



WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION
18.22.0 WAIVER – Concurrent Sports Limitations

Current Rule: A middle level or a high school level student may be on only one (1) interscholastic sport roster per season.

The exception allows, with local school board approval, for students at 1B or 2B schools to compete on more than one (1) team. This exception has allowed for small schools to salvage programs for their students.

Waiver: Allows students to compete in two (2) sports during the same season, provided the following conditions are met:

1. Superintendent or Head of School approval would be required
2. Potential combinations:
 - One (1) contact * sport plus one (1) non-contact ** sport
 - Two (2) non-contact ** sports
 - Students could participate in cheerleading or dance/drill concurrently with any other contact * or non-contact ** sport
 - This would only apply to traditional winter to spring athletes; not allowed would be spring to spring nor winter to winter sports.
3. The minimum practice requirements for each sport must continue to be met prior to competing in a contest.
4. Student-athletes will be allowed to practice or compete during a maximum of 18 hours per week combined for both sports.
5. Students-athletes will be allowed to compete in a maximum of 4 competitions per week combined for both sports (excluding culminating events).

* Contact sports: Basketball, football, soccer, wrestling

** Non-contact sports: Baseball, bowling, cross country, golf, gymnastics, softball, swim/dive, tennis, track and field, volleyball