



# 2021-2022 & 2022-2023 SEASON DATES

Washington Interscholastic Activities Association

[WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES](#)

\*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2021-2022		2022-2023	
	START DATE	END DATE	START DATE	END DATE
<b>FALL</b>				
<a href="#">FOOTBALL</a>	AUG 18	DEC 4	AUG 17	DEC 3
<a href="#">CROSS COUNTRY (BOYS &amp; GIRLS)</a>	AUG 23	NOV 6	AUG 22	NOV 5
<a href="#">GOLF (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 23	MAY 25	AUG 22	MAY 24
<a href="#">SOCCER (GIRLS, 1B/2B BOYS)</a>	AUG 23	NOV 20	AUG 22	NOV 19
<a href="#">SOFTBALL (SLOWPITCH)</a>	AUG 23	OCT 30	AUG 22	OCT 29
<a href="#">SWIMMING &amp; DIVING (GIRLS)</a>	AUG 23	NOV 13	AUG 22	NOV 12
<a href="#">TENNIS (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 23	MAY 28	AUG 22	MAY 27
<a href="#">VOLLEYBALL</a>	AUG 23	NOV 13 OR 20	AUG 22	NOV 12 OR 19
<b>WINTER</b>				
<a href="#">BOWLING (GIRLS)</a>	NOV 1	FEB 5	OCT 31	FEB 4
<a href="#">CHEERLEADING</a>	NOV 1	FEB 5	OCT 31	FEB 4
<a href="#">GYMNASTICS</a>	NOV 15	FEB 26	NOV 14	FEB 25
<a href="#">BASKETBALL (BOYS &amp; GIRLS)</a>	NOV 15	MAR 5	NOV 14	MAR 4
<a href="#">DANCE/DRILL</a>	NOV 15	MAR 26	NOV 14	MAR 25
<a href="#">SWIMMING &amp; DIVING (BOYS)</a>	NOV 15	FEB 19	NOV 14	FEB 18
<a href="#">WRESTLING (BOYS &amp; GIRLS)</a>	NOV 15	FEB 19	NOV 14	FEB 18
<b>SPRING</b>				
<a href="#">BASEBALL</a>	FEB 28	MAY 28	FEB 27	MAY 27
<a href="#">SOFTBALL (FASTPITCH)</a>	FEB 28	MAY 28	FEB 27	MAY 27
<a href="#">GOLF (BOYS &amp; GIRLS)</a>	FEB 28	MAY 25	FEB 27	MAY 24
<a href="#">SOCCER (1A-4A BOYS)</a>	FEB 28	MAY 28	FEB 27	MAY 27
<a href="#">TENNIS (BOYS &amp; GIRLS)</a>	FEB 28	MAY 28	FEB 27	MAY 27
<a href="#">TRACK &amp; FIELD (BOYS &amp; GIRLS)</a>	FEB 28	MAY 28	FEB 27	MAY 27

# FALL

<b>FOOTBALL</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 18, 2021	AUG 17, 2022
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	OCT 11, 2021	OCT 12, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DECEMBER 4, 2021	DECEMBER 3, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	12	12
MAXIMUM CONTESTS: 7TH/8TH	6 + JAMBOREE	6 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	7 + JAMBOREE	7 + JAMBOREE

<b>CROSS COUNTRY (BOYS &amp; GIRLS)</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 27, 2021	SEP 26, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 6, 2021	NOV 5, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

**GOLF (BOYS & GIRLS) \*ALTERNATE SEASON\***

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 25, 2022	MAY 24, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**SOCCER (GIRLS, 1B/2B BOYS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 20, 2021	NOV 19, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**SOFTBALL (SLOWPITCH)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 27, 2021	SEP 26, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 30, 2021	OCT 29, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

**SWIMMING & DIVING (GIRLS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 13, 2021	NOV 12, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**TENNIS (BOYS & GIRLS) \*ALTERNATE SEASON\***

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**VOLLEYBALL**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	11/13 OR 11/20	11/12 OR 11/19
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

# WINTER

## BOWLING (GIRLS)

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 1, 2021	OCT 31, 2022
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DECEMBER 20, 2021	DECEMBER 19, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	FEBRUARY 5, 2022	FEBRUARY 4, 2023

## CHEERLEADING

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 1, 2021	OCTOBER 31, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	DECEMBER 20, 2021	DECEMBER 19, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEBRUARY 5, 2022	FEBRUARY 4, 2023

## GYMNASTICS

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEBRUARY 26, 2022	FEBRUARY 25, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**BASKETBALL (BOYS & GIRLS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 10, 2022	JANUARY 9, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MARCH 5, 2022	MARCH 4, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	12 + JAMBOREE	12 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

**DANCE/DRILL**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 17, 2022	JANUARY 16, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MARCH 26, 2022	MARCH 25, 2023

**SWIMMING & DIVING (BOYS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEBRUARY 19, 2022	FEBRUARY 18, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

<b>WRESTLING (BOYS &amp; GIRLS)</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEBRUARY 19, 2022	FEBRUARY 18, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

## SPRING

---

<b>BASEBALL</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	8 + JAMBOREE	8 + JAMBOREE

**SOFTBALL (FASTPITCH)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

**GOLF (BOYS & GIRLS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 25, 2022	MAY 24, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**SOCCER (1A-4A BOYS)**

	2021-2022	2022-2023
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE



<b>TENNIS (BOYS &amp; GIRLS)</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2022
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

<b>TRACK &amp; FIELD (BOYS &amp; GIRLS)</b>		
	<b>2021-2022</b>	<b>2022-2023</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE