

West Sound Middle School

Football

Section 1

Revised June, 2020

1.1 Rules and Regulations

1. Starting turnout date – The starting date for football turnouts shall comply with WIAA regulations and be set by WSMSL Directors .
2. Scheduling games – An effort should be made to schedule and play both varsity and junior varsity games. Varsity games consist of four eight-minute quarters with a ten-minute half time. Junior varsity games consist of four eight-minute quarter and a five-minute half time. Teams who do not have a junior varsity may play a 5th quarter consisting of 12 consecutive plays each. Coaches may be on the field during this quarter.
3. Kansas Tiebreaker will be used from the ten-yard line.
4. P.A.T. – One point for run, two points for kick.
5. Locker rooms may be made available for visiting teams.
6. Filming is allowed at contests between participating schools if facility is adequate, a prior request is made, and is done on respective sidelines.
7. Footballs: Teams may use a "**Youth**" size football.

1.2 Starting Times

1. The starting time for all games will be 3:30 pm unless otherwise arranged.

1.3 Officials

1. A minimum of two registered football officials are required for all League games, but **four** registered football officials are preferred **for 8th grade games (varsity)**. (Exceptions: see WIAA Rule 28.60)
2. A competent scorekeeper is required for all games.
3. A competent chain crew is required for all games.

1.4 Uniforms

1. Varsity game uniforms – the home team is to wear dark jerseys and the visiting team is to wear light jerseys in all the League's varsity games. If not possible, alternative arrangements should be made by the competing coaches.

1.5 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

1.6 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

West Sound Middle School

Volleyball

Section 2

Revised June, 2020

2.1 Games

1. Game time shall be 3:30 pm.
2. Warm up will be 20 minutes
 - a. Eight (8) minute shared court time
 - b. Six (6) minute home team warm-up (includes serving time).
 - c. Six (6) minute visiting team warm-up (includes serving time).
3. There is no shared court hitting.
4. The captain's meeting / coin flip will take place prior to the warm-up.
5. Teams are not to warm up on the sidelines or end lines while waiting their court time.
6. Net height will be 7' 4 1/8" consistent with Federation Rules.
7. J.V and Varsity will play 3 out of 3 games.
8. Varsity will play first, followed by the Junior Varsity.
9. Each player may play in a maximum of three games per day. Coaches need to communicate any player who will play both Varsity and Junior Varsity prior to the first match.

2.2 Officials

1. Each team will provide a line judge.
2. The home team will provide a trained scorekeeper.
 - a. There should be a minimum of 1 adult at the scoring table.
 - b. The first two rows behind the score table must be cleared.
3. Two Officials will be used whenever possible.

2.3 Rules

1. Federation Rules will apply.
2. Teams may use the Libero rule (back row player in separate jersey) if they provide their own tracker and inform the opposing coach prior to the start of the match.

2.4 Scoring

1. Rally scoring
 - a. A point is scored each time the ball is put into play.
2. A winning match shall consist of the best of two-out-of-three games, a game being 25 points with at least a two-point advantage. All games will be played to 25 points. There is no score cap on any game.
3. Each team must provide score sheets that include the first and last names of each player.

2.5 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

2.6 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

West Sound Middle School

Cross Country

Section 3

Revised: June, 2020

3.1 Rules and Regulations

1. National Federation Rule Book applies.

3.2 Meet Format

1. League meets will be set by the Athletic Directors based on feedback from league coaches.
2. Depending upon the number of schools in the league and the meet format, a meet could consist of a dual, a three-way, or a four-way meet. (Each team is scored against each of the other schools at the meet).
3. Each team will provide water for their own team. Home team will provide access to additional water.

3.3 The Course

1. Each home team is responsible for picking the location of their course.
2. All cross country coaches will meet prior to the start of meets to review the course at each site. Each coach should bring and distribute copies of the map detailing their home course.
3. The course will not exceed 3.21 kilometers (equivalent to 2 miles).
4. Prior to the meet, home team will provide an approximate walking time of the course so that teams can make travel plans.

3.4 Start Times/Order of Races/Race Distance

1. Girls will race at 4:00 pm, and Boys will race at 4:30 pm. There should not be early start of races or changing of the order of events.
2. A final League Championship meet will be held during the last week of the season.
3. The first meet of the season will be a 1-mile jamboree.
4. The second and third weeks will have a distance no longer than 1.5 miles.
5. The fourth and fifth week will have a distance no longer than 2 miles.

3.5 Declaring Runners

1. It is not a requirement to declare the runners who will be allowed to score in a race prior to the start, expect for the League Championship meet.

3.6 League Championship / Meet

1. The league champion will be the team that wins the League Championship meet.
2. Only top 7 athletes compete at League Championship meet
3. Order of events:
 - a. JV race
 - b. Varsity Girls race
 - c. Varsity Boys race
4. Ribbons will be awarded to the top 10 individual finishers in each race
5. Trophies will be awarded to the top 3 teams in each varsity race.

West Sound Middle School

3.7 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

3.8 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

West Sound Middle School

Basketball

Boys and Girls

Section 4

Revised: June, 2020

4.1 Rules and Regulations

1. Rule book-National Federation Rule Book applies. 8-minute quarters for all games.
2. WIAA regulations and WSMSL rules will be followed.
3. A locker room will be made available for all visiting teams.
4. The **thirty (30) second shot clock rule shall apply.**
 - a. This rule shall apply to games when the shot clock is available at the facility.
5. Schools shall provide 20 minutes of warm-up for the first game and 10 minutes of warm-up time between the first and the second game. The 10-minute warm up clock will start after the court is cleared from the first game.
6. Full court press is only allowed if the score differential does not exceed 20 points.
7. As per NFHS Basketball Rule 5-5-3, beginning in the second half, if the point differential reaches 40 points or more, the game clock shall run continuously for the remainder of the game, regardless of the score after that point, except for an official's time-out, a charged time-out, time between quarters, or the administration of free throws.

4.2 Pregame and Introduction Procedures (optional)

1. National Anthem / Pledge of Allegiance.
2. Line-up. Teams being introduced are to be treated equally by the host school. No one, except the respective players, cheerleaders and flag bearers, are to be allowed on the floor prior to a particular contest. Players will be introduced alternately.

4.3 Days and Times

1. All games will be played as scheduled, 3:30 pm start for the first game.

4.4 Officials/Supervision

1. Registered basketball officials from the area association are to be used (Exceptions: see WIAA Rule 28.60).
2. There should always be a minimum of one adult at the score table . The two rows immediately behind the score table shall be cleared and remain empty during the game.
3. Coaches are always to monitor their players . Teams and/or individual players are not to roam the halls and/or school.
4. There will be no basketball use at halftime. All balls, other than the game ball, should be bagged or otherwise secured during the half until the teams return to the court for warm-up.

4.5 Uniforms

1. Home team will wear white or light-colored jerseys.

4.6 Equipment

1. A possession indicator must be used in boys' and girls' games.
2. A regulation ball will be used for all games

West Sound Middle School

4.7 Teams

1. An athlete may play on both the varsity and junior varsity teams on the same day. However, they can't play in more than four quarters in a day. (Note to coaches: if an athlete is a starter on varsity, they shouldn't be playing JV)
2. Sequence of games: varsity first followed by junior varsity, unless mutually agreed upon prior to the start of the season.

4.8 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

4.9 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

Wrestling

Section 5

Revised: June, 2020

5.1 Dual Match Weigh-In Procedure

- Weigh-In will take place after turnout the afternoon prior to the match date. All wrestlers must weigh-in to participate in the scheduled match. A wrestler will weigh-in only once to determine the weight class for the following day match.
- If an eligible wrestler is absent for weigh-in, the wrestler may be weighed-in the following morning by the coach, or in the absence of the coach, by the Athletic Director or his/her designee.
- The schools' administrator or coach designee must certify the weigh-in. It is preferred that the administrator be present at the weigh-in.
- Minimum weight for 78 pounds is 63 pounds.
- Weight classes are: 78, 85, 92, 99, 106, 113, 120, 126, 132, 138, 145, 155, 170, 195, 220, 250.
- A wrestler will be eligible to wrestle in one weight above the weight class they weigh in at as long as it is within 30lbs of his opponent. If both wrestlers weigh more than the minimum weight for the weight class in which they are wrestling, and the difference in their actual weight is greater than 30 pounds, they will not be allowed to wrestle, and no points will be awarded (double forfeit). If one of the two wrestler's actual weight qualifies for the next lightest weight class, and the difference in their actual weight is greater than 30 pounds, they will not be allowed to wrestle and the team with the wrestler whose actual weight is greater than the minimum weight will be awarded a forfeit (6 points).

5.2 Pre-match Procedure

- Teams will exchange weigh-in sheets via email from Athletic Director.
- Opposing teams shall send their full weigh-in roster to their Athletic Director who will email the opposing team's AD before 11:00 AM on the day of the match.

5.43 Matches

- Varsity matches begin at 4:00 pm and will be 3 – 1 ½ minute rounds.
- Skin check of all wrestlers to take place at 3:30.
- No more than two JV matches will be conducted at one time on the mat. Match length will be 3 – 1 ½ rounds with running clock, unless the coaches mutually agree to a different arrangement.
- Each School is responsible for providing a responsible and knowledgeable person(s) to act as a referee for JV matches.

5.4 Qualifications for Wrestling in the season ending tournament

- A wrestler may wrestle up a weight class.

- A wrestler may drop one weight class below the weight class he/she weigh in for the first match of the season.

Riddle Plan for seeding

	Wins at weight								
	0	1	2	3	4	5	6	7	
Other	0	0	2	4	6	8	10	12	14
Wins	1	1	3	5	7	9	11	13	
Not	2	2	4	6	8	10	12		
In	3	3	5	7	9	11			
Weight	4	4	6	8	10				
Class	5	5	7	9					
	6	6	8						
	7	7							

To use the chart, identify a wrestler's wins in the weight class and the individual's wins at the other weight classes. In cases of wrestlers who have wrestled head-to-head, the winning wrestler receives an additional 2.5 points if the wrestler are within 2 points of each other. *Losses are not a factor for seeding.*

Example

125 Pound	Class	At Wt	Other Wt	Points	Seed
Adams	BR	7-0	-	14	1
Brown	CH	0-7	-	0	9
Cramer	CK	1-4	1-1	3	8
Davis	FV	5-2	1	10	3
Ellis	JS	2-4	-	4	7
Fraser	K	3-3	0-1	6	5
Good	MW	4-3	-	8	4
Hill	P	2-3	2-0	6	5
Ives	RT	6-0	-	12	2

If, in this example, Good (8 points) had beaten Davis (10 points), then Good would get an extra 2.5 points and the higher seed. This applies to any two wrestlers whose point total is within 2.5 points. Head-to-head points are only added when comparing one wrestler to another.

5.5 Varsity Tournament

- The League will run a 16-person, two day tournament (each school receives a spot). The 15th and 16th spots will go to the next wrestler with the most varsity points.
- One spot from each division will be assigned to the two remaining spots. No more than two wrestlers from a school may wrestle at each weight class, unless agreed by coaches at the seeding meeting.
- The weigh-in for the varsity tournament will take place on each day of the tournament. Weigh-ins will begin at 3:00 pm on Friday and again on Saturday morning beginning at 8:00 am. Weigh-in will be conducted under the procedures outlined by the National Federation of State High School Wrestling Rule Book.
- Wrestlers will receive a two-pound allowance on Friday and an additional pound (1) on Saturday.
- The Varsity Tournament will start after the first round of the JV Tournament on Friday; one round will be wrestled on Friday. The Varsity meet will continue Saturday at 10:00 am.
- Host team for tournaments will rotate on an annual basis based on space availability for 4 mats.

5.6 JV Tournament

- This is a weight line Round Robin tournament. Each wrestler is matched with three other wrestlers within at least one weight class of one another and their ability as rated by their coach.
- Coaches shall use the practice weigh-in weight from the match preceding the seeding meeting for placing JV wrestlers in the JV tournament.
- The JV tournament participants will weigh-in the day prior to competition, same as regular dual match.
- The JV tournament will begin at 4:00 pm on Friday.
- Changes *must* be telephoned into the tournament director by Thursday at 4:00 pm.

5.7 Supervision

- Each school athletic director will provide supervisory staff from their respective school. The Athletic Director will schedule tournament supervision.

5.8 Make-ups

- All make-up games need to be scheduled and played on the next day that is available to both teams.

West Sound Middle School

Baseball

Section 6

Revised: June, 2020

6.1 Games

1. Make up games will be played on the next available date. No school shall be required to play more than three games in one week.
2. Game time will be 3:30 pm.
3. The host team will call in case of inclement weather, bad field conditions and/or postponement of game. They should call by 11:00 am., if possible, but by 12:00 pm at the latest.
4. All games are seven innings **or time limit of 2 hours and 20 minutes unless tied.**
 - a. **No new inning to start after 2 hours and 20 minutes unless tied.**
 - b. **Home book will record the start time of the game.**
5. Tied games at the end of the 7th inning, **or at the end of 2 hours and 20 minutes** will be played off with extra innings.
 - a. **Extra innings will use a “modified” International Tie-Breaker system**
 - i. **Inning will start with runner at 2B**
 - ii. **The runner will be the batter who made the last out in the previous inning.**
 - iii. **The inning will begin with one (1) out**
6. The mercy rule will end a game after the **following run differentials:**
 - a. **15 runs after 3 innings**
 - b. **10 runs after 5 innings**
7. **The umpire(s), with coaches’ input, may conclude the game if darkness is a concern.**

6.2 Umpires

1. Schools will use WOA umpires for each game. The game will not be played unless there is a WOA official present or another certified umpire agreed upon by the coaches of both teams.

6.3 Pitching

1. The pitching limitation rule (WIAA 29.65.0) applies during all regular season games, as well as to tied, suspended, discontinued or protested games.
2. The pitching limitation rule is based upon the number of pitches thrown during a calendar day with a maximum of 80 pitches in a calendar day.
 - a. **When reaching the 80 pitch limit, the pitcher may finish throwing to the current hitter until the at bat is concluded.**
3. Middle level pitching limitation

a. # Pitches	Required Rest
b. 61 – 80	3 calendar days
c. 41 – 60	2 calendar days
d. 21 – 40	1 calendar day
e. 1 – 20	0 days

4. Every legal or illegal pitch thrown from the pitching mound to a batter will count toward the pitching limitation
5. The home scorebook will be the official recording of pitch counts unless otherwise designated by the schools or league

6.4 Hitters

1. The designated hitter will be as per federation rules.

6.5 Pre-Game

1. Each team shall be granted a warm-up period of no less than 10 minutes. If the visiting team is late that home team will begin warming-up first.
2. The home team has the choice of dugout.
3. At the playing field, a team may hit off a batting T or soft toss. There shall be no practice in the field with a machine, coach, or player pitching.

6.6 Uniforms

1. School uniforms will be worn.
2. Coaches do not have to wear a uniform.
3. Shorts are permitted as part of the coaches' attire.

6.7 Equipment

1. As per the WIAA Executive Board, any bat with either the USA or USSSA certification mark will be legal for middle level baseball beginning with the 2019-20 season.

6.8 Federation Rules

1. Other than the exceptions explained in this document, Federation Rules will apply.

6.9 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

6.10 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

6.11 Suspended Games

1. Once a game has begun, and prior to five complete innings are completed, if the weather causes the umpires to stop play, and it is determined that the field is unplayable, or that it is unsafe to continue, the game will be resumed at the end of the last completed inning, on the next playable date.
2. Additions and deletions in the line-up will be permitted without penalty.
3. If one full inning (visitor and home team completed at bat) has not been complete, the game, when rescheduled, will start from the beginning.

West Sound Middle School

Fastpitch

Section 7

Revised: June, 2020

7.1 Games

1. Make up games will be played on the next available date. There will be a five school day grace period at the end of the season to make up games if necessary. No school shall be required to play more than three games in one week.
2. Game time will be 3:30 p.m.
3. The home team will call in case of inclement weather, bad field conditions and/or postponement of game. They should call by 11:00 a.m., if possible, but by 12:00 p.m. at the latest.
4. All games are seven innings **or time limit of 2 hours and 20 minutes unless tied.**
 - a. **No new inning to start after 2 hours and 20 minutes unless tied.**
 - b. **Home book will record the start time of the game.**
5. Tied games at the end of the 7th inning, **or at the end of 2 hours and 20 minutes** will be played off with extra innings.
 - a. **Extra innings will use a “modified” International Tie-Breaker system**
 - i. **Inning will start with runner at 2B**
 - ii. **The runner will be the batter who made the last out in the previous inning.**
 - iii. **The inning will begin with one (1) out**
6. The mercy rule will end a game after the **following run differentials:**
 - a. **15 runs after 3 innings**
 - b. **10 runs after 5 innings**
7. **The umpire(s), with coaches’ input, may conclude the game if darkness is a concern.**

7.2 Umpires

1. Schools will use WOA umpires for each game. The game will not be played unless there is a WOA official present or another certified umpire agreed upon by coaches of both teams.

7.3 Pitching

1. A coach may visit the same pitcher on the mound only three times during the game.
2. The pitching distance for junior varsity and varsity shall be 43 feet.

7.4 Hitters

1. The designated hitter will be as per federation rules.

7.5 Pre-Game

1. Each team shall be granted a warm-up period of no less than 10 minutes. If the visiting team is late the home team will begin warming-up first.
2. The home team has the choice of dugout.
3. At the playing field, a team may hit off a batting T or soft toss. There shall be no practice in the field with a machine, coach, or player pitching.

7.6 Uniforms

1. School uniforms shall be worn.
2. Coaches do not have to wear a uniform.
3. Shorts are permitted as part of coaches' attire.

7.7 Equipment

1. The game ball must meet NFHS specifications of 12-inch, leather cover, optic yellow, red stitches and .47 COR, Max 375 lbs.

7.8. Federation Rules

1. Other than the exceptions explained in this document, Federation rules will apply.

7.9 Reporting Scores

1. Home team coach is responsible for reporting game scores to the sports commissioner.

7.10 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

7.11 Suspended Games

2. Once a game has begun, and prior to five complete innings are completed, if the weather causes the umpires to stop play, and it is determined that the field is unplayable, or that it is unsafe to continue, the game will be resumed at the end of the last completed inning, on the next playable date.
3. Additions and deletions in the line-up will be permitted without penalty.
4. If one full inning (visitor and home team completed at bat) has not been complete, the game, when rescheduled, will start from the beginning.

West Sound Middle School

Soccer (Girls)

Section 8

Revised: June, 2020

8.1 Games

1. Start shall be 3:30 p.m.
2. The game will consist of two 30-minute halves.
3. Ties at the end of regulation will remain ties.
4. In the case where there is both Varsity and Junior Varsity teams, the Varsity team shall play first, unless mutually agreed upon by the schools involved.
5. Uniform colors shall be light color for home and dark color for the away team. The home team shall be responsible for accommodation to contrasting jersey colors (i.e. wear scrimmage vests).

8.2 Rules

1. A combination of National Federation NFHS and FIFA rules will apply. WIAA and NFHS rules will apply to game management, FIFA rules will apply during the contest.

8.3 Referees

1. The host school shall request one referee that is a member of the local soccer referee association and a member of the Washington Officials Association.

8.4 Equipment

1. A Size 5 leather ball or approved stitched ball shall be used.
2. All players must wear shin guards under their socks.

8.5 Player Limitations

1. A player may participate in a maximum of two halves in a day and a maximum of two contests per week

8.6 Reporting Scores

1. The home team coach is responsible for reporting game scores to the sport commissioner.

8.7 Make-ups

1. All make-up games need to be scheduled and played on the next day that is available to both teams.

West Sound Middle School

Track & Field

Section 9

Revised: June, 2020

9.1 Meet Management

1. Field events will start as close as possible to 3:15 p.m. Once open to competition all participants should complete trials within a 1.5 hour period. The meet director may extend or shorten time as needed.
2. A coaches meeting will be held prior to the beginning of each meet as needed per meet director.
3. Running events will start as soon as possible after 3:15 p.m.
4. Meet director and coaches discretion will be used in an effort to expedite a timely meet.
5. All concerns/complaints should be taken directly to the meet director – not directed to volunteers.
6. **Dual meets**
 - a. Lanes will be shared equally between teams participating in the meet
 - b. If a team does not fill up the lanes in the first heat, the other team may fill in the empty lanes.
 - c. Extra heats should be filled as evenly as possible.
 - d. **The first heat is the only scoring heat** (Unless a Fully Automated Timing system is being used). The Methodology used for keeping score at each meet will be determined by the host school. (Examples: Scorebook, Input in Athletic.net, Post it notes, etc.)
7. **Tri-meets**
 - a. In tri-meets, with events that are run in lanes, the visiting teams will have three lanes each and the host team will occupy the remaining two.
 - b. In the event that a visiting team does not fill their lanes in the first heat, the host team would fill in with their athletes.
 - c. On a six-lane track, each team will have two lanes.
 - d. Extra heats should be filled as evenly as possible.
 - e. **The first heat is the only scoring heat** (Unless a Fully Automated Timing system is being used). The Methodology used for keeping score at each meet will be determined by the host school. (Examples: Scorebook, Input in Athletic.net, Post it notes, etc.)

9.2 Order of Events

1. Running events will be conducted in the following order:
Race order to be determined by athletic directors after consulting coaches.
 - 75 M High Hurdles (boys & girls)
 - 30" hurdles for girls (7 hurdle race)**
 - 33" hurdles for boys (7 hurdle race)**
 - 4 X 200 M Relay
 - 4 X 100 M Relay
 - 200 M Low Hurdles (boys & girls)
 - 30" placed on H.S. 300 hurdle marks removing 1st hurdle (5 hurdle race)
 - 800 M
 - 200 M

4 X 400 M Relay
Shot Put (First two throws taken consecutively)
Discus (First two throws taken consecutively)
Javelin 600g (First two throws taken consecutively)
High Jump
Long Jump (First two jumps taken consecutively)

9.3 Number of participants in events

1. There will be an unlimited number of participants allowed in all events, except for high jump, where it is limited to **six** boy and **six** girl jumpers per school.
2. **All** athletes will be permitted to participate in a combination of four (4) events with a maximum of any three (3) field or running events, **which include relays.**

9.4 Running Events

1. Any competitor who false starts in any meet, or League Finals, must be disqualified.
(See NFHS 5.7.4)
2. Unless using an automatic timing system, times recorded in hundredth of seconds must be rounded up to the next tenth (as per rulebook).
3. All lane heats will be timed with times given to the competitors at the finish line at the completion of each race. The meet director can use separate judges to pick the finish order of the races with times in order accordingly.
4. 800-meter / 1600-meter runs
 - a. There will be only one heat boys and one heat girls for the 800 and 1600. For safety reasons, it is recommended that if more than 16 runners in an 800 and more than 32 in the 1600 an additional heat could be added.
 - b. The international curve (where runners can move in when space allows) or lanes with stacking (using a 1 turn stagger), for the 800 will be employed at the meet director's discretion.
 - c. The 1600 Meter run will start on the international curve of the starting line.
5. There will be a **3-turn stagger used when tracks are correctly marked** in the 4x2 and 4x4 relays. If a track does not have proper marking, a 2-turn stagger will be used.
6. The finish will be clearly marked to aid the athletes in knowing the location of the finish.
7. Hurdles
 - a. Boys 75 Meter highs (33-inch height, H.S. girls 100 M Hurdle marks, 7 hurdle race).
 - b. Girls 75 Meter highs (**30-inch** height, 7 hurdle race).
 - c. Boys & Girls 200 Meter lows (30-inch height, H.S. 300-meter marks, 5 hurdle race, removed the hurdle closest to the starting line.)

9.5 Field events

1. Participants must sign up in field events within first half-hour of the pits being opened. **(No competitors may throw in the area until an official is present).** Coaches may supervise open pit for any athlete who wants to have warm up throws/jumps.
2. All schools should designate 4 varsity athletes in all field events who can take "head of the line" privileges and may complete 4 throws/ long jumps.
3. **Discus, Javelin, Shot-put, Long-jump**
 - a. Four attempts total, all measured and recorded, with at least the first two throws/ long jumps taken consecutively. *If there are a lot of athletes, JV may be limited to fewer attempts.* This should be determined at the coaches meeting prior to the meet.

- b. Throwing implements should be retrieved by the athlete, after the judge has declared the throw legal and at the official's direction.
 - c. No practices once pit is open for competition
 - d. Pit is open for competition 1½ hours maximum. The meet director may extend or shorten time as needed.
 - e. Boys and girls mixed in open pit.
 - f. All field events will be officiated by at least one responsible person.
 - g. Measurements in the Shot Put and the long jump should be measured to the ¼ inch. All other events will be measured to the accuracy of one full inch.
 - h. Measurements should be taken with the zero end of the tape at the jump or throw 1st ground contact point, with the tape distance reading being made back at the throw or jumping line (inside white foul line (or inside the toe board) of javelin, discus, shot put and end of "board" in long jump) All throws, except fouls, should be **measured and recorded**. *As in the event of a tie, you need the second-best throws to break the tie.*
 - i. Shot put weights will be 6 lbs. for girls and 8 lbs. for boys. **6th grade boys and girls will throw 6 lb. shot put.**
 - j. Discus weights will be 1 kg.
 - k. All long jump pits should have a "board" (white marking) **four (4)** feet back from the sand pit.
- 4. Javelin (600 grams)**
- a. Measuring will be done from a fixed point in the middle of the foul line.
 - b. Measuring will be done by stretching the tape with the zero end at the spot that the javelin first hits the ground.
 - c. All throws, except fouls, should be **measured and recorded**. *As in the event of a tie, you need the second-best throws to break the tie.*
 - d. Throwing area will be set up as per javelin sketch in rulebook, but with a straight scratch line.
 - e. The weight of the javelin will be 600 grams.
 - f. Throwing form requirements will be the same as that required by the NFHS rule book.
- 5. High Jump**
- a. Girls will start at **3'6"** and boys will join in concurrently at 4' with the girls who remain.
 - b. The bar will be moved in increments of 2" until 3 competitors remain and then be moved in increments of 1" (records might be at stake).
 - c. The bar cannot be lowered to another height after it has been raised.
 - d. If an athlete is in a running event, then he/she needs to tell the judge and return within 10 minutes of the conclusion of the event.
 - e. Once the athletes' name is called, if they are not in a running event, their jump must be taken within 90 seconds.
 - f. **The number of participants will be limited to six boy and six girl varsity jumpers.**
 - g. Note descriptions of unsuccessful trials, article 16, of the rule book.

9.6 Uniforms

1. Federation rules will be enforced for divisional or league meets.

9.7 School and Meet Location

School	Meet Location	Track specs
Cedar Heights MS	Cedar Heights MS	8 lanes / 6 curve / 6 hurdle
Central Kitsap MS	Central Kitsap HS	8 lanes / 8 curve
Curtis JH	Curtis HS	8 lanes / 8 curve
Fairview MS	Fairview MS	8 lanes / 6 curve
Hawkins MS	North Mason HS	9 lanes / 8 curve
John Sedgwick MS	South Kitsap HS	8 lanes / 8 curve
Kingston MS		
Klahowya SS	Klahowya SS	8 lanes / 8 curve
Marcus Whitman MS	South Kitsap HS	8 lanes / 8 curve
Mountainview MS	Bremerton HS	8 lanes / 8 curve
Poulsbo MS		
Ridgetop MS	Ridgetop MS	8 lanes / 6 curve
Woodward MS		

9.8 Meet limitation

1. Middle level schools can have seven meets total plus a jamboree as per WIAA.
2. Athletes must complete 8 days of practice before competing in a meet.

9.9 League Track Meet

1. **16 Entries all based on Athletic.net will be used for assigning entries for the League Track meet.**
2. Ribbons will be given to the top eight (8) places. Recommend announcing winners of each event.
3. Location will be determined by Athletic Directors.
4. Team scores will be kept. Scoring will be 10, 8, 6, 5, 4, 3, 2, 1.
5. Rules will be the same as regular season.
6. Field events will be “open pit” style, not in flights.
7. **Recommend** two high jump pits be provided, boys and girls, to ensure a timely event.
8. Host school needs to provide experienced officials for all events either from their own school or request assistance from other league schools.

9.10 Reporting Scores

1. Each team coach is responsible for inputting their team data into athletic.net, unless the home school has agreed to do so.

9.11 Make-ups

1. All make-up meets need to be scheduled and held on the next day that is available to both teams.