### 2021 AMENDMENT SUMMARY

**RULE** | **SUMMARY** | **S** | **O** | **NP**
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ML/HS #1 | 17.5.1  | Adds flag football, 7-on-7 football and sand volleyball to the sports that are considered to be separate and distinct from interscholastic sports. |  |

**HS #2** | 18.11.5  | A student is not varsity eligible if they transfer to a school after participating on a non-school team if one or more of the high school coaches were involved, and/or after receiving instruction or training, including weight training and conditioning, from a person affiliated with another school to which the student transfers. |  |

ML/HS #3 | 18.15.0 19.3.3  | Updates language in the WIAA handbook regarding appeals of eligibility regarding gender equity. |  |

ML/HS #4 | 18.20.1  | 1B and 2B high schools may utilize eighth graders from non-WIAA member middle schools. |  |

ML/HS #5 | 18.20.1  | With league approval 1A high schools may utilize eighth graders. |  |

ML/HS #6 | 18.23.1  | Changes the definition of “regular” from no more than once to no more than once per week. |  |

ML/HS #7 | 20.4.7  | Adds a minimum of one hour in coaches standards for student mental health and diversity, equity and inclusion education. |  |

**HS #8** | 30.1.0  | High school basketball teams may participate in 20 games or 19 games plus one tournament for a total of up to 23 games. A WIAA foundation game or game against an international touring team will not count toward this total. |  |

**HS #9** | 35.1.1 35.2.0  | Eliminates the restriction of 20 days of coaching for summer football. |  |

**HS #10** | 44.4.7  | A two-day wrestling tournament consisting of brackets larger than 16 individuals will count as one of the 16 allowed team dates. |  |

**AMENDMENT VOTING PERIOD:** April 29 – May 7, 2021

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Proposed Amendments for the 2021 Representative Assembly

12/21/20
The strike through text is proposed to be deleted from the current handbook wording. The **bold** and shaded text is proposed to be added to the current handbook wording. Amendments can potentially be modified during the Winter Coalition on January 25, 2021. Amendments that pass will go into effect on August 1 unless otherwise noted.

**ML/HS AMENDMENT #1**

17.5.1 OUT-OF-SEASON, page 21

17.5.1 For the purposes of the out-of-season regulations, the WIAA has determined that slow pitch and fast pitch softball; interscholastic/collegiate/folk style/ USA wrestling, freestyle wrestling, and Greco-Roman wrestling; **flag football, 7-on-7 football, sand volleyball** and unified sports teams shall be considered separate and distinct sports.

Submitted by Bellarmine Prep, Bethel High School, Curtis High School, Rogers High School, and Sumner High School.

**Rationale for ML/HS Amendment #1:**

This amendment would allow school coaches to continue to coach their student-athletes in these sports that are separate and distinct from interscholastic sports.

**Pros for ML/HS Amendment #1:**

- Will provide equity of opportunity for all players, not just the elite level, or those that have the ability to pay to participate in non-school programs.
- Will engage student-athletes in school based athletic opportunities rather than non-school programs.
- Coaches will not be required to run these programs, but this change will provide an opportunity for them to stay involved with their student-athletes beyond the school season.
- These programs are currently run by booster clubs or outside groups that have no accountability and whose coaches have little training except in the skills of the sport. School coaches have a great deal of training and accountability.

**Cons for ML/HS Amendment #1:**

- Multi-sport athletes may feel pulled in different directions during the out-of-season time period.
- Coaches may feel compelled to coach during times that they might typically not be involved.
HS AMENDMENT #2

18.11.5 TRANSFERRING STUDENTS (new article), page 35

18.11.5 A high school student who attends, participated or was eligible to participate for a school, and subsequently transfers to another school will be eligible for subvarsity only for one (1) calendar year from the date of enrollment at the new school:

A. If the student transfers from a public, private, or charter school after:
   1) Participating on a non-school athletic team (AAU, American Legion, Club USA, USVBA, or any other non-school program) in which one (1) or more of the high school coaches are currently involved and/or
   2) Receiving athletic or activities instruction or training, including weight training and conditioning, from a person affiliated with another school to which the student transfers.

B. The subvarsity status would apply even if the entire family moves to a new location within the residential area of the school to which the student transfers.

Submitted by Battle Ground High School, Camas High School, Heritage High School, Kelso High School, and Union High School.

Rationale for HS Amendment #2:

1. High school coaches are increasingly choosing to double as personal trainers, AAU coaches and/or 7-on-7 coaches. According to WIAA rules, they are not permitted to coach their own athletes, but are able to coach athletes from other high schools in the area. Consequently, more athletes are transferring to schools whose coaches double as personal trainers, thus gaining an unfair advantage.

2. The student would still have the opportunity to appeal their eligibility status to the District Eligibility Committee.

Pros for HS Amendment #2:

- This amendment will significantly slow the current mass migration of athletes that are transferring for athletic purposes, which is consistently happening more and more in cities like Seattle, Spokane, Tacoma, and Vancouver.
- This amendment will provide a manageable framework for schools to navigate when determining if they wish to hire a coach who doubles as a trainer.
- Personal trainers are currently taking advantage of the WIAA out-of-season rules stating that “high school coaches are not allowed to work with their own athletes during the out-of-season time period.” However, trainers are free to work with athletes that currently attend or are on track to attend other high schools. As a result, some personal trainers are acting as recruiters and encouraging the athletes they train or work with from other high schools to transfer to the high school where they coach. This amendment is aimed at ending or drastically reducing this unethical practice.
- Athletes that could potentially be caught in the middle (they work with trainers but their family relocates to a new school based upon legitimate reasons) would be able to appeal the decision within the WIAA’s current framework with the District Eligibility Committees.
- The family still has the option to relocate and the student-athlete would be eligible for subvarsity only. The choice remains with the student-athlete and their family.
Continuation of pros for HS Amendment #2:

- This amendment would effectively provide structure to the current dynamic between high school athletics and various training programs. Personal trainers would be in support of this structure as it remove the stigma or perspective that they are only training as a way to recruit other athletes to the high school with which they are affiliated.
- Each school district and athletic office is already tracking eligibility of incoming students. Typically each school has a slight different approach to the process, but every school already has a system to support this amendment.

Cons for HS Amendment #2:

- Additional oversight from the athletic office will be required in identifying which coaches double as trainers.
- The WIAA staff would need to take the lead in either creating or amending forms to help schools quickly identify athletes who have worked with trainers and who could be affected by this amendment.

ML/HS AMENDMENT #3

18.15.0 GENDER IDENTITY PARTICIPATION and 19.3.0 PROCEDURES FOR INFORMING STUDENT OF INELIGIBILITY

**PHILOSOPHY OF GENDER IDENTITY PARTICIPATION:** The WIAA encourages participation for all students regardless of their gender identity or expression. Further, most local, state and federal rules and regulations require schools to provide transgender and other gender-diverse student-athletes with equal opportunities to participate in athletics. The purpose of this policy is to offer clarity with respect to the participation of trans and gender-diverse student-athletes. Additionally, this policy encourages a culture in which student-athletes are able to compete in a safe and supportive environment, free of discrimination.

18.15.0 GENDER IDENTITY PARTICIPATION - All students should have the opportunity to participate in WIAA athletics and/or activities in a manner that is consistent with their gender identity. Currently, most athletic programs are offered separately for boys and girls as outlined in Appendix 1. Athletes will participate in programs consistent with their gender identity or the gender most consistently expressed. School personnel responsible for student eligibility will work collaboratively with the student-athlete to determine eligibility. Should any questions arise whether a student’s request to participate in a sex segregated activity consistent with his or her gender identity is bona fide, a student may seek review of his or her eligibility for participation by working through the procedure set forth below. Once the student has been granted eligibility to participate in the sport consistent with his/her gender identity, the eligibility is granted for the duration of the student’s participation and does not need to be renewed every sports season or school year. All discussion and documentation will be kept confidential, and the proceedings will be sealed unless the student and family make a specific request. For additional information on Gender Identity, refer to Appendix 6.

18.15.1 NOTICE TO THE STUDENT AND FAMILY: Should the participation of a student be challenged, the administration of the school shall contact the student and parents/legal guardian to advise them of the challenge.

18.15.2 NOTICE TO THE WIAA: The school administrator shall then contact the WIAA office, which will assign a facilitator who will assist the school and student in preparation and completion of the WIAA Gender Identity eligibility appeal process.
Continuation of ML/HS Amendment #3:

18.15.3 **FIRST LEVEL OF APPEAL:** The student will be scheduled for an appeal hearing before an eligibility committee specifically established to hear gender identity appeals. The WIAA shall schedule a hearing as expeditiously as possible, but in no case later than five (5) school business days of that member school prior to the first full interscholastic contest that is the subject of the petition, or within a reasonable time thereafter in cases of emergency, including, but not limited to, any unforeseeable late student enrollment. The Gender Identity Eligibility Committee will be comprised of a minimum of three of the following persons one of whom must be from the physician or mental health profession category:

A. Physician with experience in gender identity health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.

B. Psychiatrist, psychologist or licensed mental health professional familiar with the World Professional Association for Transgender Health (WPATH) Standards of Care.

C. School administrator from a non-appealing school

D. WIAA staff member

E. Advocate familiar with Gender Identity and Expression issues

18.15.4 **DOCUMENTATION:** The appealing student should provide the Eligibility Committee with the following documentation and information:

A. Current transcript and school registration information

B. Documentation of student’s consistent gender identification (e.g., affirmed written statements from student and/or parent/guardian and/or health care provider)

C. Any other pertinent documentation or information

18.15.5 **SECOND LEVEL OF APPEAL:** An aggrieved student wishing to appeal the Gender Identity Eligibility Committee decision shall file notice of appeal with the Executive Director of the WIAA on or before the tenth (10th) school business day following the date of receipt of the written decision of the Gender Identity Eligibility Committee denying the petition. An appeal to the WIAA Executive Director shall require the Executive Director to schedule a hearing to commence on or before the tenth (10th) school business day following the date of receipt of the written notice of appeal. Written notice of the time and place of the hearing shall be delivered to the petitioned appellant in person or by certified mail, with return receipt requested, no later than five (5) school business days of that member school prior to the date of the hearing.

When there is confirmation of a student’s consistent gender identity, the eligibility committee/WIAA Executive Director will affirm the student’s eligibility to participate in WIAA activities consistent with the student’s gender identification. The WIAA will facilitate the provision of resources and training for a staff is willing to collaborate with any member school seeking assistance regarding gender identity.
Continuation of ML/HS Amendment #3:

19.3.0 PROCEDURES FOR INFORMING STUDENT OF INELIGIBILITY- Each school district superintendent or his/her designee(s), having reasonable cause to believe that a student is ineligible to participate in or continue in an interschool activity under the Rules and Regulations of the WIAA, shall provide the student with notice of his/her ineligibility either by certified mail or by delivering said notice in person. The notice shall:

19.3.1 Specify the reason(s) for the alleged ineligibility and the rule being violated.
19.3.2 Advise the student of his/her opportunity to request a hearing in order to contest the reason(s) for the alleged ineligibility.
19.3.3 State that a written petition for a hearing can be served upon the WIAA District Eligibility Committee, or its designee, on or before the expiration of the third school business day after receipt of the Notice of Opportunity for a hearing.

A. Should a student be declared ineligible on the basis of gender identity, the school administrator shall then contact the WIAA office.

B. Once contacted, the WIAA office will assign a facilitator who will assist the school and student in preparation and completion of the paperwork associated with the eligibility appeal process.

19.6.0 DISTRICT LEVEL ELIGIBILITY COMMITTEE - The governing board in each WIAA Representative District shall appoint a committee composed of a chairperson and at least two (2) additional committee members. No member of the Eligibility Committee shall hear and decide a case concerning a student who attends or attended a school with which that member is employed or otherwise directly associated. In such case, that member shall be disqualified and the majority of the remaining members of the Eligibility Committee shall meet and appoint any additional person or persons necessary to fill such vacancy.

19.6.1 Each member of the committee must be trained and certified on an annual basis by the WIAA office staff.

19.6.2 The Eligibility Committee shall be authorized to hear and decide cases involving the eligibility of students to participate in interschool activities pursuant to the eligibility standards established by the WIAA.

A. Should a student be declared ineligible on the basis of gender identity, the WIAA will facilitate an Eligibility Committee comprised of a minimum of three of the following persons one of whom must be from the physician or mental health profession category:

i. Physician with experience in gender identity health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.

ii. Psychiatrist, psychologist or licensed mental health professional familiar with the World Professional Association for Transgender Health (WPATH) Standards of Care.

iii. School administrator from a non-appealing school.
Continuation of ML/HS Amendment #3:

iv. WIAA staff member
v. Advocate familiar with Gender Identity and Expression issues

Submitted by the WIAA Executive Board.

Rationale for ML/HS Amendment #3:
1. The policies related to Gender Identity have not been updated since written over ten (10) years ago and no longer reflect current law, language and attitudes as it relates to student participation.
2. This update to the appeal language is part 2 of the process to update the language in the handbook. Part 1 was completed during the 2019-20 school year through editorial changes to the rule.
3. The current appeal process allows a member school to question an individual student’s eligibility that has already been approved by the student’s school requiring that student to go before an appeal committee. This is inconsistent with how eligibility is handled.

Pros for ML/HS Amendment #3:
- Once a student has been declared eligible by a school official, appeals of eligibility should be with the school, as a rule violation, rather than with the individual student.
- This new language is consistent with how student eligibility is handled.
- This revised process
  1) Reduces barriers to participation and increasing inclusive and respective environment.
  2) Reduces the potential for litigation due to discrimination.
  3) Supports mental health / suicide prevention for gender diverse students that wish to participate in WIAA Activities.
  4) Supports students and families navigating gender diversity.
  5) Aligns to the core values of the WIAA.
Continuation of ML/HS Amendment #4:

18.20.3 With league approval, any 2B school with an enrollment of 166 or greater may allow eighth (8th) grade students from a WIAA or non-WIAA member feeder middle school/junior high to participate in any high school program except football if that sport is not offered at the middle level/junior high.

   NOTE: If a 2B school is not a member of league, WIAA District approval is required.

18.20.4 With league approval, any 2B school with an enrollment of 166 or greater may allow eighth (8th) grade students from a WIAA or non-WIAA member feeder middle school/junior high to participate at the high school level if at any time during the season the number of participants on the high school team is at or below these specified numbers.

   NOTE: If a 2B school is not a member of a league, WIAA District approval is required.

   Baseball: 25
   Basketball: 16
   Soccer: 25
   Softball: 25
   Volleyball: 17


Rationale for ML/HS Amendment #:

1. This amendment insures fair play throughout. Currently, small member high schools whose feeder school is not a member of the Association are unable to utilize eighth grade participants in order to salvage high school programs. This change provides equity in opportunity for small high schools, both public and private, that currently are unable to utilize eighth graders.

2. Eighth grade participants are often required to field varsity and subvarsity teams at the high school level. Removing the requirement to be from a member middle school provides small public and private schools the opportunity to salvage athletic programs regardless of the middle school’s status with the WIAA.

3. This amendment would also give small high schools the ability to field more teams, increasing the opportunities for student-athletes to participate in athletic competition and represent their school on the field of play.

4. As long as the eighth graders are from a feeder school (which prevents unfair recruiting), eighth graders can play up regardless of their middle school’s WIAA status.
If both amendments #4 and #5 pass, 1A schools would be allowed to utilize eighth graders from non-WIAA member schools.

18.20.0 EIGHTH GRADERS PARTICIPATING AT THE HIGH SCHOOL LEVEL, page 33

18.20.0 EIGHTH (8th) GRADERS PARTICIPATION WITH THE HIGH SCHOOL TEAM

18.20.1 High schools with an enrollment equal to or less than one-half of the enrollment in the largest 2B school may allow eighth (8th) graders from a WIAA member feeder middle school/junior high to participate in any high school program for that classification cycle.

NOTE: 104 will be the enrollment cut-off for the 2016-2020 classification cycle.

18.20.2 With league approval, any 2B or 1A school may allow eighth (8th) grade students from a WIAA member feeder middle school/junior high to participate in the high school program with the intent to maintain a varsity and a junior varsity program in baseball, basketball, soccer, softball, or volleyball. Eighth graders cannot be brought up to establish a C squad if one of the following circumstances exist.

18.20.3 With league approval, any 2B or 1A school may allow eighth (8th) grade students from a WIAA member feeder middle school/junior high to participate in any high school program except football if that sport is not offered at the middle level/junior high.

18.20.4 With league approval, any 2B or 1A school may allow eighth (8th) grade students to participate at the high school level if at any time during the season the number of participants on the high school team is at or below these specified numbers.

- Baseball: 25
- Basketball: 16
- Soccer: 25
- Softball: 25
- Volleyball: 17

Submitted by the Omak High School, Cascade High School (Leavenworth), Cashmere High School, Chelan High School, and Quincy High School.

Pros for ML/HS Amendment #5:

1. **It would allow 1A schools to increase participation and salvage athletic programs so sport seasons are not cancelled, or game forfeited.**

2. **The amendment mirrors the existing 2B language which has already been adopted in the WIAA handbook.**

3. **It would help 1A schools which offer many spring sports to establish a junior varsity program.**

4. **The amendment would facilitate scheduling for other schools to help ensure that there are not cancelled games or seasons because of a lack of numbers.**

5. **This amendment narrowly failed last year (ML/HS amendments need 32 votes to approve to pass; the final vote was 28-23-2). Based upon a request to provide more information to the membership, the WIAA Executive Board approved an experiment to allow 1A schools to utilize eighth graders during the regular season during 2020-21 school year (those teams would not be eligible for postseason play). We are hopeful this proposal will pass this year.**
Cons for ML/HS Amendment #5:
1. There would be possible additional costs to the school district for referee fees, transportation costs, and coaching salaries by having increased participation.

ML/HS AMENDMENT #6
18.23.1 NON-SCHOOL PARTICIPATION, page 38
18.23.1 Schools may not give students special treatment or privileges on a regular basis to enable them to participate in non-school athletic activities. Some examples of special treatment or privileges include reduced practice times, special workouts, late arrivals, early dismissals or missing a practice or contest. Regular is defined as being no more than once a week.

Submitted by the Curtis High School, Bellarmine Prep, Bethel High School, Puyallup High School, and Sumner High School.

Pros for ML/HS Amendment #6:
1. This change will allow for
   a) more student-athletes to continue their involvement with education based athletics;
   b) more flexibility for student-athletes whose non-school schedule conflicts with the high school schedule;
   c) a portion of student-athletes who elected to participate only in non-school programs to come back to high school sports;
   d) student-athletes to stay connected with their school community;
   e) student-athletes to have the opportunity to experience both non-school programs and the school aspect of athletics.
2. School coaches will
   a) have more interaction with a greater number of student-athletes when those student-athletes choose to continue their involvement with education based athletics.
   b) will still maintain control of the practice expectations for their team.

Cons for ML/HS Amendment #6:
1. There may be a decreased commitment of a select few student-athletes.
2. Coaches may feel that they need to compromise their standards.

ML/HS AMENDMENT #7
20.0.0 COACHES EDUCATION
20.4.7 Before the beginning of the third year of coaching, a member school coach (paid or volunteer) must complete a school district approved Coaching Principles training that requires a minimum of five (5) hours of instruction, or complete the NFHS Coaches Fundamentals Course, or attend all sessions of the WIAA Coaches School, or other Coaches School as approved by the WIAA or the local school district. After initial completion, coaches will be required to repeat this training every three (3) years. The training may include but is not limited to: a minimum of one (1) hour in each of the following categories:
Continuation of ML/HS Amendment #7:

A. Medical aspects of coaching - Health and Welfare
   Care and Prevention of student injury
   Athletic Training/Sports Medicine
   Chemical and Substance Abuse
   Injury Rehabilitation
   Nutrition
   Kinesiology
   Exercise Physiology

B. Legal Aspects of Coaching - Litigation, Liability
   School Physical Education, Sports, or Athletic Law
   Annual review of rule changes and application of rules
   School Board Policies, WIAA Rules, School Law
   Bullying, Hazing, Harassment

C. Psycho/Social Foundations
   Sociology and Psychology of Sports (adolescent psychology, sports sociology and psychology, motivation, dealing with substance abuse.)
   Philosophy of Interscholastic Activities Programs
   Coaching Techniques
   Instructional methods in physical education/activities
   Instructional methods in physical education for handicapped
   Instructional methods in interscholastic sports
   Philosophy/Sports Management/Pedagogy
   Social, Emotional Learning strategies and procedures
   Restorative Practices
   Mental Health
   Suicide Prevention

D. Diversity, Equity and Inclusion
   Anti-Racism
   Discrimination in Sport / Examining implicit bias
   Gender equity
   LGBTQ and Gender Identity
   Recognizing and eliminating barriers to participation
   Supporting students from diverse backgrounds
   Supporting students impacted by income disparities
   Unified Sports / Including students with disabilities

Submitted by the WIAA Executive Board.
Rationale for ML/HS Amendment #7:
1. The categories vital in coaching student-athletes has expanded to include the items added.

Pros for ML/HS Amendment #7:
- Requiring training in each of the categories ensures coaches are exposed to vital training.
- Emphasizing Diversity, Equity and Inclusion is vital in supporting all students in Washington.
- The addition of Social, Emotional Strategies as well as Mental Health and Suicide prevention is vital in supporting our students.

Cons for ML/HS Amendment #7:
- Although there are several free courses available for all aspects of this vital training, schools might need to invest additional funding for the training.

HS AMENDMENT #8

30.3.0 SENIOR HIGH BASKETBALL, page 63

<table>
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<th>2021-22</th>
<th>November 15</th>
<th>TBD</th>
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<th>March 5</th>
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30.3.0 SQUAD AND CONTEST LIMITATIONS – Each squad (varsity or subvarsity) may schedule in up to 20 contests and a jamboree.

30.3.1 One (1) of those contests may be a tournament hosted in Washington or any other NFHS state/province. The tournament will count as one (1) contest provided no more than four (4) tournament contests are played.

30.3.2 A WIAA foundation contest could be played annually and would not count toward the season limit.

30.3.3 A 21st contest against an international touring team is allowed once every three (3) years according to the criteria outlined in International Sanction Procedures and would not count toward the season limit.

Submitted by Camas High School, Evergreen High School (Vancouver), Heritage High School, Kelso High School, Mossyrock High School, Mountain View High School, Onalaska High School, Skyview High School, Toledo High School, Toutle Lake High School and Union High School.

Rationale for HS Amendment #8
This proposed change would allow teams to play an additional three (3) contests during the season only if the team plays in a tournament.

Pros for HS Amendment #8:
- With many leagues expanding and including more schools, some of which may be in a different classification, the opportunity for non-league games has decreased over the past several years.
- Since the establishment of the present state tournament format, the winter sport season has been reduced by one (1) week for 2B, 1A and 4A schools and two (2) weeks for 2A and 3A schools, decreasing the opportunities to schedule non-league contests without negatively impacting league schedules.
- The proposed change would allow teams to play in multiple game tournaments without negatively impacting league schedules (such as playing back-to-back nights, Monday games, etc.)
Continuation of pros for HS Amendment #8:

- The proposed change would allow member schools and WIAA districts to host multiple game tournaments as potential revenue generators. The additional games could help to generate revenue to recover from losses during the pandemic.
- Other WIAA sports are provided the opportunity for multiple game tournaments to count in a lesser amount. Bowling and golf are allowed one (1) tournament, volleyball is allowed two (2), and tennis is allowed three (3). Wrestling recently received an increase for individual matches for athletes and track has a method of extending contests for teams.
- With most tournaments being held on weekends and over the winter holiday break, loss of school/academic time would not be an issue.
- Tournaments provide student-athletes the opportunity to experience diverse cultures and regions.
- Tournaments would also allow teams the opportunity to improve their RPI by scheduling teams from other areas on weekends rather than week nights. These additional contests would allow for members of the Basketball Seeding Committees to have more opportunities and convenience for eyes on evaluation for seeding purposes.

Cons for HS Amendment #8:

- While the additional contests could potentially generate revenue for the school, expenses would also increase.
- Availability of officials may be an issue if all schools and teams schedule additional contests.

HS AMENDMENT #9

35.1.1 SENIOR HIGH SUMMER FOOTBALL, 35.2.0 PRACTICE and 35.3.2, page 66

<table>
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<tr>
<th>35.1.1 SENIOR HIGH SUMMER FOOTBALL</th>
<th>Minimum Practice Days Per Individual Before Contact</th>
<th>Summer Coaching Limit</th>
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35.2.0 PRACTICE – A total of 20 days of summer coaching are allowed, regardless of the number of coaches and/or players involved in any given practice.

35.3.2 A maximum of ten (10) practices with full pads and full contact practices are allowed regardless of the number of coaches and/or players involved in any given practice.

A. Contact may be allowed only during one (1) of the two-a-day workouts.

Effective date of implementation: The first day following the conclusion of the 2021 spring season.

Submitted by Bellevue High School, Interlake High School, Newport High School, Sammamish High School, and Woodinville High School.

Rationale for HS Amendment #9:
This amendment would eliminate the maximum of 20 practice days for summer football.
Pros for HS Amendment #9:

- The elimination of the 20 day rule for football will align allowable practices during the summer for football to all other WIAA sports.
- Rules 35.3.2 and 35.3.2.A already address safety concerns related to football practices with the specific limitation set at ten (10) padded contact practices for a team.
- This change aligns the language related to summer practice to the rule for summer practice, rather than the rule for fall practice.
- This change aligns the language as the summer is not a season, but a defined time for allowable activities.

HS AMENDMENT #10

44.4.0 HIGH SCHOOL WRESTLING MATCH LIMITATION, page 75

44.4.0 PLAYER/MATCH LIMITATION - Each and every match wrestled must count as one of the forty-five (45) contests for the individual.

44.4.1 An individual may wrestle in up to six (6) matches per day.

44.4.2 An individual may not wrestle more than forty-five (45) contests on sixteen (16) dates prior to any state qualifying tournament.

44.4.3 Each day of competition must count as one (1) of the 16 allowed team dates except as indicated below. Each individual is limited to the daily match limitation.

A. A two-day wrestling tournament consisting of brackets larger than 16 individuals will count as one (1) of the 16 allowed team dates. Each individual is limited to the daily match limitation.

Submitted by Heritage High School, Kelso High School, Mountain View High School, Prairie High School, and Union High School.

Rationale for HS Amendment #10:

This amendment would allow more flexibility in league scheduling of wrestling matches

Pros for HS Amendment #10:

- Allows individuals to compete in all league duals.
- Allows individuals to compete in tournaments bracketed with more than 16 entries.
- Allows our Association to better accommodate the sport of wrestling.
- Provides wrestlers the opportunity to prepare for prestigious tournaments.

Cons for HS Amendment #10:

- Could potentially increase travel costs for schools if overnight stay is required.