entered into the registration link for the WCAC Championship in order to compete.
- b. **ALL** entries must be entered before the window deadline. If entries are not entered before window deadline, then that student athlete will not be able to participate in the WCAC OUTDOOR TRACK & FIELD Championships.
- c. Student Athlete can only be entered in four (4) events. A relay event is included in those four (4) events.
- d. Teams can enter no more than three (3) student athletes in an OPEN event.

VI. SCRATCHES/SUBSTITUTIONS

- a. Student Athletes can be scratched from an event during the Coaches Meeting on the day of the meet.
- b. NO substitutions for scratches. A student athlete that is scratched cannot be placed into another event that they were not ALREADY entered in.
- c. If a student athlete that was entered in an event has been seriously injured to where they cannot compete; prior to or during the WCAC Championships a diagnosis note/form from the member school ATC or doctor must be provided in order to substitute for that student athlete.

VII. PROTEST

- a. The Head Coach must submit a “written” protest to the Head Official, not the Meet Manager, within 30 minutes of the action for the protest to be honored.

VIII. MEET REGISTRATION

- a. Student Athletes must use a Time, Height or Distance from the **CURRENT** outdoor season in order to compete.
- b. Student Athlete whose Time, Height or Distance cannot be verified during the Seed Meeting will not be able to participate in that event.
- c. Student Athlete whose Time, Height or Distance is INCORRECT will be moved accordingly in that particular heat or flight.

IX. AWARDS

- a. Boys/Girls Championship Team Trophy
- b. Boys/Girls Runner Up Team Plaque
- c. Boys/Girls MVP Plaque
- d. 1st, 2nd, 3rd place medals.

X. ALL CONFERENCE

- a. First, Second and Third team are determined by the placing of each student athlete in that particular event. Example: 1st place in the 100m is First Team All WCAC in the 100m

XI. DATE

- a. Third weekend of May (Friday & Saturday)

SPORT: Volleyball

SEASON: Fall

SPORT CHAIR: Niki Geckeler, Athletic Director, Elizabeth Seton HS

1. Introduction

This document outlines the rules and regulations governing volleyball within the Washington Catholic Athletic Conference (WCAC) for the 2025-2026 season. It incorporates the latest National Federation of State High School Associations (NFHS) rule changes and points of emphasis to ensure consistency and fairness across all matches.

2. Important WCAC Dates

Contest Limitations				
Sport	Reg. Season	WCAC Playoffs Post Season	Post Season	JV and Freshmen
Volleyball	25	yes	Invitational Metro Championship or State Playoffs	22

4 Scrimmages: No scrimmages can take place after the first official contest.

Practice & Tryout Date		Enrollment by	Opening Day / First Play Date
Fall Season	Practice starts August 12th	September 15th	August 29th

- If the opening day of practice is a Sunday, teams will be permitted to practice on the preceding Saturday if their school does not permit practice on Sunday.

- For the JV and Freshman level, each sports season ends with its last regularly scheduled game.
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3. General Rules and Regulations

All WCAC volleyball matches shall adhere to the NFHS Volleyball Rules Book, except where modifications have been specified by the conference. Coaches are responsible for ensuring their teams are familiar with these rules. Key general rules include:

- **Team Composition:** A team consists of six players on the court.
 - **Match Structure:** Varsity matches are played in a best three-out-of-five sets format. Each set is played to 25 points, with a team needing to win by two points. The deciding set, if necessary, is played to 15 points, also requiring a two-point margin.
 - **Substitutions:** Teams are allowed a maximum of 18 substitutions per set.
 - **Libero Player:** The libero is a specialized defensive player who wears a contrasting uniform and cannot attack the ball above the net's height. The libero cannot serve, block, or attempt to block.
 - **Service:** The server must serve from behind the end line and within the service area.
 - **Scoring:** Rally scoring is used, meaning a point is scored on every serve, regardless of which team served.
 - **Timeouts:** Each team is allowed two timeouts per set, each lasting 60 seconds.
 - **Net Violations:** Players are not permitted to make contact with the net during play.
 - **Ball In/Out:** A ball is considered in if it lands on or inside the boundary lines.
 - **Ceiling Rule:** If the ball contacts the ceiling and remains on the attacking team's side, it is still in play, provided the team has not exceeded three hits.
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4. Points of Emphasis for 2025-2026

- **Lineup Card Usage:** While the requirement for the second referee to carry a lineup card has been eliminated, it remains a valuable tool, especially for newer officials, to track rotations and ensure accurate lineups. Coaches should submit clear and accurate lineup sheets to facilitate this process.
- **Ball Handling:** As the sport has evolved, the rules have adapted to allow multiple contacts on the ball with the caveat that the first referee should only judge the length of time on a body part, whistling a catch/throw or illegal contact, along with the number of contacts made on the same attempt by one player. With the 2025 rules changes, officials no longer adjudicate the multiple contact fault on a second contact when the ball is played to a teammate.
- **First Referee Assigning Line Judges:** The first referee holds the responsibility of assigning line judges. Coaches should ensure that individuals assigned to these roles are adequately

trained and understand their responsibilities to maintain the integrity of the match. In the WCAC we use student-athletes as line judges. Only exception is during the WCAC Championship.

- **Uniforms – Contrasting Colors:** Teams must ensure that libero uniforms contrast clearly with the rest of the team. This distinction aids officials and spectators in identifying the libero during play.

5. NFHS Rule Changes for 2025-2026

The following rule changes have been implemented by the NFHS for the 2025-2026 season:

- **Multiple Contacts on Second Team Hit (Rule 9-4-8c):** Players are now permitted to make multiple contacts in a single attempt to play the ball on the second team hit, provided the ball is next contacted by a teammate. This change eliminates a previous judgment call and promotes continuous play.
- **Textured Volleyball Adoption (Rule 3-2-1 NOTE):** Beginning with the 2026-2027 school year, state associations may permit the use of textured volleyballs for matches. This adoption removes restrictions on the color and shape of panels for textured balls, aligning with current market offerings. Please reference the following: [NFHS](#)
- **Uniform Number Placement (Rule 4-2-4d, f):** Effective July 1, 2029, uniform numbers on the front of the jersey must be centered on the upper half, eliminating the previous measurement requirements from the shoulder seam and neckline. This change simplifies uniform design and ensures consistency.
- **Undergarment Color Options (Rules 4-2-1h(3), 4-2-1i(2)):** Players may now wear solid black, white, or gray undergarments if the predominant color of the team uniform cannot be matched. All team members, except the libero, must wear the same color undergarment.
- **Lineup Card Requirement (Rules 5-3-2b, 5-5-3b(9)):** The second referee is no longer mandated to carry a lineup card. However, its use is encouraged, particularly for less experienced officials, to assist with tracking rotations and substitutions.
- **Illegal Libero Replacement Penalties (Rule 10-4 Penalties 1):** The penalty for an illegal libero replacement is now determined based on the timing of identification. If identified before the serve, an unnecessary delay is called. If identified after the serve, an illegal alignment results in a loss of rally/point.

6. Uniform Guidelines

- **Libero Uniforms:** Must clearly contrast with the rest of the team to ensure easy identification.

- **Number Placement:** Until July 1, 2029, numbers must adhere to current NFHS placement rules. Post-2029, numbers should be centered.
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7. Match Protocols and Officiating

- **Officials:** Assigned by the official Assignor Organization. First referee is the head official and makes all final decisions on the court.
 - **Coach Responsibilities:**
 - Submit lineups on time.
 - Provide trained line judges (Student-Athletes). Line judges are required to change sides of the court after each match to ensure fairness, teams remain on the same bench.
 - Ensure team compliance with all uniform and safety standards.
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8. Contest Limitations for Volleyball in Tournament Play

There are 2 scenarios in tournament play: **Best of 3** or **Best of 5**

Best of 3 = 1 Contest

If you are competing in pool play and it is the "best of 3" all day will count as 1 contest.

Best of 5 = every match counts

Every match will count as 1 contest

Example of a Friday-Sunday Tournament

Friday:

Pool Play your team plays 4 "Best of 3" round robin matches = 1 contest for the day.

Saturday:

Your team plays 3 "Best of 3" matches = 1 contest for the day

Sunday your team plays 2 "Best of 5" matches = 2 contest for the day

Number of contest played in this tournament = 4

9. Pre-Match Timeline

60:00 - Court available

13:00 - Home team warm-up

7:00 - Visiting team warm-up

1:00 - Clear the court/Referees

Time between JV and Varsity

30 minutes or scheduled time (not an early Varsity start)

10. Scores and Results (*Varsity Only*)

Report match results immediately following each contest to ensure accurate and timely updates to the WCAC website. The head coach may designate someone to handle this task. Form will be shared during preseason meetings.

11. Penalties and Sanctions

- **Unnecessary Delay:** Called for lineup infractions or slow substitutions.
 - **Illegal Alignment:** Results in point/loss of rally.
 - **Uniform Violations:** Must be corrected before a player may enter the match.
 - **Unsporting Conduct:** Will be dealt with per WCAC rules, including warnings, cards, and possible disqualification.
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12. Additional Resources

- [NFHS Volleyball Rules Page](#)
 - [WCAC Official Website](#)
 - [NFHS Learning Center - Volleyball Courses](#)
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SPORT: Wrestling

SEASON: Winter

SPORT CHAIR: Kelly Piazza, Steve Howes, Skylar Saar, Good Counsel HS

- 1) Number of matches between conference teams: 1
- 2) Each team is allowed to compete in a maximum of 15 dual/tri meets and tournaments throughout the year. The WCAC Tournament, Melee on the Metro, State Tournament, and National Preps do not count towards the 15 competitions.
- 3) Important dates: Nov. 8th is the first day of practice, Dec. 1st is the first date for a meet, WCAC tournament is the end of regular season, post season tournaments are State and Nationals, March 1st is the end of the season. Teams may participate in tournaments after Thanksgiving.
- 4) Matches for conference teams are set as some quad/ tri meets on Wednesdays and a few duals/ double duals. All scheduling changes must be sent to the Wrestling Chairperson.
- 5) The WCAC wrestling tournament determines the conference champion.
- 6) Match and tournament format: National Federation rules are followed for scoring with the team with the most points at the end of the match or tournament being the winner. Weigh- Ins will begin one hour prior to the start of the first match.
- 7) The WCAC uses one official per match.
- 8) A cancelled match should be rescheduled as soon as possible as established by the WCAC conference by-laws. All matches must be wrestled by the Wednesday before the conference tournament.
- 9) Reporting scores: the home team coach or AD must report the score to the chairperson as soon as possible after a match.
- 10) Uniform colors-Home/Away: no policy.
- 11) Wrestlers may move from the Junior Varsity to the Varsity Level and back at any time but are limited by the maximum number of matches and tournaments.
- 12) All issues of skin lesions will be addressed in accordance with NFHS rules.

- 13) If a member school does not offer an all-female wrestling program/ team, females will be allowed to wrestle in the WCAC and compete for a WCAC Championship. In the event a member school is not allowed to or chooses not to wrestle against a female, that match is considered a forfeit for that school.
- 14) Weight classes: 106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, and 285. A two-pound weight allowance will begin Jan.1st.
- 15) Weight classification and weight control are determined by the National Prep Weight Management Program.
- 16) The WCAC tournament is February 7th, 2026 at Our Lady of Good Counsel High School.
Inclement weather date: February 8th, 2026, at Our Lady of Good Counsel High School.