



2022-23

Western

Conference

Constitution & Regulations

WESCO Conference Schools

*Archbishop Murphy, Arlington, Cascade, Cedarcrest, Edmonds-Woodway,
Everett, Glacier Peak, Jackson, Kamiak, Lake Stevens, Lynnwood, Mariner,
Marysville-Getchell, Marysville-Pilchuck, Meadowdale, Monroe, Mountlake
Terrace, Shorecrest, Shorewood, Snohomish, Stanwood*

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Western High School Athletic Conference Constitution and Regulations

CONSTITUTION

ARTICLE I Name

The name of this organization shall be the Western High School Athletic Conference.

ARTICLE II Object

The object of this organization shall be to maintain and administer a program of competitive athletics, to promote good sportsmanship, and maintain high educational standards among its member schools.

ARTICLE III Membership

Section 1 Conference Membership

Membership in this league shall consist of the following high schools: Archbishop Murphy, Arlington, Cascade, Cedarcrest, Edmonds-Woodway, Everett, Glacier Peak, Jackson, Kamiak, Lake Stevens, Lynnwood, Mariner, Marysville Getchell, Marysville Pilchuck, Meadowdale, Monroe, Mountlake Terrace, Shorecrest, Shorewood, Snohomish, and Stanwood.

Section 2 State Membership

This conference is a member of the Washington Interscholastic Activities Association and shall abide by its regulations.

ARTICLE IV Program

Section 1 Sports

- A. This organization shall sponsor an athletic program for boys consisting of competition in the following sports: baseball, basketball, cross country, golf, football, soccer, swimming, tennis, track and field, wrestling.
- B. It shall sponsor an athletic program for girls consisting of competition in the following sports: basketball, cross country, golf, soccer, fastpitch, swimming, tennis, track and field, volleyball, wrestling.

Section 2 Competition

Competition within the Western Conference shall be on a separate basis for boys and girls unless the sport is established as a coed activity in the conference.

Section 3 Adding or Dropping Sports

Official conference sports shall be those in which one half of the member schools participate in a full conference schedule. Sports may be officially added or dropped at a conference meeting. In cases where member districts must reduce programs this rule may be temporarily suspended by conference action.

ARTICLE V
Officers

Officers of this conference shall be known as President, Vice-President, Secretary, Treasurer and Scheduler. Officers of this conference shall be elected from and by the Director of Athletics for a one-year term before the last meeting of the year.

ARTICLE VI
Legislation

Section 1 **Legislative Authority**

Legislative authority for the league shall be vested in the Directors of Athletics of the member schools meeting in regular session.

Section 2 **Quorum**

A quorum shall consist of the Directors of Athletics of member schools. In the absence of the Director of Athletics, a Principal, Assistant Principal, or Assistant Athletic Director from that member may be authorized to represent their district.

Section 3 **Voting**

Voting on all questions concerning league matters, in meetings of Directors of Athletics, shall be one vote per school, simple majority when a quorum is present. In the absence of an Athletic Director, either a Principal, Assistant Principal, or Assistant Athletic Director from that member school may be authorized to vote on League matters.

ARTICLE VII
Forfeiture of Games

The forfeiture of games or contests as a penalty for violation of this Constitution or its Bylaws shall come only through action of the Directors of Athletics at a conference meeting.

Publicity on penalties for such violations shall emanate from the conference secretary.

ARTICLE VIII
Amendments

Section 1 **Constitutional Amendments**

- A. A proposal to amend this Constitution may originate from any member school.
- B. The proposed amendment must be submitted in writing in one of the following ways:
 - 1) At an official conference meeting of the Directors of Athletics and the Principals and approved by a positive vote of two-thirds of the Principals.
 - 2) To the secretary of the conference thirty (30) days prior to the official conference meeting of the Directors of Athletics and the Principals, at which time action may be taken by a majority vote.

Section 2 **Printed Copies**

It shall be the duty of the conference secretary to have copies of this Constitution and Regulations prepared and distributed among the school districts. It is also the duty of the conference secretary to make such revisions as made by action of the conference's legislative body.

ARTICLE IX
Board of Control

Section 1 **Membership**

The membership of this Board of Control shall be comprised of the superintendent/designee.

Section 2 **Duties and Authority:**

- A. The authority of the Board of Control with respect to the duties listed in this section shall be final.
- B. It shall be the duty of the Board of Control to act on all conference matters referred to it. This may include decisions by the athletic directors and/or principals, appeal cases, and interpretation of the Constitution and Regulations in matters of controversy.
- C. Matters may be submitted in writing to the Board of Control by superintendent, principals, and athletic directors of the member districts.

ARTICLE X
Finances

Section 1 **League Funds**

The treasurer shall deposit all funds received and distributed by the League from the approved banking account.

Section 2 **Membership Fee**

A membership fee for member schools may be established by the athletic directors and principals on an annual basis. Payment of this fee will be a requirement for league membership.

Section 3 **Special Assessments**

The athletic directors may levy special assessments to meet league financial requirements.

Section 4 **Additional Funds**

The net income from league playoffs or post season playoffs shall be deposited into the league account. The net profit or loss of post season events will be shared by league member schools.

Section 5 **Disbursements**

The league treasurer shall disburse league funds upon the approval of the athletic directors or principals.

Section 6 **Fiscal Year**

The fiscal year shall be from September 1 to August 31.

Section 7 **Annual Report**

The treasurer shall submit an annual financial report approved by the athletic Directors.

Section 8 **Budget**

The athletic directors shall submit a proposed budget to the principals during the October joint league meeting.

Section 9 **Revenue Shares**

Net income received as a result of league members participation in post season events will be distributed as revenue shares in August of each year. Shares will be determined by the league athletic directors at their August meeting.

Section 10 **Distribution of Assets**

Upon the winding up and dissolution of this association, after paying or adequately providing for the debts and obligations of the association, the remaining assets shall be distributed to a nonprofit fund, foundation or association, which is organized and operated exclusively for charitable, educational, or religious and/or scientific purposes and which has established its tax-exempt status under Section 501(c)(3) of the Internal Revenue Code.

Section 11 **Compensation for Services**

No part of the net earnings of this association shall ever incur to or for the benefit of or be distributed to its members, trustees, officers, or other private persons, except that the associations shall be empowered to pay reasonable compensation for services rendered and to make payments and distributions in furtherance of the exempt purposes for which it was formed.

Section 12 **Activities by a Tax-Exempt Association**

Notwithstanding any other provisions of these articles, the association shall not carry on any other activities not permitted to be carried on by an association exempt from Federal income tax under Section 501(c)(3) of the Internal Revenue Code of 1954.

ARTICLE XI
Season and Practice Limits

Section 1 **Sports Season**

Athletic seasons for sports under the jurisdiction of this conference shall be in accordance with the regulations of the WIAA unless otherwise specified in these Bylaws.

Section 2 **Practice Limits**

- A. Regulations of the WIAA pertaining to practice shall be followed, unless otherwise specified in these Bylaws.
- B. All Sunday practices (required or optional) are prohibited except for preparation for Monday post-season tournament play.

ARTICLE XII
Determination of Championships

Winner of the 4A division will be determined league champion. If two teams tie and head-to-head competition does not break the tie, the two teams will be co-champions. For 2A/3A league, sports in a single division will crown the winner of the division league champions. If two teams tie for first, the team who won the head-to-head contest between the two team will be crowned league champion. If three teams tie and each defeated one another, the three teams will share the league championship. For sports separated into two divisions, winners of each division will be crowned divisional league champions. Ties and co-champions will be handled as stated above.

ARTICLE XIII
Schedule

Schedules for each sport sponsored by this conference shall be prepared by the Directors of Athletics of this conference or by a committee appointed by the president of the conference. Schedules shall become effective when approved by a majority vote of the Directors of Athletics of the member schools.

ARTICLE XIV
Officials

All officials assigned to varsity conference contests shall be registered officials as required by the Washington Interscholastic Activities Association (WIAA).

ARTICLE XV **Scouting Practices**

It shall be a violation of the rules of this conference for a coach or ~~their~~ representative to scout or assign others to scout the practices of a league opponent.

ARTICLE XVI **Contest Management**

Section 1 **Contest Management**

The home district will be responsible for the management of all conference contests. Management regulations for these contests as issued by the home district must be consistent with conference policies or be presented at a regular conference meeting for approval.

Section 2 **Supervision of Dressing Rooms**

The coaches of the participating teams shall be responsible for the supervision of the dressing rooms at all times during occupancy by athletic squad members and student managers at officially scheduled contests of this conference.

Section 3 **Choice of Stands, Team Benches and Dressing Rooms**

Home site Game Management will designate spectator stands, player benches, and dressing room locations for conference contests and post-season events.

Section 4 **School Bands at Athletic Contests**

Schools will not be permitted to take their bands, including pep bands or any group with musical instruments, to regularly scheduled conference contests held outside of their school district. Home site game management will determine if a visiting band can be accommodated for post-season events.

Section 5 **Signs**

Only a single school banner may be displayed at conference contests. All other signs are prohibited unless cleared in advance with the home school. This includes run-through type signs.

Section 6 **Noise Makers/Music**

- A. The use of artificial noisemakers (i.e., megaphones, whistles, etc.) is prohibited at any conference contest. This includes any noise making device and/or means to amplify the human voice. Musical instruments may not be used as noise makers.
- B. Spirit symbols for use at home football games are permitted upon league approval.
- C. School appropriate music is the responsibility of the home team.

Section 7 **Spectator Dress Code**

Rules for body and face paint will follow the "your house, your rules" philosophy with the home school administration and/or stadium authority setting and enforcing their own rules for body and face paint. Shirts are required at all events.

Section 8 **Faculty or Administrative Supervision at Contests**

A faculty representative or administrator from each participating school ~~MUST be in attendance~~ **attend** at home and away varsity contests for football & boys' basketball, and at ALL district tournament games for basketball, football, soccer, and volleyball. In addition, a faculty representative or administrator from the

home school **MUST** be in attendance for all home varsity contests for boys' & girls' soccer, volleyball, girls' basketball, and wrestling. Away contests for these sports may require supervision as determined. **The visiting school's representative(s) must identify themselves to the home contest manager prior to the start of the event. Supervisors should arrive 15-30 minutes prior to the contest start time and position themselves in front of their student body. Supervisor's duty ends when the majority of fans have left, not when the contest ends.** With prior approval, the visiting school may elect to not send a representative, provided the host school is communicated with and agrees. This is for contests which require longer distance to travel.

Section 9

Ticket Prices

- A. The conference shall set ticket prices for adult, student, and elementary student tickets for all regular season conference contests, playoffs, tournaments, and championship events. Preschool children are to be admitted free.
- B. The single contest ticket price set by the conference may not be changed by member districts.
- C. Member districts may initiate season ticket or multiple admission and senior citizen discount rates for games involving teams within the school district during the regular season. Senior citizens are defined as those individuals 62 or older.
- D. Admission will be charged for any contest that *immediately precedes* a varsity contest played at the same venue. This includes ninth grade contests played concurrently with junior varsity contests or when they take place immediately preceding the varsity event.
- E. Districts that wish an exception to the conference admission policies must appeal to the league for approval.
- F. Reciprocal Pass Agreement: Spectators from other WESCO league member schools who possess a school issued card with a valid expiration date, or current year punch card (with punches remaining) from the visiting school district (WESCO member schools) may purchase one regular season adult ticket for **\$5.00 Expires 6/30/23**. (This policy must be printed on the back of valid and current school year ticket/pass).

Section 10

Webcasting/Television Broadcasting Policy

- A. The Western Conference (Conference) maintains exclusive broadcasting rights to all home games in which Conference schools compete. In addition, the Conference has the right to require payment from the webcasting organizations and television stations that request permission to broadcast such events.
- B. This policy is to be implemented for all League, non-League, and WESCO playoff and sub-district playoff contests hosted by a member school. Fee requirements are to be implemented for all League and non-League contests as well as Conference and sub-district playoff contests.
- C. Webcasting organizations and television stations requesting permission to broadcast Conference contests must have authorization from the host school athletic director one week in advance. The host school will assure that appropriate facilities are available.
- D. Broadcast teams from a school's academic program (video production, etc.) are required to meet the notification deadlines but will not be charged a fee to broadcast games. If a school academic program wishes to broadcast an away contest, approval must be obtained from the host school athletic director.
- E. Broadcast staff will be limited to a total of five (5) people. Clear identification must be worn for admission to the facility. Additional personnel will be required to pay the regular admission fees. All media should remove themselves from the facilities of the host school in a timely manner. Any equipment left on sight must be approved by the host school AD.
- F. All contests will be played on the date and time as scheduled. Time and dates will not be altered to satisfy special broadcast or television schedules, unless mutually agreed between the two (2) schools involved.
- G. To broadcast, all organizations are required to submit a proposal in writing to the host school's athletic office one week before the broadcast.
- H. Individual schools can negotiate with a video streaming service for a package deal that will need to be approved by the league president. It is strongly recommended that equal broadcasting takes place between boys and girls contests. There will be no fee for radio or non-video webcasting. All Fees are to be made payable to the host school.

Rights Fee:

	Radio/Audio Webcasting	Video Webcasting	Commercial Television
League and non-League WESCO games	NC	\$100.00	\$300.00

- I. The host school will determine decisions concerning multiple broadcast requests.
- J. Commercial Advertising: Commercial advertising must be in good taste and be acceptable to the Conference.
- K. Selling of Recorded Contests: The selling of recorded Conference contests or highlights of contests is strictly prohibited. This includes any form of recorded media of live action. Academic programs and booster organizations may sell the recordings to raise funds for programs that directly benefit students.
- L. The WESCO League and Conference reserve the right to cancel the agreement and refuse broadcast at any time if stations violate any section of this policy.
- M. The WESCO League and Conference, at their option, reserve the right to negotiate all fees and refuse broadcast.

Section 11 **School Sponsored Media Production**

Visiting school media production must be approved in advance by the host school. Visiting school's AD needs to communicate and get approval from the home school AD in advance.

Section 12 **Unmanned Aerial Vehicle (Drone) Policy**

The use of unmanned aerial vehicles ("UAV"), also known as drones, is prohibited for any purpose by any persons at WESCO venues. Game management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, game management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed. For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device. An exception to this policy may be made in specific cases with approval of the WESCO Conference and the superintendent or designee of the host venue.

Section 13 **Spectator Boundaries**

Visiting spectators are not allowed to enter the playing field/court and locker-rooms before, during, and after contests.

Section 14 **Senior Nights**

- A. Visiting schools must be notified in advance of upcoming senior night events.
- B. Senior night activities are to occur during pre-game activities and the integrity of published game time should be protected.
- C. Five minutes additional warm up shall be allowed following senior night event when warm up is not allowed during the event, either on the field or alternate court.
- D. Senior night event shall be a maximum of 10 minutes long. Each school may determine what occurs during those 10 minutes.
- E. Senior night should be used to recognize seniors and their families, but not resemble what takes place at the end of the season banquet.

Section 15 **Rosters**

- A. To better serve the public, WESCO will post team numerical rosters, using the WPA format, on the league website for every sport.
- B. For paid team sports, the host school will provide a back-to-back roster.
- C. Phonetic rosters will be uploaded on the WESCO Website for all varsity sports that utilize an announcer to assist announcers in the pronunciation of athlete names. Each school is responsible for providing copies of the phonetic roster to their announcer.

ARTICLE XVII
Protests

Section 1 **Protests of Conference Contests**

Schools may make official protests of contests involving conference schools providing they are based on the official rules of the sport and those rules and regulations of the conference which apply, and that the procedures for filing such protests as set forth by the conference are followed.

Section 2 **Protest Arbitration Board**

- A. Protests for conference contests shall be ruled on by a protest arbitration board and its decisions shall be final.
- B. The board shall consist of three members: two neutral conference athletic directors and a neutral conference head coach in the sport. These people shall be appointed by the conference president.
- C. The written report of this board's findings and decision is to be sent to each conference athletic director, the principal, and coach of the school involved.

Section 3 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.
- F. **Any protest, related to an ejection, must be appealed to the WIAA.**

ARTICLE XVIII
Review of Member School Incidents

Section 1 **Purpose / Objective**

The president of the Conference Athletic Directors will direct a review committee to investigate violations of league or WIAA regulations that may lead to a recommendation for probation or sanction.

Section 2 **Communication**

Each Principal and Athletic Director shall receive a communication *from the league president* regarding the alleged violation, the schools involved, the individuals, and a brief description of the alleged violation. All proceedings are subject to an audio tape recording.

Section 3 **Committee**

The president of the Conference Athletic Directors will appoint a committee consisting of two *principals*, two athletic directors, and a coach of that sport who was not involved in the incident.

Section 4 **Procedure / Written Report**

The committee will conduct a review hearing within seven school days to include representatives of the schools (coaches, players, game supervisors, building administrators, etc. of the schools involved) and game officials, if necessary. A written report of this board's findings is to be sent to each conference principal, each athletic director, and each head coach of the sport involved.

Section 5 **Penalty**

The penalty for WIAA rule violations by member schools will follow the WIAA guidelines. Upon review of the committee findings, action taken by the athletic directors, may result in serious consequences for the offending school. Suspension, forfeiture and/or probation are possible penalties. However, committee

decisions are in no way limited to these disciplines. The offending school may appeal the penalty to an appeal committee comprised of three or five principals appointed by the president of the Conference Athletic Directors.

ARTICLE XIX
Procedures for Handling Complaints Between Conference Schools

Section 1 **Problem Solving**

Prior to requesting a hearing and initiating Article XIX as described below, the following steps should be followed first:

1. Coach of the offended individual/school report incident to their athletic director.
2. Athletic director (Director A) from offended school collects material evidence, videos, testimony, etc.
3. Director A contacts the athletic director (Director B) from alleged offending school and notifies he/she of the incident along with collected information.
4. Director A should contact appropriate officials association regarding the incident along with video evidence where applicable.
5. Director B should conduct an investigation within their school which includes:
 - a. Notification of incident to building administration
 - b. Notification and investigation of program coach
 - c. Notification and investigation of athlete's involved if applicable
 - d. Administering discipline where applicable
 - e. Continue to monitor the situation for the remainder of season or individual's school tenure
6. Director B notify Director A of investigative process and results.

Section 2 **Complaint Procedure**

Schools involved in incidents related to the conference athletic program are expected to try to solve their differences first as early as possible as outlined above. Either school may take the following steps to have a hearing before the conference on the incident.

- A. A school initiating charges against a conference school, team and/or coach must notify in writing the conference officers and the principal of the school involved within five school days after the date of the incident in question.
- B. The conference officers will decide whether a special hearing is needed if the matter cannot be handled at the next regular meeting of the athletic directors.
- C. Both schools involved are to support their cases with written evidence.
- D. The committee hearing the case shall consist of a minimum of three of the regular district representatives to the Conference, who are not involved in the charges.
- E. The committee, after hearing, shall make recommendations to the conference as to the charges and any action to be taken. The conference secretary will notify in writing all conference principals, athletic directors, and superintendents of these recommendations and of the action taken by the conference.
- F. Appeals may be directed to the Board of Control.

ARTICLE XX
Tiebreaker policy for Final Standing Ties Involving Tournament and Playoff Positions

Section 1 **All Sports**

A. Division Championship

1. If a tie exists for first place, the teams will be declared Division Co-Champions, if they played one another twice and split.
2. If a tie exists for first place, but one team defeated the other head-to-head, the team winning the head-to-head contest will be determined the Division Champion.
3. For sports that combine north and south in one division, there will be 1 divisional champion.
4. The tie-breaking criteria and procedures will be applied for purposes of playoff placing.

B. CRITERIA FOR TIE-BREAKING
FOR ANY BYE OR FINAL PLAYOFF SPOT

1st Criteria: The results of head-to-head league competition between the teams involved

in the tie (mini standings will be used if more than 2 teams are involved).

2nd Criteria: If, after applying Criteria 1, a tie still exists then a playoff would be held to break the tie.

FOR PLAYOFF SEEDING

1st Criteria: The results of head-to-head league competition between the teams involved in the tie (mini standings will be used if more than 2 teams are involved).

2nd Criteria: The results of competition against same divisional opponents will be considered. The records of the tied schools will be compared to the first-place team, then second place, then third place, and so on. Once one team has a better record than the other team against a common divisional opponent, the tie will be broken. For example, Team A and Team B are tied for 2nd place and split games during the regular season. The records of both teams will be compared against 1st place. Both teams were 0-2 against 1st place so will remain tied. They are then compared to 4th place. Team A was 1-1 and Team B was 0-2. Team A would win the tiebreaker and receive the higher seed.

3rd Criteria: The results of competition against other cross-divisional opponents, in the league counter crossover games, will be considered in the same manner as above in that the records of the tied schools will be compared to the first-place team, then second place, then third, and so on. Once one team has a better record than the other team against a common cross-divisional opponent, the tie will be broken. See example above.

4th Criteria: If, after applying Criteria 1, 2, and 3, a tie still exists then the tie-breaker number draw (see end of section for the current school year number draw) will be used to determine playoff positions. The tie-breaker number draw cannot eliminate a team from a final playoff spot. The winner of the tie-breaker number draw will be assigned the highest position on the bracket for which the teams are tied. The tie-breaker number draw will take place at the AD Work Session in late May/early June or at the last AD meeting in June for the school year to follow.

C. Situations Not Covered

Any ties not covered by these procedures will be resolved by neutral League Athletic Directors as assigned by the league president.

Note: When equal seeds meet in post-season play, head-to-head competition during the regular season counter game (crossover game) will be used to determine home team. If no crossover game was played during the regular season, then the number draw will be used.

Section 2

Tie-Breaker Number Draw for 2021-2022

The first number listed after the name of the school is the number that will be used for fall tiebreakers, the second number will be used for winter tiebreakers, and the third number will be used for spring tiebreakers. Example: *If Lynnwood and Kamiak are tied for the same position at the end of the fall season, Lynnwood (first number is "8") would receive the higher seed over Kamiak (first number is "10"). During the winter season Mariner (2nd number is "4") would receive the higher seed over Cascade (2nd number is "17").* Note: *All other criteria for breaking ties remain in effect. The draw information listed below applies only to situations that formerly called for a coin flip.* If the number draw is used to break a tie with 3 or more teams, the number draw will be used throughout the process.

2022-23 WESCO Tie-Breaker Draw

SCHOOL	FALL	WINTER	SPRING
Archbishop Murphy	7	20	13
Arlington	24	15	8
Cascade	16	17	9
Cedarcrest	12	1	20
Edmonds-Woodway	5	11	17
Everett	2	19	18
Glacier Peak	18	18	4
Jackson	17	2	14
Kamiak	12	16	12
Lake Stevens	19	14	5

Lynnwood	6	9	1
Mariner	21	6	6
Marysville Getchell	20	3	21
Marysville-Pilchuck	1	7	10
Meadowdale	15	4	11
Monroe	9	10	16
Mountlake Terrace	14	8	7
Shorecrest	8	13	19
Shorewood	22	12	15
Snohomish	11	5	3
Stanwood	10	21	2
Ferndale	23	N/A	N/A
Mount Vernon	3	N/A	N/A
Oak Harbor	4	N/A	N/A

Section 3
In the event

of a tie-breaker playoff is needed in football the Kansas City tie-breaker format will be used in accordance with league tie-breaking guidelines.

Section 3

Soccer

- A. If there is a tie in the point system, refer to Section 1 and follow in order.
- B. If a tie still exists after applying Section 1, the following procedure will be used:
 - 1) The playoffs will consist of two twenty-minute halves with a five-minute halftime.
 - 2) If a tie exists after the regulation periods have been played, there will be two five-minute sudden death overtime periods followed by penalty kicks, if necessary, to determine the winner.

Section 4

Arrangements for Tie-Breaker Contests

- A. The contest will be held at the home site of one of the participating schools.
- B. The league tie-breaker draw will be used to determine the playoff site.
- C. The league tie-breaker draw will determine the home team when this is necessary (i.e., baseball).
- D. The host site athletic director will act as tournament manager.
- E. The financial aspects of the playoff contest will be handled in the same manner as all league tournament contests. All profits or losses will become a part of the league treasury and shared by all member schools.
- F. Officials will be mutually selected by the district athletic directors involved in the playoff contests and must come from regular officials' associations serving WESCO contests.

Section 5

Mini-Playoff Format

In the event that multiple teams are playing for the last playoff spot, a modified bracket will be utilized. Host team is team #1. Utilizing the number draw, the team with the best draw number is team #1, etc.

- A. Three teams for One Playoff Spot
 - a. Game 1 = Team #2 will play Team #3
 - b. Game 2 = Winner Game 1 plays Team #1
 - c. Winner Game 2 earns playoff spot
- B. Three teams for Two Playoff Spots
 - a. Game 1 = Team #2 plays Team #3. Winner advances.
 - b. Game 2 = Loser Game #1 plays Team #1. Winner advances.
 - c. Once 2 advancing teams are determined, revert to league tie-breaker language.
- C. Four teams play for One Playoff Spot
 - a. Game 1 = Team #3 vs. Team #4
 - b. Game 2 = Team #1 vs. Team #2
 - c. Game 3 = winner of Game #1 vs. Game #2. Winner takes playoff spot
- D. Four teams play for Two Playoff Spots
 - a. Game 1 = Team #3 vs. Team #4
 - b. Game 2 = Team #1 vs. Team #2
 - c. Game 3 = winner of Game #1 vs. Game #2. Winner takes playoff spot. Loser takes final playoff spot.

- E. Length of mini contests
 - a. Baseball = 3 innings
 - b. Softball = 3 innings, with international rule after 4 innings
 - c. Volleyball = 2-out-of-3, with games 1 & 2 to 25 and game 3 to 15. Win by two. No cap.
 - d. Basketball = #2 & #3 play 2 8-minute quarters, with the winner playing the #1 in 2 8-minute quarters. Regular overtime procedures will be followed if necessary.

ARTICLE XXI
Inclusion of Non-League Schools in League Events

A non-league school may participate in any league event scheduled by the Western High School Athletic Conference with approval of the participating conference schools.

ARTICLE XXII
Inclement Weather / National Disaster Policy

Section 1

Regular Contests

- A. In the event that one school is not permitted to participate due to a superintendent/school board decision or cancellation of school, the game will be postponed and played on the next available date including Saturdays and school breaks. It is not required that scheduled non-league contests be dropped in favor of league contest make-up dates unless a lack of available dates is involved in which case AD's may rule that a non-league contest or contests be dropped.
- B. If multiple games are cancelled, they must be made up in chronological order so that a team plays no more than two days in a row, unless mutually agreed upon, and/or four contests in a week, unless mutually agreed upon. Note: End of season or lack of available days may dictate waiver of this rule to be determined by AD's.
- C. Play on a national holiday may only take place by mutual agreement.
- D. Rainouts must be made up on the next available date in the order that they were canceled, including Saturdays and Spring Break (in accordance with stated guidelines for spring break play dates).
- E. League rainout makeup games take precedence over non-league rainout makeup games when rescheduling dates.
- F. Lightning Guidelines: Developed using guideline and position statements from the NFHS, HATA, and NCAA – 08/17/09
 - a. Prior to contest site being used, safe locations* shall be identified for all players.
 - b. Prior to the contest beginning, staff (game manager, athletic trainer, official) shall confer about weather conditions and league guidelines.
 - c. If lightning or thunder is seen/heard, a flash-to-bang method** should be used to determine when to clear field.
 - d. The National Severe Storms Laboratory recommends that athletic participation cease when lightning is detected within 6 miles. For our purposes this will be indicated by a 30-second flash-to-bang count as assessed by an ATC/official/game manager.
 - e. Thirty-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play. Any subsequent thunder or lightning after the beginning of the 30-minute count reset the clock and another 30-minute count should begin.
 - f. Hold periodic reviews for appropriate personnel.
 - g. Safe Shelter - The primary choice for a safe location from the lightning hazard is any substantial, frequently inhabited building. The electric and telephone wiring and plumbing pathways aid in grounding a building, which is why buildings are safer than remaining outdoors during thunderstorms. It is important not to be connected to these pathways while inside the structure during ongoing thunderstorms. The secondary choice for a safer location from the lightning hazard is a fully enclosed vehicle with a metal roof and the windows closed. Convertible cars and golf carts do not provide protection from lightning danger. It is important not to touch any part of the metal framework of the vehicle while inside it during ongoing thunderstorms. (NATA –Position Statement Lightning Safety 2000)
 - h. Flash-to-Bang Method - To use the flash-to-bang method, begin counting when sighting a lightning flash. Counting is stopped when the associated bang (thunder) is heard. Divide this count by five to determine the distance to the lightning flash (in miles). For example, a flash-to-bang count to thirty seconds equates to a distance of six miles. Lightning has struck from

as far away as 10 miles from the storm center. "If you hear it, if you see it, flee it" Postpone or suspend activity if a thunderstorm appears imminent before or during an activity or contest, (irrespective of whether lightning is seen, or thunder is heard) until the hazard has passed. Sign of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

Section 2

Tournaments and Playoffs

A. Procedure for Postponement and Reschedule:

- 1) Athletic director in charge will poll all schools involved by phone or email to determine participation/non-participation.
- 2) Athletic director in charge will notify all participating schools' athletic directors of the results of the phone call/email and, if needed, when the rescheduled event will take place.
- 3) Athletic director in charge will notify league secretary who will issue a release to all AD's and the WESCO media list.

A. Conditions for a school/district unable to participate in a tournament/playoff contest that Determine Cancellation of a Tournament/Playoff:

If one school or district is not permitted to participate due to inclement weather/national disaster, then the athletic director in charge will consult with participating schools' athletic directors to determine:

- 1) Rescheduling the postponed date by the last possible makeup date according to the WIAA guidelines.
- 2) In the event that a district will not allow a particular school to compete by the last possible makeup date the tournament/playoff will continue without them.

ARTICLE XXIII

Western Conference Ejection Reduction Plan

Approved October 5, 2005, by WESCO AD's, Principals, and Superintendents

Section 1

Place sportsmanship on all sports pre- and post-season meeting agendas.

A. AD reps will discuss the following items with coaches at league meetings.

- 1) Previous year's ejection report (pre-season meeting).
- 2) Evaluate current season's ejection report (post-season meeting).
- 3) Review league's policy on athlete/coach ejections.
- 4) Promotion of positive sportsmanlike behavior. The importance of acknowledging specific acts displayed by athletes on your team or the opponents cannot be ignored. If you "see it", "think it", then "acknowledge it!"

B. Any athlete/coach that is ejected from a contest will be suspended for two games rather than the one game suspension required by the WIAA. The athlete/coach can appeal the second game of the suspension, providing the ejection was not due to violent conduct or abusive language.

- 1) The appeal procedure is internal. (Building or District level)
- 2) The appeal must take place prior to the next scheduled competition at the level the ejection occurred.
- 3) The administration must submit a report to the league if the findings result in reducing the suspension to one game.

B. An ejection due to violent conduct by a player or a coach shall result in a suspension equal to 20% of the number of allowable contests for that sport as indicated in section 18.27.3 of the WIAA Handbook.

1. Violent conduct is defined as the commission of a violent act against an opponent, official, spectator, teammate, or other individual(s) when in or out of play.

C. It is recommended by the league to all member schools to acknowledge positive displays of sportsmanship by individuals as well as teams on the spot, or whenever possible. Verbal and written can be very effective.

2022-2023
WESCO TICKET PRICES

WESCO Regular Contests

	<i>H.S. Student w/o ASB, Adults</i>	<i>H.S. Student with ASB Card, Senior Citizens (62 and older), M.S. Student with School I.D. & Children (K-5 with Adult)</i>
<u>VARSITY CONTESTS</u>		
Basketball, Football	\$ 7.00	\$ 5.00
Soccer, Volleyball, Wrestling		

Reciprocal Pass Agreement*

Spectators from other WESCO league member schools who possess a school issued card with a valid expiration date, or current year punch card (with punches remaining) from the visiting school district (WESCO member schools) may purchase one regular season adult ticket for \$5.00. **Expires 6/30/23.** (This policy must be printed on the back of valid and current school year ticket/pass).

WESCO PLAYOFFS

	<i>H.S. Student w/o ASB, Adults</i>	<i>H.S. Student with ASB Card, Senior Citizens (62 and older), M.S. Student with School I.D. & Children (K-5 with Adult)</i>
	\$ 7.00	\$ 5.00

*Reciprocal passes, **HB 1660 passes**, and school passes are not in effect for playoffs.

DISTRICT EVENTS

		<i>Senior Citizens (62 and older), Children (K-5 Accompanied by an Adult), H.S. & M.S. Students <u>with ASB Card</u></i>
	<i>Adult</i>	
Football / Basketball / Baseball Track / Softball / Soccer	\$ 8.00	\$ 5.00
Wrestling (Suggested for Sub-Regionals)	\$ 8.00	\$ 5.00
Swimming	\$ 8.00	\$ 5.00
Gymnastics	\$ 8.00	\$ 5.00
Volleyball	\$ 8.00	\$ 5.00

** Children under 6 accompanied by an adult will not be charged.

**Admission will be charged at all sub-varsity contests preceding varsity contests.
This includes ninth grade/C team contests played concurrently with junior varsity contests
HB 1660 Passes are good at regular home events only, not valid at away contests or post-season contests.**

WESCO and Northwest District Awards/Ribbons/Trophy Chart

WESCO League Level				Northwest District Level		
Sport	Trophy	Ribbons	Certificates	All-League	Trophy	Ribbons
Baseball	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place	
Basketball	1st Place B/G Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place B/G	
Cross Country	1st Place B/G Per Division	Top 10 B/G Finishers plus each member of 1st Place Team at Divisional Meets	1st Team Only All-Conference. Top 7 B/G Per Division.	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place B/G	Top Three B/G Finishers. Qualifier ribbons to all State Qualifiers.
Fastpitch	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place	
Football	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year		
Golf	1st Place B/G Per Division		1st Team Only All-Conference. Top 6 B/G Per Final Round of Divisional Tournaments. Next 6 Hon. Mention	1st Team All-Conference & Honorable Mention, Coach-of-the-Year Player of the Year	1st Place B/G	Top Three B/G Finishers. Qualifier ribbons to all State Qualifiers.
Soccer	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place B/G	
Swim/Dive	1st Place B/G Per Division		1st Team Only All-Conference.	1st Team All-Conference. Coach-of-the-Year Player of the Year	1st Place B/G	Top Eight finishers in each event.
Tennis	1st Place B/G Per Division	Top 6 B/G Singles, top 6 B/G Doubles Teams at Divisional Tournaments.	1st Team Only All-Conference. Top Four B/G Singles and Top Four B/G Doubles Teams at Divisional Tournaments.	1st Team All-Conference. Coach-of-the-Year Player of the Year	1st Place B/G	Top Three B/G Finishers. Qualifier ribbons for 4th through 8th.
Track and Field	1st Place B/G Per Division	Top 8 Finishers at Divisional Meets.	1st Team Only All-Conference. 1st Place B/G Per Event at Divisional Meets.	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place B/G	Top Three B/G Finishers. Qualifier ribbons for 4th through 8th.
Volleyball	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams. Coach-of-the-Year Player of the Year	1st Place	
Wrestling	1st Place Per Division	1st-4th	1st Team Only All-Conference. Top finisher Per Weight Class at Sub-Regional Tournaments.	1st Team All-Conference. Coach-of-the-Year Player of the Year	1st Place	Top three finishers per weight class. Qualifier ribbons for 4th through 6th.

WESCO will provide 1st team All-Conference Certificates per season, per school.

Baseball Regulations

Section 1 Program

This conference shall sponsor a program consisting of a varsity and junior varsity schedule.

Section 2 Rules

The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests. No new inning may start after 11:00 p.m. in games played during the evening. Courtesy runners will be allowed for all contests.

Section 3 Officials

The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.

Section 4 Schedule Format and Start Times

- A. The schedule format will be determined by athletic directors with input from coaches. The format will be determined by the number of teams in each division.
- B. Start Times: Weekdays at 4:00 except in situations involving city field restrictions. 1:00 on Saturdays. Alternate start times must be approved by conference athletic directors.
- C. All rainouts must be made up on the next available date in the order that they were canceled, including Saturdays and Spring Break.
- D. League rainout makeup games take precedence over non-league rainout makeup games.
- E. Double-headers are not to be scheduled on Mondays. Double-headers must be pre-approved by the league. During the last week of the regular season, if league contests have not been completed due to inclement weather, double headers may be scheduled by mutual agreement of the two school athletic directors.
- F. Conference contest dates may only be changed due to field issues or with approval by the league for other reasons.

Section 5 Determination of Conference Champion

All division champions for **2A**, 3A and 4A will be determined by final conference standings.

Section 6 WESCO All-Opponent Team Selection

- A. Coaches will nominate players from their own team and provide relevant, supporting statistics for those nominees. Coaches will then vote by division to determine All-League recipients. Any ties will be broken by the respective divisional coaches at the post-season meeting.
- B. All-League 1st team will include the following positional breakdown:
OF x3; IF x4; P x2; C x1; DH/Utility x1

Section 7 Game Ball

The home school shall give the umpire four new official baseballs for varsity conference games prior to the start of the game. A game ball is to be made available to the visiting team pitcher for warm-up purposes.

Section 8 Pre-Game Warm-up

- A. Home team will be allowed ten minutes warm-up twenty-five minutes prior to start time.
- B. Visiting team will warm-up fifteen minutes prior to start time.

Section 9 Suspended Games

If a game is interrupted prior to the 5th inning, or after the 5th inning and the score is tied after the last completed inning, the game shall be suspended and resumed at the point of interruption on the next

available date. The line-up and batting order of each team shall be exactly the same as the line-up and batting order at the moment of suspension, subject to the rules governing the game. Coaches must confer and agree to pitch count for both teams. If a game is interrupted after the 5th inning and the score is not tied after the last completed inning, the game shall be called official, and the winner declared according to the score at the end of the last complete inning.

Section 10

Game Location

- A. Game sites may be changed up to three (3) hours prior to game time in order to provide a playable site if both schools can make the necessary arrangements.
- B. If the home varsity field is not playable, but the opponent's field is playable, the JV game should be bumped and the varsity game moved if umpires are available. Or, if the home team can find an alternate site, the game can be moved to the alternate site.
- C. If, for the first game of the series, the designated home team field is not playable and the visiting team site is playable, the game will be played at the visiting team site with the home team designation reversed. The second game of the series will then be played at the opposite site with that host team being designated as the home team. This guideline will be utilized for the third game of a series as well.
- D. If any game(s) is played after the second (or third in the case of a three-game series) scheduled series game date, the game site must be changed if the designated home field is not playable and a playable site is available. Each team will be designated the home team at least one time in the series.
- E. If teams are scheduled to play four times in a season and one school hosts the first two games due to field conditions, the final two games will be played at the opposite school, assuming the field is playable.

Section 11

Pitch Count Guidelines

- A. Pitcher rest shall be determined by WIAA rule 29.5.0.
- B. Every legal and illegal pitch thrown from the pitching mound to a batter shall count as a pitch. This includes all foul balls and base hits. Throws from the pitching mound toward a base to put out a runner shall not count. If the umpire calls "time" or "no pitch" while the pitcher is in the wind up, the pitch shall NOT count.
- C. The pitching limitation applies to all regular season and post-season games, as well as to tied, suspended, discontinued, or protested games.
- D. For varsity games, the home team pitch counter shall be an adult. Pitch counters from both teams will compare pitch counts after each inning and settle discrepancies prior to the beginning of the next inning. The home team is the official scorekeeper and will be the official record of pitch count. The home team pitch counter at any contest will notify each coach when a pitcher reaches 100 pitches. This alerts the coach that the pitcher is nearing the 105-pitch limit. Umpires are not responsible for any aspect of the pitch count rule and will not help to settle discrepancies.
- E. Each coach must report the number of pitches thrown in a day, by each pitcher **in a varsity contest**, to the designated WESCO reporting system by 9:00am the following morning
- F. An athlete is ineligible to pitch immediately after throwing pitch 105 in one day and during the required rest period as determined by the total pitches thrown by the athlete in one day. Using an ineligible pitcher shall result in a forfeiture of the game in which the athlete was ineligible and other consequences as determined by the school, league and/or WIAA.

Section 12

Protest Procedure

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.

- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president **and WIAA** within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 13

Tie-Break Procedure

- A. WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 14

WESCO Uniform Policy

- A. When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.
- B. Metal Cleats: For teams that play on turf fields where metal cleats are prohibited, the ADs from those schools must notify the rest of the league AD's and schools prior to the season so that plans can be made by each visiting team accordingly.

Section 15

WESCO Sports Medicine

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Basketball Regulations

Section 1 Program

This conference shall sponsor a program consisting of varsity, junior varsity and C-team schedules for boys and girls.

Section 2 Rules

The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.

Section 3 Officials

The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.

Section 4 Schedule Format and Start Times

- A. **Divisional format will be determined based upon the number of teams in each classification and/or division.**
- B. Start Times: 4:00/5:40/7:15. Start times of 5:30/5:40/7:15 may be used if approved by conference athletic directors and officials are available. Alternate start times must be approved by conference athletic directors.
- C. Boys' varsity, junior varsity, and ninth grade conference games will be played on Wednesdays and Fridays. Girls' varsity, junior varsity, and ninth grade conference games will be played on Tuesdays and Fridays. These days will alternate every **two years**. Saturdays may be assigned occasionally to accommodate league schedule needs. Changes to conference play dates must be approved by conference athletic directors.
- D. All Sunday practices (required or optional) are prohibited except for preparation for Monday post-season tournament play.

Section 5 Determination of Conference Champion

All division champions for **2A**, 3A and 4A will be determined by final conference standings.

Section 6 WESCO All-Conference Team Selection

- A. Basketball AD rep will send out nomination form 2 weeks in advance of the post-season meeting to each coach to be completed and sent electronically by each coach no later than 1 week in advance of the post-season meeting to the AD rep.
- B. Each coach will nominate players for all-league from their own school.
- C. AD rep will create ballot and send it out to coaches/teams to vote. All coaches must vote and send results back to the AD rep.
- D. 3A: Each coach ranks the nominees **1-16** with #1 getting **16** pts, #2 getting **15** pts, etc. with the first **8** players selected to 1st Team and the second **8** players selected to 2nd Team.
- E. 4A: Each coach ranks the nominees 1-10 with #1 getting 10 pts, #2 getting 9 pts, etc. with the first 5 players selected to 1st Team and the second 5 players selected to 2nd Team.
- F. AD rep will share the results from each school at the post-season meeting and the All-League teams will be finalized after the coaches in attendance are able to discuss the results shared by the AD rep with one another.
- G. The Coaching Reps will be responsible for accurately documenting the final consensus All-League Team lists at the post-season meeting and sending the All-League team lists to the AD Rep electronically.

- H. All players getting at least one vote may be named to the Honorable Mention team. Deserving seniors may also be added to the Honorable Mention team by their own coach or an opposing school's coach.

Section 7 **Game Ball**

The home team will provide an official leather or composite ball for home contests.

Section 8 **Facility Preparation**

- A. The locker room should be open forty-five minutes prior to the start of the game.
- B. The gym and court area should be ready for warm-up at least twenty minutes prior to start time.

Section 9 **Pre-Game Warm-Up**

- A. Twenty minutes shall be allowed for warm-up prior to the scheduled start time. The warm-up area shall be opposite the team bench.
- B. The game clock is set for twenty minutes and started twenty-five minutes before the start of the game. This will permit coaches to know when the warm-up period will end.
- C. Upon mutual agreement by both coaches and home school game management, warm-up time can be reduced to 15 minutes.

Section 10 **Junior Varsity Game Limitations**

- A. Sub-varsity games are to be played to the end of regulation play. Should a game end in a tie, the tie will be settled by playing successive 2-minute overtime periods until a winner is determined.
- B. In case of a delayed start of a junior varsity game, adjustments should be made to make certain the varsity game starts as near the scheduled time as possible.

Section 11 **Game Uniforms**

The home team shall wear white or light-colored uniforms. The visiting team shall wear uniforms in the dark color of the school.

Section 12 **Scorers and Timers**

- A. The home team shall provide an official scorer and official timer for varsity conference contests. These individuals must be qualified adults (high school graduates or older).
- B. The home and visiting scorekeeper must be seated at the official score table throughout the entirety of all conference contests. It is the responsibility of the home school to ensure that the visiting scorekeeper is provided space at the official score table.

Section 13 **Pre-Game Ceremony**

- A. The opening ceremony for varsity conference games will start five minutes before the scheduled start time.
- B. Starting players will be introduced on an alternating basis with the visiting team being announced first followed by the home team. This may be modified with prior approval by league ADs to take place at an AD meeting before the season starts.
- C. As the players are introduced, they are to line up on their free-throw line. The teams will remain at the free throw line for the flag ceremony unless an alternate plan has been approved. If an alternate plan has been approved the visiting team will return to their bench area during introductions of the home team.
- D. After the home coach is introduced, both teams are to line up on their respective free-throw lines for the flag ceremony.

- E. When both teams are in place, the flag will be honored by the National Anthem, or the flag salute as determined by the home school.
- F. The team introduction ceremony may include special music and/or lighting displays.

Section 14 **Floor Restrictions**

- A. During the intermission between halves of the varsity contest there will be no halftime shooting on the varsity game floor at any conference location.
- B. Shooting will not be allowed following a preceding sub-varsity game until the official varsity pre-game warm-up begins.
- C. Shooting before and at halftime of sub-varsity contests will be at the discretion of home school game management.
- D. Halftime programming must leave the varsity floor at least three minutes before the start of the second half.
- E. The visiting team will not occupy space at the center of the court for pre- or post-game activities (i.e., celebration, fight song, alma mater). This includes both participating athletes and fans. Note: Basketball must follow NFHS rules forbidding either team from gathering at center of court for pre-game.

Section 15 **Senior Nights**

- A. Visiting schools must be notified in advance of upcoming senior night events.
- B. Senior night activities are to occur during pre-game activities and the integrity of published game time should be protected.
- C. Five minutes additional warm up shall be allowed following senior night event when warm up is not allowed during the event, either on the field or alternate court.
- D. Senior night event shall be a maximum of 10 minutes long. Each school may determine what occurs during those 10 minutes.
- E. Senior night should be used to recognize seniors and their families, but not resemble what takes place at the end of the season banquet.

Section 16 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 17 **Tie-Break Procedure**

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 18 **WESCO Uniform Policy**

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 19

WESCO Sports Medicine

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a “consent to treat” statement should be available with the medical kit or with the coach in charge.

Cross Country Regulations

- Section 1 **Program**
This conference shall sponsor a program consisting of a varsity and junior varsity schedule for boys and girls.
- Section 2 **Rules**
The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.
- Section 3 **Officials**
A. The officials for meets involving conference schools shall be qualified adults (high school graduates or older). Coaches may be used if necessary.
B. It is the responsibility of the home school to provide the following individuals: starter, scorer, timer, finish judge, and an individual to regulate the finish chute.
- Section 4 **Schedule Format and Start Times**
A. The conference schedule will be developed using a formula approved by the athletic directors. The schedule will consist of several multi-team meets with sites alternated to competing schools.
B. Conference meets are scheduled on Wednesdays **or** Thursdays at 3:45. Alternate start times/dates must be approved by conference athletic directors.
- Section 5 **Determination of Conference Champion**
A. Conference standings will not be kept.
B. A divisional or classifications Champion will be determined by the results of the league culminating event held at the end of the regular season. The top ten boy and top ten girl finishers and each member of the first-place team will receive ribbons.
C. Conference Championships allows twelve (12) entries for the varsity team. Seven (7) entries are allowed for districts.
- Section 6 **WESCO All-Conference Selections**
The top seven boy finishers and the top seven girl finishers by Classification at the post-season Conference Meets will be named All-Conference First Team. The next seven finishers will be named Second Team followed by the next seven who will be named Honorable Mention. Conference certificates will be awarded to each individual first team member.
- Section 7 **Meet Schedule**
A. The order of events for Conference Meets will be as follows: girls' junior varsity, boys' junior varsity, girls' varsity, and boys' varsity.
B. Same gender varsity and junior varsity may be combined based upon numbers.
C. Individuals competing at the junior varsity level are not allowed to compete at the varsity level on the same day.
- Section 8 **Course**
A. The cross-country course shall be not less than two miles and not more than five kilometers (3.1 miles) in length.
B. All courses shall be clearly marked. A white line chalked or painted, which is not injurious to the eyes or skin, may be used. Signposts with large directional arrows wherever the course turns may be used, or the flag system may be used as described in the official rules of cross country.

- C. A two-inch starting line should be marked at the beginning of a lengthy straight-away with a two-inch dashed staging line, two meters behind the start line. The straight away should be wide enough to accommodate all teams. At the end of the course, there should be a straight-away of at least 150 yards long ending in a rope off funnel/chute narrowing to a 30-inch-wide flagged chute that is approximately 100 feet in length.

Section 9 **Runner Limitations**

The following limitations will be in effect for Conference contests: fifteen varsity boys, fifteen varsity girls, and unlimited junior varsity entries.

Section 10 **Warm-Up**

- A. Participating schools who want a course jog through must arrive at the meet site by 3:00 PM. At this time, the host school will conduct a jog over the course for familiarization. This will be considered the warm-up before the first event at 3:45.
- B. Ineligible athletes are not allowed in the warm-ups.

Section 11 **Uniform**

- A. All uniforms worn in a varsity meet must be an official school uniform consisting of running shorts and top. Running shoes will be worn. All uniforms have to be the same.
- B. When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited.

Section 12 **Meet Management**

- A. The managing schools for any conference meet shall send a map of the course to be used during the season to each member school prior to the first meet.
- B. The host school's athletic department is responsible to set up the course in agreement with the official rules of cross country.
- C. The host school shall post results on Athletic.net, which includes place winners and times. Guest schools may enter their own team's results if host school is late with the posting.

Section 13 **Scoring**

- A. Scoring will be in effect as follows:

	1st	2nd	3rd	4th	5th	6th	7th	
	<u>Place</u>	<u>Place</u>	<u>Place</u>	<u>Place</u>	<u>Place</u>	<u>Place</u>	<u>Place</u>	<u>etc.</u>
Points	1	2	3	4	5	6	7	etc.

- B. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. While the sixth and seventh finishers of a team do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, result in an increased score for that team.

Section 14 **Official Rosters**

Official rosters must be kept on file at the proper sites (i.e., individual schools, District Athletic Office), and no individual should be allowed to run unless he/she is determined to be eligible and officially listed on the team roster.

Section 15 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president **and WIAA** within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 16

Tie-Break Procedure

The National Federation Cross Country Rules tiebreaker will be used.

Section 17

WESCO Sports Medicine

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Fastpitch Regulations

Section 1 Program

This conference shall sponsor a program consisting of varsity and junior varsity schedules.

Section 2 Rules

- A. The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.
- B. The ten-run rule will be in effect at the end of five innings.
- C. The NFHS tie breaker procedure will be implemented after eight (8) full innings have been played. Each subsequent half-inning begins by placing a runner on second base. That runner is the player in the batting order who precedes the lead-off batter in that inning. The game proceeds a full inning, or until a winner is determined.
- D. Sub-Varsity Ties: If no field constraints exist, teams will be allowed to continue play. International rules will be used if still tied after seven innings.
- E. Safety bases are recommended at all levels.
- F. No new inning in a JV game shall start after 1:45 of game time has elapsed unless the game is tied.
- G. JV: For conference games, JV teams shall be limited to either three (3) outs or five (5) runs per half inning, except in the last inning, during which only three (3) outs shall end a half inning. If a single play allows a team to exceed the five (5) run limit, all runs which score on that play shall be allowed before ending the inning. Coaches can meet before the game to waive this rule by mutual agreement.

Section 3 Officials

- A. The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.
- B. In conference varsity games at which only one of the assigned umpires reports the game will be played using this official only. Should neither of the assigned umpires report for the scheduled game the contest will be postponed in accordance with the postponed game rule.
- C. WIAA qualified adults may be used as umpires in sub-varsity contests if an association official is not available. One umpire can work sub-varsity contests. If only two umpires show up at a site that runs JV and V at the same time, one must work the JV game, while the other works the varsity game.

Section 4 Schedule Format and Start Times

- A. A double-round robin home/away divisional format will be used for 4A. **2A/3A** will play each team in their division twice and each team in the opposite division once.
- B. Start Times: Weekdays at 3:30 before daylight savings/4:00 after daylight savings except in situations involving city field restrictions. Alternate start times must be approved by conference athletic directors.
- C. Changes to conference play dates, other than for rainouts, must be approved by conference athletic directors.
- D. All rainouts must be made up on the next available date in the order that they were postponed. League games take precedence over non-league games.

Section 5 Determination of Conference Champion

All division champions for **2A/3A** and 4A will be determined by final conference standings.

Section 6 WESCO All-Opponent Team Selection

- A. AD Rep will send out a nomination form 2 weeks in advance of the post-season meeting to each coach to be completed and returned electronically by each coach to AD Rep no later than 1 week in advance of the post-season meeting.
- B. Each Coach will nominate players for all-league from their own school based on their league placement as follows:

4A	# of Nominations	3A	# of Nominations
1 ST Place	7 Nominations	1 st /2 nd Place	7 Nominations
2 nd Place	6 Nominations	3 rd /4 th Place	6 Nominations
3 rd Place	5 Nominations	5 th /6 th Place	5 Nominations
4 th Place	4 Nominations	7 th /8 th Place	4 Nominations
5 th Place	3 Nominations	9 th /10 th Place	3 Nominations
6 th and lower	2 Nominations	11 th Place and lower	2 Nominations

- C. Ad Rep will create a ballot and send to coaches/teams to vote. All coaches must vote and email results to AD Rep. Each 4A program will vote for 10 opposing players, with each vote earning one point. Each 2A/3A programs will vote for 15 opposing players, with each vote earning one point.
- D. The top 10 (4A) or 15 (2A/3A) vote getters will earn 1st team recognition, the next 10 (4A) or 15 (2A/3A) vote getters will earn 2nd team recognition. 10th or 15th place ties will be voted upon at the post-season meeting.
- E. AD Rep will share the results at the post-season meeting and the All-League teams will be finalized after the coaches in attendance are able to discuss the results with one another.
- F. Players receiving at least one vote, who do not make the 1st or 2nd team, will be named Honorable Mention.
- G. Coach of the Year: AD Rep will create a ballot and send to coaches to vote in each division. AD Rep will share results at the post-season meeting.

Section 7

Pre-Game Guidelines

Upon arrival, the visiting team will be provided the following by the home school head coach or designee:

- Visiting team dugout and location for warm-up and batting practice. Soft toss or whiffle ball only allowed for batting practice.
- A new game ball for visiting pitcher to warm-up with (Varsity only), which the visiting team will present to the umpire at the pre-game meeting. (Home team will present an additional game ball).
- Home team must advise visiting team 30 minutes prior to game time if they won't be taking pre-game warm-up.
- Visiting teams will not provide/play music and home teams playing music will shut off the music at the beginning of infield warm-up.

Section 8

Pre-Game Warm-up

- A. Home team will be allowed a ten-minute warm-up beginning twenty-five minutes prior to start time.
- B. Visiting team will be allowed a ten-minute warm-up fifteen minutes prior to start time.

Section 9

Game Location

Game sites may be changed up to three (3) hours prior to game time in order to provide a playable site if both schools can make the necessary arrangements. If, for the first game of the series, the designated home team field is not playable and the visiting team site is playable, the game will be played at the visiting team site with the home team designation reversed. The second game of the series will then be played at the opposite site with that host team being designated as the home team. If any game(s) is

played after the second scheduled series game date, the game site must be changed if the designated home field is not playable and a playable site is available. Each team will be designated the home team one time in the series.

Section 10 **Suspended Games**

If a game is interrupted prior to the 5th inning, or after the 5th inning and the score is tied after the last completed inning, the game shall be suspended and resumed at the point of interruption on the next available date. The line-up and batting order of each team shall be exactly the same as the line-up and batting order at the moment of suspension, subject to the rules governing the game. If a game is interrupted after the 5th inning and the score is not tied after the last completed inning, the game shall be called official, and the winner declared according to the score at the end of the last complete inning.

Section 11 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president **and WIAA** within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 12 **Tie-Break Procedure**

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 13 **WESCO Uniform Policy**

- A. When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.
- B. Metal Cleats: For teams that play on turf fields where metal cleats are prohibited, the ADs from those schools must notify the rest of the league AD's and schools prior to the season so that plans can be made by each visiting team accordingly.

Section 14 **WESCO Sports Medicine**

- A. **Medical Kits.** Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Football Regulations

Section 1 **Program**

This conference shall sponsor a program consisting of varsity, junior varsity, and **c-team** schedules.

Section 2 **Rules**

- A. The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.
- B. WIAA qualified adults may officiate at the sub-varsity level with district approval if an association official is not available.
- C. All contests, varsity, and sub-varsity will consist of 12-minute quarters by vote of conference athletic directors. A sub-varsity contest, when tied at the end of regulation play, will remain a tie.
- D. Sub-Varsity Mercy Rule. A running clock will be used in the fourth quarter at the sub-varsity level when a team is ahead by 24 points.
- E. The visiting team will not occupy space at the center of the field for pre- or post-game activities (i.e., celebration, fight song, alma mater). This includes both participating athletes and fans.

Section 3 **Officials**

- A. The use of contest officials shall be in accordance with National Federation and WIAA Guidelines. Five officials will be used for varsity contests.
- B. The use of two association officials at sub-varsity contests is allowed.
- C. The official varsity timer must be a qualified adult (high school graduate or older).
- D. The AD Rep will supply the pre-game schedule to the assignors of the three associations used by WESCO schools in advance of the season.
- E. The Game Manager will communicate the pre-game schedule in person to the officiating crew before each home contest.
- F. The Game Manager will ensure the posting of the pre-game schedule in the officials' dressing area.

Section 4 **Schedule Format and Start Times**

- A. A single-round robin divisional format will be used.
- B. The priority for scheduling varsity game nights is Friday, Thursday, and Saturday.
- C. Friday league contests start at 7:00. Non-Friday league contests start at 7:00. Double-headers start at 5:00 and 8:00. Alternate start times/dates must be approved by conference athletic directors.
- D. Sub-varsity contests start at 3:30 or 4:00 at high school sites. During the last three weeks of the season sub-varsity contests start at 3:30 at high school sites without lights. Sub-varsity start times will vary at multi-use stadiums and fields bound by city use restrictions.
- E. The home team may extend halftime by five minutes when hosting a homecoming game.

Section 5 **Determination of Conference Champion**

All division champions for 3A and 4A will be determined by final conference standings.

Section 6 **WESCO All-Conference Team Selection**

Each school may nominate up to five total players plus one person per victory for All-Conference consideration. Coaches will vote on the selection of WESCO All-Conference First and Second teams by Division at the conclusion of the Division play season. Nominated athletes not chosen for the First or Second Team will be named to the Honorable Mention team. Conference certificates will be awarded to individuals selected to the first team. The league does not select a player or coach of the year. It is the

responsibility of the coach to ensure that team votes are submitted to the athletic director rep for their sport by the announced deadline date.

Section 7 **Game Ball**

The home team will provide three game balls that meet official requirements for home contests. The visiting team may supply the game ball when it is on offense.

Section 8 **Pre-Game Warm-Up**

The playing field is to be clear and available for the official pre-game warm-up one hour before start time. The official pre-game warm-up will run until five minutes before the scheduled start time.

Section 9 **Pre-Game Schedule**

A. The Pre-Game Schedule must be adhered to as follows:

- **:30** Start Official Clock Countdown
- **:10** Introduction of Teams
 - Each team shall line up on their respective forty-five-yard line facing the flag. Players are to stand at attention with their helmet held in their hands. This may be modified with prior approval from the visiting school. Prior approval must be received in writing before the day of the game.
- **:05** **Coin Toss – Captains and Officials Meeting**
- **:05** Pre-Game Ceremony
 - When both teams are in place the flag will be honored by the National Anthem and/or the flag salute, as determined by the home school.
- **:00** Kickoff

B. Pre-game ceremonies for varsity conference games are to start five minutes before the scheduled start time.

Section 10 **Field Phone Policy**

Schools are responsible to provide their own field phones.

Section 11 **Team Bench**

- A. Occupants of the team bench shall be limited in the case of each participating school to the coach, his assistant coaches, the principal or his faculty representative, the team doctor/athletic trainer, uniformed members of the school's team, statisticians, and such student managers/athletic trainers as required to perform the necessary services to the squad during the game.
- B. Persons authorized to occupy the team area shall remain in this prescribed area during the entire game

Section 12 **Restrictions on Use of the Field at Halftime**

- A. The playing field shall be kept clear of squad members of the participating schools during halftime. Halftime activities must have the approval of the game manager.
- B. The playing field must be clear at least five minutes prior to the start of the second half.

Section 13 **Game Jerseys**

The home team shall wear jerseys in the color of the school or a color that contrasts with white. The visiting team shall wear white.

- Section 14 **Closing Ceremony**
There will be no special post-game ceremony for conference games. Coaches and players should meet in the center of the field to shake hands immediately after the end of the game.
- Section 15 **Supervision of Dressing Rooms**
The coaches of the participating teams shall be responsible for the supervision of the dressing rooms at all times during occupancy by athletic squad members and student managers at officially scheduled contests of this conference.
- Section 16 **League Film Exchange Program**
A. Coaches will make their previous week game film available via HUDL at least by 10 AM on the Saturday after their game.
B. League coaches will have access to all films downloaded on HUDL
- Section 17 **Protest Procedure**
A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.
- Section 18 **Tie-Break Procedure**
WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.
- Section 19 **WESCO Uniform Policy**
When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.
- Section 20 **WESCO Sports Medicine**
Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. Football kits should contain a face mask removal tool. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Golf Regulations

Section 1

Program

This conference shall sponsor a program consisting of varsity schedules for boys and girls. Sub-varsity contests can be scheduled by member schools on an optional basis.

Section 2

Rules

- A. The official rules of the United States Golf Association and/or WIAA shall be the official rules for all contests except where course ground rules conflict.
- B. The Western Conference Tie-Breaker Draw will be used to break ties. This does not include situations that would result in elimination or determination of the medalist position.
- C. Coaches will discuss the number of holes played in a tournament at the pre-season meeting and make a recommendation to the Athletic Directors.
- D. Factors that may shorten or restrict a match are weather, course availability, Pacific Standard Time, and starting format (shotgun versus first tee start).
- E. A team shall consist of no more than six players. The **four** low scores will be **recorded**.
- F. Cell Phones. Cell phone use is prohibited during play; Use of cell phone (answering a call, making a call, or texting) will result in immediate disqualification. A ringing cell phone during play that is not answered, and the phone is turned off is a (2) two stroke penalty. A second occurrence will result in disqualification. Once a player's scorecard is turned in and the player is off the playing course, cell phone may be used.
- G. Range finders are permitted. Refer to WIAA "Bound for State" guidelines on range finder usage and requirements, which includes violation progression. (Range finder devices that have slope, wind, temperature, and speed features must be disabled prior to the start of a round.)

Section 3

Schedule Format and Start Times

- A. Start time for conference matches is 3:00. Matches, including non-league matches with WESCO opponents, may not start earlier than 3:00. Alternate start times/dates must be approved by conference athletic directors.
- B. All WESCO league matches will be limited to nine (9) holes scored except for the scheduled league match prior to divisional championship, which may be a scheduled eighteen 18-hole match. After the first week of April, additional holes may be played, and scored, if mutually agreed upon by participating schools, and the golf course, provided the match begins at 3:00pm and the last hole counted is completed by the final group on the course.

Section 4

Coaching

- A. WESCO will allow one coach per match to coach their athletes during WESCO Matches through divisional. (Districts will follow state coach allowances based upon qualifiers.)
- B. Coaches may give advice to players from tee to green and after a player has completed a hole and the player has left the putting green. Once a player steps onto the green, including repairing a pitch mark, coaching shall stop until that player holes out and leaves the green for the next teeing area. Coaches may not go on to the green but may look for balls in any penalty areas on the course. Coaches may not carry clubs or push player's carts. The coach must not cause a player to delay play.
- C. Coaches, (paid or volunteer) are not allowed to play during WESCO League matches.

Section 5

Determination of Conference Champion

- A. Girls will use stroke play with double par +1 format.
- B. Boys will use stroke play.
- C. Team points will be awarded based upon order of finish. With different sized divisions, scoring will award final two positions with one point. i.e., 5-4-3-2-1-1.

- D. The 3A and 4A team championship will be determined by the accumulation of points during league play and the one-day league or divisional championship match (individual divisions will determine championship scoring format).
- E. Team scoring for the conference tournament will be counted down from the total number of teams.
- F. Player must meet qualifying criteria to advance to district tournament play:
 1. Boys: +9 for nine holes & +18 for eighteen holes. Girls: +24 for nine & + 48 for eighteen Holes.
 2. Qualifying score must be met at a league sanctioned match or invitational.
 3. Qualifying score for nine must occur during a nine-hole match, not from a front or back score in an eighteen-hole match.

Section 6

WESCO All-Conference Selections

- A. Selections are based upon combined points accumulated during the conference schedule and the conference championship tournament.
- B. Top six boys and top six girls from each division will be first team all-conference. The next six will be honorable mention.

Section 7

Pre-Match and Course Information

- A. Follow Washington State Golf Association preferred lie language as long as the ball was playable prior to relief (**Unimpeded swing**). Player and marker will determine unplayable lie.
- B. The home coach is responsible for:
 - Local course rules.
 - Course management and marshaling.
 - Collection and tally of scores.
 - Notification of WESCO results to the newspapers.
 - Instructing players course etiquette (to include but not limited to dress code, swearing, club throwing, club breaking, damage to the course, gambling, etc.).
 - Gallery guidelines.
 - Sportsmanship.
- C. The host professional may be consulted for interpretation of The Rules of Golf.

Section 8

Dress Code

- A. Each team/individual must wear golf appropriate attire at all times while on the golf course, practice area, putting greens and in the clubhouse. Individuals must be wearing school identifiable attire, preferably with school identification or color at all league and tournament events. If a violation occurs the match /tournament manager or designee is empowered to disqualify after conferring with the head coach of the offending school.
- B. Appropriate Attire:
 - Collared shirt including turtle or mock neck.
 - Tailored shorts that are no less than mid-thigh.
 - Ladies may wear skorts.
 - Shoes are required at all times.
 - Slacks or khakis.
- C. Inappropriate Attire:
 - Cutoffs, jeans,
 - Non-Golf camouflage attire.
 - Yoga pants.
 - Flip flops.

Section 9

Conduct of Players

- A. Players of the respective teams of this Conference shall conduct themselves while competing in a manner compatible with the recognized standards of good sportsmanship and good citizenship.
- B. Use of profane or vulgar language and smoking on or in the immediate vicinity of the playing courses shall be prohibited. Each coach shall be responsible for the conduct of their own players with respect to this rule and shall be expected to take the necessary steps to maintain proper discipline.
- C. Violation of this rule will result in disqualification of the individual.
- D. The games committee has the right to assess a penalty to an individual, coach, or team for any unsportsmanlike behavior reported to the tournament director prior to the conclusion of the event.
- E. Unsportsmanlike conduct will result in the following progression:
 - 1st Offense: Warning
 - 2nd Offense: Two-Stroke Penalty
 - 3rd Offense: Disqualification

Section 10

Gallery Guidelines

- A. All gallery individuals must stay a minimum of fifty feet back from all players (unless addressing a lost ball).
- B. All gallery individuals must stay on the cart paths where provided. If no path is provided, stay off of all fairways and areas closer than fifty feet of the green.
- C. The gallery and player may not communicate in any manner during the match.
- D. All gallery individuals must comply with the course dress code.
- E. Gallery rules are intended to provide a fair and equitable environment for all players.
- F. All rules of golf etiquette must be followed at all times. Clapping, talking, etc. while players are hitting or approaching their shots is prohibited. After the shot is made, congratulating remarks or clapping is acceptable.
- G. Gallery individuals not complying with the gallery rules will be restricted to the clubhouse. Refusal to leave the course could result in disqualification of the golfer(s) being followed.
- H. Use of tobacco products and/or alcohol is prohibited at all WIAA sanctioned events.

Section 11

Protest Procedure

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 12

Tie-Break Procedure

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 13 **WESCO Uniform Policy**

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 14 **WESCO Sports Medicine**

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a “consent to treat” statement should be available with the medical kit or with the coach in charge.

Soccer Regulations

Section 1

Program

This conference shall sponsor a program consisting of a varsity and junior varsity schedule.

Section 2

Rules

- A. The official rules of the FIFA/Washington State High School Modifications to FIFA Laws and WIAA shall be the official rules for all contests.
- B. Two forty-minute halves will be played with a **five**-minute halftime, unless opposing coaches mutually agree to extend it to 10 minutes (not to exceed 10 minutes). The referee is responsible for keeping the time of the game. If the field site has a clock, it shall be run to 2:00, then official time will be utilized which includes stoppage time kept on the field. The referee will indicate to both coaches as to how much time remains.
- C. A minimum of twenty minutes shall be allowed for warm-up prior to the scheduled start time.
- D. A junior varsity match may be shortened to 35-minute halves if it is a preliminary match.
- E. In cases of a delayed start of a junior varsity match adjustments should be made to make certain the varsity match starts as near the scheduled time as possible.
- F. Tie Matches – For WESCO League Matches or cross-over matches that have tie-breaker implications, two five-minute “golden goal” overtime periods will be played when a varsity match is tied at the end of regulation play. The match shall remain a tie if it remains tied at the end of the overtime periods. For all Non-League Matches between conference or out of conference opponents, the game will end at the end of regulation unless both coaches agree to play two five-minute “golden goal” overtime periods and communicate to the varsity game referee before the contest begins.
- G. A sub-varsity match, when tied at the end of regulation play, will remain a tie.
- H. An official game roster that includes first name, last name, grade, position, and uniform number shall be given to the match referee and to the opposing coach before the start of sub-varsity and varsity contests.
- I. Team bench location will be determined by home site game management.
- J. Crowd placement will be determined by home site game management.
- K. The visiting team will not occupy space at the center of the field for pre- or post-game activities (i.e., celebration, fight song, alma mater). This includes both participating athletes and fans.
- L. Swing players who play one half of a sub-varsity game and then play in the first half of a varsity game would not be eligible for overtime as the athlete has already played in two halves and overtime is the continuation of the second half.

Section 3

Officials

- A. The use of contest officials shall be in accordance with **FIFA** and WIAA Guidelines. One referee and two linesmen will call varsity contests. The referee must be a registered official. Qualified individuals may be used as linesmen.
- B. One association official is recommended for sub-varsity contests.
- C. Each team is responsible for retrieving balls on their end of the field. If teams are on opposite sides of the field, teams will need to agree on which end they are retrieving prior to the start of the contest. Failure to do so can lead to sanctions from the Conference.

Section 4

Schedule Format and Start Times

- A. A double-round robin home/away format will be used for 4A. A single-round robin format will be used for 2A/3A.

- B. Recommended league start times are 5:00/5:30 and 7:00/7:30, unless mutually agreed upon between the two schools, otherwise the default is 5:00/5:30 and 7:00/7:30, Start time vary due to field use considerations. Girls are scheduled on Tuesday/Thursday in the fall, boys on Tuesday/Friday. Other days may be assigned to accommodate the league schedule where needed. Changes to conference play dates must be approved by conference athletic directors
- C. Matches scheduled during Spring Break may be moved, within the same week, by mutual agreement.

Section 5 **Determination of Conference Champion**

- A. All division champions for 3A and 4A will be determined by final conference standings.
- B. A 3-0-1-point system will be used. Three points for a win, zero points for a loss, one point for a tie.

Section 6 **WESCO All-Conference Team Selection**

- Coaches nominate players from their own team for All-League consideration
 - Number of nominees allowed per coach to follow published chart in WESCO guidelines based upon team’s finish
- AD Rep compiles list of nominees and sends back out to all coaches organized by classification and position
- WESCO Coaches gather input from their team to inform their voting/ranking of all league nominations
- AD Rep sends out survey to coaches and they rank all league selections within their classification by position
 - Coaches rank the top 6 Forwards
 - Coaches rank the top 10 Mid-Fielders
 - Coaches rank the top 8 Defenders
 - Coaches rank the top 2 Goal Keepers
- AD tabulates result of the survey and then sends out point totals to coaches of each position group by classification but withholds the names/school of the top point getters.
- Coaches determine the cutoffs between 1st/2nd/Honorable mention based upon point totals. Once this is complete, then the AD reveals the names of the players on each team.

3A/2A	
1 st Place	Up to 9
2 nd – 4 th Place	Up to 6
5 th – 9 th Place	Up to 4
10 th – 16 th Place	Up to 2
4A	
1 st Place	Up to 9
2 nd – 4 th Place	Up to 6
5 th Place	Up to 4

Section 7 **Facility Preparation**

- A. The field is to be lined in compliance with FIFA and USYSA guidelines plus:
 - Each sideline will have a “coaching box” and spectator line. The coaching box is to be twenty yards long (ten yards on each side of the mid-field line) two yards back from the sidelines.
 - A spectator box marked a minimum fifteen feet back from the sideline when there is no running track is recommended. When there is a running track, no spectators shall be allowed inside the curb of the track.

- B. A restraining line behind the team areas is recommended. If there are bleachers, they should be used by spectators.
- C. Goals must have nets.
- D. Corner areas must have flags or cones.

Section 8

Pre-Match Ceremony (for evening matches when a pre-match ceremony is used)

- A. The opening ceremony for evening varsity conference matches starts five minutes before the scheduled start time.
- B. Both teams are to line up from the center spot toward their own goal parallel to the sideline.
- C. Linesmen and head official will check equipment.
- D. Any official instructions to the teams from the head referee will take place at this time.
- E. The coin toss will take place with the captains while the teams are still in line.

Section 9

Uniform

- A. For all conference matches, the home team shall wear **dark** jerseys and **dark socks** and the visiting team shall wear **white** jerseys and **white** socks.
- B. If there is a color conflict, the home team is to change. Coaches of teams with only one set of jerseys must call opponent coaches in advance of their match to be sure there will be no color conflict.
- C. All uniforms worn in varsity matches are to have a 6" number on the back of the jerseys and a 4" number on the front. (When schools purchase new uniforms, they are expected to comply with this regulation.)
- D. Any exposed undergarments worn by a team must be a matching color and of the same length as the game shorts.

Section 10

Policy on Unsportsmanlike Conduct, Carded Players, and Ejections

- A. Profanity, physical intimidation, fighting, retaliation and similar acts of unsportsmanlike conduct must be eliminated from our soccer program.
- B. The behavior, conduct and style of play exhibited by players on any athletic team are the ultimate responsibility of the coach. The coach, supported by the athletic director, is responsible to enforce all standards and policies established by the coach, the school, and the Conference.
- C. An athlete who receives a yellow card, with the exception to the goalkeeper, will immediately be substituted out of the game to deescalate the situation. The athlete may be subbed back into the game during the next dead ball.
- D. Reporting Cards:
 - 1) The coach will report to the building/district athletic director the name of each player receiving a yellow or red card for each contest by 9:00 the morning following the infraction. This includes post-season contests.
 - 2) Building/District AD will record cards on the WPA private google doc.
 - 3) Failure of the coach to report cards to their building/district AD by 9:00 the morning following the infraction, may be seen as a league violation, and as such, a league consequence may be enforced.
- E. Supervision will be provided by the home school administration and/or athletic director for each night contest.
- F. Each coach should hold a parent meeting prior to the season to discuss school expectations for parent and player behavior at matches.

- G. A letter will be sent to the soccer officials association requesting their support of the above recommendations by doing the following:
- 1) Consistently enforcing standards of behavior and sportsmanship, which means not allowing profanity or verbal abuse, directed at the officials or other players.
 - 2) Reporting to the coach any player who is using profane or abusive language out of range of the coach's awareness.

Section 11 **Major Disciplinary Ejection**

A major disciplinary ejection will result in both the WIAA and Washington Youth Soccer Association honoring the sanction.

Section 12 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 13 **Tie-Break Procedure**

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 14 **WESCO Uniform Policy**

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 15 **WESCO Sports Medicine**

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Swim/Dive Regulations

Section 1 Program

This conference shall sponsor a program consisting of varsity schedules for boys and girls. Sub-varsity contests can be scheduled by member schools on an optional basis.

Section 2 Rules

The official rules of the National High School Federation of State High School Associations and WIAA shall be the official rules for all contests

Section 3 Schedule Format and Start Times

- A. A single-round robin divisional format will be used.
- B. Conference meets are scheduled on Tuesdays and Thursdays. Other days may be assigned by the conference to accommodate league schedule considerations. Start times are determined based upon home pool considerations. Changes to the league schedule must be approved by conference athletic directors.

Section 4 Determination of Conference Champion

Champions will be determined by final standings within each division (WESCO North and WESCO South).

Section 5 WESCO All-Conference Selections

WESCO 4A: the 1st place finisher at the District Meet, by event, will be named All-Conference First Team. WESCO 3A North & WESCO 3A South: the highest finisher from each division at the District Meet, by event, will be named All-Conference First Team. WESCO 2A: 1st place finishers at the district meet, by event, will be named All-Conference First Team.

Section 6 Meet Management

- A. Management of swim meets scheduled during the regular season shall be the responsibility of the home school unless otherwise specified. Each coach will provide the following information for their home meets.
 - Allocated warm-up time, start time and approximate meet end time
 - Will Hy-Tek be used
 - Will cards be used
 - Number of lanes
 - Is diving included
- B. Officials shall include: (one person may fill more than one position)
 - Starter / Referee
 - Announcer
 - Recommended 2 Timers per lane (unless electronic timing is available)
 - Alternate Timer
 - 2 Place Judges (waive if electronically timed)
 - 1 or 2 Stroke and Turn Judges
 - (If only one stroke and turn judge is used, the referee shall act as a stroke and turn judge)
 - Diving Referee
 - Diving Announcer
 - Diving Judges
 - Diving Scorer

- C. The starter / referee shall be a qualified adult (knowledge of NHSFSHA. Rules).
- D. Diving Officials:
 - Dual Meet - The home team will furnish three diving judges and the visiting team will furnish two diving judges.
 - Double Dual Meet - Each team will furnish one diving judge and one of the home teams will furnish a second judge. (If necessary, a coin flip will be used to decide which home team will furnish the second judge.)
- E. It is strongly recommended that each pool have a visual scoring device.
- F. False starts must have double confirmation.
- G. Diving will be held and scored only at sites that offer dive programs. Clarification: If the home site offers dive and hosts a meet, dive points will be scored whether or not the opponent offers dive. If the home site does not offer dive and hosts a meet the event will not be held, and dive points will not be awarded.

Section 7

Swimsuits

Recommended - all participants from the same team shall wear swimsuits of identical color and/or pattern in all conference meets.

Section 8

Entries

- A. In dual meets involving conference schools each school shall be allowed three entries if the meet is held in a pool of six lanes or more.
- B. For entry cards to be official for conference meets they must be correctly dated, have the first and last name of the participant(s), the name of the event, and the name of the school.
- C. Cards must be turned in to the starter/referee or other officials as designated by the referee when called for before the swimmers are called to the blocks. Failure to do so will mean those swimmers will not be eligible to swim for points in that event. The referee will turn the cards over to the timers in each lane before the start of the race.
- D. Junior Varsity heats will be offered during regular season league meets. The events and number of heats will be determined by the host school, with input from visiting team coaches, and should be based on facility use timeframes, number of teams competing and available competitors. JV events being offered must be communicated to the visiting school(s) coaches prior to the deadline to submit entries.

Section 9

Protest Procedure

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 10 **Tie-Break Procedure**

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 11 **WESCO Uniform Policy**

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 12 **WESCO Sports Medicine**

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a “consent to treat” statement should be available with the medical kit or with the coach in charge.

Tennis Regulations

Section 1

Program

This conference shall sponsor a program consisting of varsity/junior varsity schedules for boys and girls.

Section 2

Rules

- A. The official rules of the United States Tennis Association and WIAA shall be the official rules for all contests.
- B. Sixteen team and twenty-three individual matches are allowed.
- C. A ten-minute warm-up is allowed prior to starting each match.
- D. A dual meet shall consist of four singles and three doubles matches, varsity and junior varsity. Players may play either singles or doubles only. Teams may play an exhibition doubles match that will not count in scoring.
- E. Home Coach will announce lineups and court assignments at 3:20, Uniformed Starting time of 3:30, includes a 10-minute warm-up. First ball/point should be no later than 3:40pm. If a start time differs, depending on the facility, line ups will be announced 10 minutes prior to advertised start time with first ball/point no later than 10 minutes after advertised start time.
- F. Changes to the line-up are not allowed after they are announced unless there is a postponement where a player has not played their match due to weather conditions and the match is rescheduled for another day.
- G. Matches will begin promptly at the designated start time. Players must be available to play or forfeit. Forfeits will be declared in accordance with USTA rules.
- H. At sites where less than seven courts are available, matches will be assigned in descending order starting with first through fourth singles matches and followed by first through third doubles until all courts have been assigned. Alteration of match order is permissible with mutual coach approval.
- I. Junior varsity duals shall be no-add scoring and a super tiebreaker (first to 10 wins by 2) will be used in lieu of a third set. A new spin will take place at the beginning of the tiebreaker.
- J. Tiebreaker rule for Varsity: Whenever a set ends in a tie, a regular tiebreaker (first to 7 wins by 2) will be used to determine the set winner.
- K. A two-minute coaching period is allowed between sets one and two and up to five minutes between sets two and three. Coaches may coach during changeovers, provided it does not interfere with pace of play and must remain outside of courts. Only one coach at a time may interact with their athlete(s).
- L. The host school shall supply two new balls for each match and scorecards for each court. Two new balls will be supplied for the third set. No practice balls for JV.
- M. Service balls are not allowed on the court while play is in progress.
- N. In league play, if the outcome of a contest between two schools is already determined, and a match has split sets and not started the 3rd set, a super tiebreaker will be played instead of a 3rd set. Coaches by mutual agreement may play a 3rd set.

Section 3

Schedule Format and Start Times

- A. A double-round robin divisional format will be used for 4A. **3A North and 2A/3A South will play each team in their division once for league standing purposes.**
- B. Start time is 3:30 on weekdays for the entire season and matches may start 15 minutes early by mutual agreement; start time is 11:00 a.m. on Saturdays. Matches may start earlier by mutual agreement but may not result in missed school time.
- C. Matches will not occur over spring break, including make-ups, unless mutually agreed upon.

Section 4 **Determination of Conference Champion**

All division champions for **2A/3A** and **4A** will be determined by final conference standings.

Section 5 **WESCO All-Conference Selections**

- A. The top **four** 4A boy/girl singles finishers and the top **four** 4A boy/girl doubles finishers at the Divisional Tournaments will be named All-Conference First Team. Conference certificates will be awarded to each individual.
- B. The top **four** 3A boy/girl singles finishers and the top **four** 3A boy/girl doubles finishers at the WESCO Crossover Tournament will be named All-Conference First Team. Conference certificates will be awarded to each individual.

Section 6 **Rosters and Rating of Contestants**

For each dual meeting of the league schedule, the coaches of the two participating schools shall rate their respective singles' players and doubles' teams in order of strength and be able to produce evidence of challenge matches. Coaches shall exchange singles and doubles line-ups simultaneously as teams are introduced. Teams will travel with fourteen players unless prior notice of a number change is given to the opposing coach.

Section 7 **Uniform**

Team members shall wear uniforms with school identification in keeping with their school colors (minimum of a t-shirt).

Section 8 **Cancellations and Make-Ups**

- A. Cancellation of matches due to weather:
 - Notification will be made by the host team in advance and prior to the visitor bus departure when weather forces postponement.
- B. Postponement of match because of darkness/weather:
 - After conferring with the visiting coach, the home coach may postpone a match if darkness or weather endangers safe play.
- C. Make-ups:
 - Matches will be rescheduled for the next available playing date in the same order as canceled. In the last two weeks of the season, Saturday will be considered a mandatory make-up day for varsity teams only; Note: JV matches may also be made-up on Saturday. In the spring, the last Saturday of the season is mandatory, rather than the last two Saturday's. If postponed during the first round and the match was unable to be played before the second-round match, the match will be finished at the second-round site prior to the start of the second-round match. If canceled during the second-round match, return only if the match has a bearing on the league standings.
 - Substitution of players:
 - 1) A coach may substitute a player into the lineup of a match that has not been played due to weather conditions (rain, wind, darkness, etc.)
 - 2) A player that starts a match must finish that match. An individual match begins with the first serve as stated in USTA Rules.
 - 3) A higher ranked player may not be substituted into a lower position.
 - 4) A coach, upon arrival, must notify the opposing coach of any substitution and their ranking.
 - 5) If any player in the line-up is unable to play, their match will be forfeited.This rule will allow players that have missed matches due to sickness, school activities, etc. to be placed into the appropriate position. The primary responsibility for such substitution's rests with the head coach.

- Section 9 **Safety Considerations and Supervision**
- A. It is the duty of the home team to see that the match courts are safe and free from potentially dangerous situations.
 - B. In each match of the league's schedule, the play shall be under the supervision of one or both of the coaches of the participating teams. The primary responsibility for such supervision shall rest with the coaches of the managing school.
- Section 10 **Conduct of Players and Coaches**
- A. Profanity and vulgar language shall be prohibited on or in the vicinity of the playing courts and any contestant found guilty of same shall receive a consequence in accordance with USTA Rules (point deduct for first offense, forfeit of set for second offense, followed by match forfeiture). An immediate penalty (before next ball is in play) must be assessed by coach and/or meet manager or the penalty will not be assessed.
 - B. It shall be considered unethical and unsportsmanlike conduct for a coach, player, or parent of a player of a high school squad to talk from the sidelines to competitors during match play, either with an idea of coaching or annoying them.
 - C. During the actual competition of match play, all players and spectators not actually participating at the time shall be restricted to the area outside the fence surrounding the playing courts where they will not be in close proximity to matches being played.
- Section 11 **Protest Procedure**
- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
 - B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
 - C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
 - D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
 - E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.
- Section 12 **Tie-Break Procedure**
- WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.
- Section 13 **WESCO Uniform Policy**
- When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.
- Section 14 **WESCO Sports Medicine**
- Medical Kits.** Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

Track and Field Regulations

Section 1

Program

- A. This conference shall sponsor a track program consisting of a **full** team schedule.
- B. The varsity schedule will consist of dual, and tri meets during the regular season. The conference will also sponsor the 3A and 4A Conference Meets to be held prior to the District Meet. **2A conference and district meet will be coordinated with NWC.**
- C. All regular season meets will run unlimited entries allowing for JV athletes to participate. In laned races JV athletes will compete in additional heats following the varsity heats. In non-laned races JV athletes will participate with varsity athletes in the same races. In field events, JV athletes will participate with varsity athletes. Meet management may alter field event format depending on entry numbers, provided they communicate with coaches the process for that meet. If excessive numbers exist, meet management may limit the number of attempts by JV athletes. Host schools will make every effort to provide automatic timing for all competitors.

Section 2

Rules

- A. The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.
- B. Coaches are required to use www.athletic.net to submit meet entries prior to 1pm on meet day.
- C. The visiting team will not occupy space at the center of the field for pre- or post-game activities (i.e., celebration, fight song, alma mater). This includes both participating athletes and fans.

Section 3

WESCO Uniform Policy

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 4

Meet Management

- A. Management of regular season meets shall be the responsibility of the home school.
- B. Management of the Western Conference Championship Meet shall be designated by the conference each year.
- C. All meets held between conference schools shall be conducted in the manner prescribed by the Conference.

Section 5

Schedule Format and Start Times

- A. The girls' 800-meter relay and field events will start the meet at 3:30.
- B. Dual and tri meets will be scheduled during the regular season.
- C. In **double dual** Tri meets, each meet will be scored as separate dual meets using HY-Tek function. In **double dual** tri meet field events, each school will have at least one participant advancing to the finals.

Section 6

Determination of Conference Champion

All divisional champions for 3A and 4A will be determined at the league championship meets.

Section 7

WESCO All-Conference Selections

The top finisher in each event by Division at the post-season Conference Meets will be named All-Conference First Team, the second finisher All-Conference Second Team, and the third finisher All-

Conference Honorable Mention. Conference certificates will be awarded to each individual first team member.

Section 8 **Conference Records**

Western Conference track and field performance records may be set only at the post-season conference meets.

Section 9 **Entries for Meets with Conference School**

- A. Regular season league meets will allow unlimited entries. The top placing athletes or relays will score, regardless of heat or flight.
- B. Thursday meet entries shall be uploaded to athletic.net by 1 pm on meet day. Meet management will be responsible to download entries into Hy-Tek meet software using the auto team split function for seeding. At 3pm, or upon arrival to meet, coaches will meet to make changes and assure proper heat placement as well as fill any open lanes. All results will be uploaded to athletic.net following the meet. Hard copies of results may be distributed at the discretion of the host school.

Section 10 **Protest Procedure**

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president and WIAA within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 11 **WESCO Sports Medicine**

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a "consent to treat" statement should be available with the medical kit or with the coach in charge.

1. ORDER OF EVENTS - TRACK

COMBINED MEETS

G - 800 M Relay	G - 400 M Dash
G - 3200 M Run	B - 300 M Hurdles
B - 110 M Hurdles	G - 300 M Hurdles
G - 100 M Hurdles	B - 800 M Run
B - 100 M Dash	G - 800 M Run
G - 100 M Dash	B - 200 M Dash
B - 1600 M Run	G - 200 M Dash
G - 1600 M Run	B - 3200 M Run
B - 400 M Relay	B - 1600 M Relay

G - 400 M Relay
B - 400 M Dash

G - 1600 M Relay

2. ORDER OF EVENTS - FIELD

A. Shot Put – Discus - Javelin

The girls will throw the discus while the boys throw the shot. Upon completion, the groups will exchange areas. Boys will precede girls in the javelin. The host school may have the option of open pit, based upon facility, and meet management.

B. Long Jump/Triple Jump

Boys and girls will long jump first and triple jump afterwards.

C. High Jump

Boys will jump first. Girls will begin when boys are finished.

D. Pole Vault

Girls will vault first. The boys' pole vault will begin after the girls' pole vault has finished.

3. 800 METER RUN

Boys and girls will utilize the same start line, one turn stagger and cut line. If there are twelve or fewer runners in the contest, all will run in one heat with same school stacked behind one another, or using a double alley start. At no time shall an Olympic turn be used.

4. LANE/FLIGHT ASSIGNMENTS –

Heat and flight assignments will be determined using the HYTEK Track and Field meet manager software program.

5. FIELD EVENT PROCEDURE

Shot Put - Discus - Javelin - Long Jump - Triple Jump REGULAR MEETS

3 & 3 attempt procedure will be used with one additional person advancing to finals than there are places in the meet. Single rotation shall be used. The event judge shall have the authority to break the rotation in order to expedite the meet. This means that a competitor could take more than one attempt during their turn.

6. FIELD EVENT PROCEDURE

A. Starting height for regular conference meets may be adjusted by mutual agreement of head coaches and meet manager.

B. Pole Vault - High Jump

1) Single rotation unless event judge needs to expedite meet; then mixed rotation permitted.

2) Starting Height -- Pole Vault

Girls will go first with a starting height of 7'0". Boys will start at 9'0" after the girls are finished.

3) Starting Height -- High Jump

a) Girls -- starting height of 4'0" with 2" increments to 4'10" then 1" increments.

b) Boys -- starting height of 5'0" with 2" increments to 5'10" then 1" increments.

4) Starting height for regular conference meets may be adjusted by mutual agreement of head coaches and the meet manager.

7. TIME LIMIT FOR EXCUSED COMPETITORS

When only two competitors remain, the time limit is three minutes in high jump and four minutes in pole vault. With one contestant remaining, the limit is five minutes in high jump and six minutes in pole vault. Judges are to use their discretion, always allowing a reasonable amount of time for the excused athlete to return, understanding that it may take longer.

8. SEPARATION OF COMPETITION

Combining male and female competitions in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or deem it necessary (NFHS Track and Field Rule book, Page 8, Art. 3).

9. ENTRIES

- A. Dual Meets -- Each participating school will be allowed unlimited entries. Depending on entry numbers, host school may modify field event process for sub varsity competition. Scoring: 5-3-1 Relays: 5-3.
- B. Triangular Meets -- Each participating school will be allowed unlimited entries. Depending on entry numbers, host school may modify field event process for sub varsity competition. Scoring: 5-3-2-1 Relays: 5-3-0.
- C. Quadrangular Meets -- Each participating school will be allowed unlimited entries. Depending on entry numbers, host school may modify field event process for sub varsity competition. Scoring: 6-4-3-2-1 Relays: 6-4-2.

10. TIMING

The host school shall provide times for the first eight placers in at least the first two heats. Host school will make every effort to provide automatic timing for all runners. Coaches may be asked to time their own athletes in any subsequent untimed heats for sub varsity competitors. Each participating school should have at least one athlete represented in the first (fastest) heat of laned races.

11. TEAM MEET LIMIT

Each team and individual are limited to a maximum of ten meets and a jamboree per season exclusive of the League, District and State meets. A school may be allowed to compete in, without having it count toward the ten meets, up to two invitationals (6 or more schools) so long as that school has no more than five athletes participating. Any school meet in which a student participated during the season counts toward the individual limits.

12. STARTING

Because of the disqualification rule for a false start, it is imperative the starters follow the rule book in starting each race. It is also imperative that the starter instructs people in the starting area to remain quiet during the start of each race. Coaches need to instruct their team members to remain quiet in this area.

Volleyball Regulations

Section 1

Program

- A. This conference shall sponsor a program consisting of varsity, junior varsity, and freshman schedules.
- B. The use of non-freshman individuals on the freshman team must be approved by the building AD with league notification.

Section 2

Rules

- A. The official rules of the National Federation of State High School Associations and WIAA shall be the official rules for all contests.
- B. Varsity contests will consist of a best-of-five rally score match with games to 25 points (fifth game to 15). No cap.
- C. Sub-varsity contests will consist of three full games guaranteed (without time restriction) with rally score games to 25 points. Sub-varsity contests are to be played in their entirety without exception. No cap.
- D. A roster limitation of up to 15 players may be used for league level volleyball.
- E. **Rosters are to be submitted to officials at the pre-match coach/captain's meeting.**
- F. **Line-ups for set #1 are due no later than two minutes prior to the end of the timed pre-match warmup.**
- G. **Line-ups for sets 2-5 are due no later than one minute remaining in the timed intermission.**

Section 3

Officials

- A. The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.
- B. For Conference varsity matches, two Association officials are to be used for each match. There must be at least one Association official present before a match may be started.
- C. One Association official may work sub-varsity matches.

Section 4

Schedule Format and Start Times

- A. A double-round robin home/away format will be used for 4A. A single-round robin format will be used for **2A/3A**.
- B. Start Times: 5:15/5:15/7:00
- C. Alternate dates/start times must be approved by conference athletic directors.
- D. Matches will be scheduled on weeknights and adjusted to accommodate officials.

Section 5

Determination of Conference Champion

All division champions for **2A/3A** and 4A will be determined by final conference standings. When North and South are combined in one league, there will be one divisional champion crowned.

Section 6

WESCO All-Opponent Team Selection

- A. Varsity team members, with guidance from their coach, are to vote on the selection of WESCO All-Opponents First, Second, and Honorable Mention teams by Division at the conclusion of the regular season as follows: Each coach completes and submits FORM A listing up to six players from their program. A completed FORM A for each school by division is then provided to each coach in that division. Form A is used by players with guidance from the coach to complete FORM B, the voting form. **Each school (with player input) will then vote for the allowable number of hitters, setters and libero/defensive specialists as indicated below.** Votes must be cast by division only and may not include members of one's own team. FORM B is submitted and tallied by the AD Rep in charge

of volleyball. The final tally sheet is distributed at the post-season meeting. Conference certificates will be awarded to individuals selected to the first team. The league does not select a player of the year. It is the responsibility of the coach to ensure that team votes are submitted to the athletic director rep for their sport by the announced deadline date.

- B. 4A schools will vote for up to 8 hitters, 3 setters and 3 libero/defensive specialists. 1st and 2nd team will each be comprised of 6 hitters, 2 setters and 2 libero/defensive specialists. A greater number can be added to a team if there are ties. Any athlete who receives a vote and doesn't earn 1st or 2nd team will be named Honorable Mention. All schools do not need representation.
- C. 2A/3A Schools will vote for up to **10 hitters**, 3 setters and 3 libero/defensive specialists. 1st and 2nd team will each be comprised of **7 hitters**, 2 setters and 2 libero/defensive specialist. A greater number can be added to a team if there are ties. Any athlete who receives a vote and doesn't earn 1st or 2nd team will be named Honorable Mention. All schools do not need representation.

Section 7

Game Ball

The home team is responsible for providing 3 game balls. Game balls must meet NFHS guidelines, which means they must be leather. If a 3 colored ball is used, one-third of the ball has to be white, and the ball must be leather and not a brushed leather.

Section 8

Match Workers

- A. The host school must provide two trained adults to serve as varsity line judges.
- B. Each school must provide two-line judges for junior varsity and freshman team matches. Players or students may be used as line judges.
- C. The announcer, official scorer, assistant scorer, visiting team scorer, visiting team assistant scorer, and a score clock operator are the only individuals allowed at the scorer's table.
- D. The home scorekeeper must be seated at the official score table throughout the entirety of all conference contests.
- E. The home team is responsible for providing the official scorer and assistant scorer. The official scorer must be an adult (high school graduate or older). The assistant scorer may be a high school student.
- F. The scoresheet must be completed with colored pencil or ink with no erase marks.
- G. The scoresheet and libero sheet must be kept on file throughout the season and made available in the event of an official protest.
- H. Junior varsity scoresheets are to remain with the official varsity scorer throughout the varsity match.
- I. Varsity matches will use the 3-ball rotation. Home school is responsible for providing this service. Sub-varsity players can be used.

Section 9

Facilities Preparation

- A. The locker room should be open forty-five minutes prior to the start of the match.
- B. The gym and court area should be ready for warm-up at least thirty minutes prior to start time.
- C. **The home school will provide a ball cart and balls for the visiting team to use during warm-up.**

Section 10

Pre-Match Warmup

- A. 10 minutes will be given between the end of the last sub-varsity game and the start of the varsity warm-up time to allow home team to break down sub-varsity court(s) as needed. Coaches can mutually agree to shorten this to less than 10 minutes.
- B. The warm-up shall be 20 minutes in length and will begin after the coin flip has taken place. **Warm-up procedures will follow the state guidelines of 8/6/6. 8 minutes of shared court time, followed by 6 minutes for the visiting team, then 6 minutes for the home team.**
- C. The District Tournament will mirror the state tournament guidelines.

Section 11

Pre-Match Ceremonies

- A. Official instructions and coin toss shall be immediately following the junior varsity matches. **Team rosters (not line-ups) must be submitted to the officials at the pre-match meeting, failure to do so will result in an administrative yellow card. Please cross out team members who are not suited up on any given night.**
- B. The pre-match ceremony *will be* as follows:
After the final 6-minute warm-up time, teams are given 60 seconds to meet prior to announcing starters. Starters only will be announced. First all of the visiting starters will be announced and then the home starters. Starters will report to their respective end lines once they're announced.
- C. The flag salute/national anthem will take place after line-ups are announced.
- D. If you have a special performance, or presentation, an intermission can be sued between sets 2 and 3. Intermission cannot exceed 5 minutes (which includes the 3 minutes between sets). If you are using an intermission, you must notify the officials, and opposing school, prior to the coin toss.

Section 12

Senior Nights

- A. Visiting schools must be notified in advance of upcoming senior night events.
- B. Senior night activities are to occur during pre-game activities and the integrity of published game time should be protected.
- C. Five minutes additional warm up shall be allowed following senior night event when warm up is not allowed during the event, either on the field or alternate court.
- D. Senior night event shall be a maximum of 10 minutes long. Each school may determine what occurs during those 10 minutes.
- E. Senior night should be used to recognize seniors and their families, but not resemble what takes place at the end of the season banquet.

Section 13

Protest Procedure

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president **and WIAA** within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 14

Tie-Break Procedure

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 15

WESCO Uniform Policy

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award

presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 16

WESCO Sports Medicine

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a “consent to treat” statement should be available with the medical kit or with the coach in charge.

Wrestling Regulations

Section 1 Program

- A. This conference shall sponsor a program consisting of varsity and junior varsity schedules. "C" level contests can be scheduled by member schools on an optional basis.
- B. **If you have a designated girls' wrestling program, girls will compete in girls' wrestling events only and not compete in boys' events.**

Section 2 Rules

- A. The official rules of the National High School Federation of State High School Associations and WIAA shall be the official rules for all contests.
- B. A program scheduled for back-to-back outings is allowed a one-pound weight allowance on the second night. Opponents must be notified of this allowance at least two days before the scheduled contest.

Section 3 Schedule Format and Start Times

- A. For league scheduling, a single-round robin divisional format will be used for 4A, 3A and 2A
- B. Conference contests are scheduled to be at the opposite site of GBB for BWRE and opposite site of BBB for GWRE.
- C. Coaches will submit line-ups to the designated individual at each school by 12:00 on conference scheduled match days. Contact information for the designated individual at each school will be submitted at the pre-season coaches' meeting and published by the AD in charge of wrestling.
- D. Junior varsity matches will start at 5:45. The published start time for varsity matches will be 7:00. Varsity matches may not start before 7:00. Changes to league schedule dates/times must be approved by conference athletic directors.
- E. Girls' wrestling matches may start at 6:00pm by mutual agreement.
- F. Unless otherwise agreed by the coaches and officials, the forfeiture rule shall be applied whenever a team fails to be ready to wrestle at the scheduled starting time.

Section 4 Determination of Conference Champion

All division champions for **4A, 3A & 2A** will be determined by final conference standings.

Section 5 WESCO All-Conference Selections

- A. The top finisher in each weight class, for boys and girls, at each **4A, 3A and 2A Sub-Regional Tournament** will be named All-Conference First Team. Conference certificates will be awarded to each individual first team member.

Section 6 Uniform

Exceptions to the rule concerning official meet uniforms shall be permitted for sub-varsity matches when it is necessary.

Section 7 Scorer and Timer

- A. The timer for varsity matches shall be a qualified adult (high school graduate or older).
- B. The scorer for varsity conference matches must be a qualified person familiar with the scoring procedures for wrestling.

Section 8

Opening Ceremony

- A. Five minutes before the scheduled start time of a meet, the wrestlers shall be introduced by weight class with the visiting team being named first.
- B. The competitors are to line up on their edge of the mat facing toward the center.
- C. The coaches are to be introduced after their respective teams and they are to line up with their teams.
- D. Following the flag salute, the wrestlers are to meet in the center of the mat and shake hands.

Section 9

Senior Nights

- A. Visiting schools must be notified in advance of upcoming senior night events.
- B. Senior night activities are to occur during pre-game activities and the integrity of published game time should be protected.
- C. Five minutes additional warm up shall be allowed following senior night event when warm up is not allowed during the event, either on the field or alternate court.
- D. Senior night event shall be a maximum of 10 minutes long. Each school may determine what occurs during those 10 minutes.
- E. Senior night should be used to recognize seniors and their families, but not resemble what takes place at the end of the season banquet.

Section 10

Team Bench

- A. The bench shall be limited to the wrestlers, coaches, managers, trainer, and official statistician.
- B. All team personnel, including coaches, shall be restricted to an area at least ten feet from the edge of the mat and the officials' tables, where facilities permit.
- C. The conduct of the wrestlers and their coaches shall exemplify good sportsmanship.

Section 11

Pre-Match Warm-Up

- A. The warm-up period for the visiting team on the mat area shall ten minutes.
- B. The warm-up period for the home team on the mat area shall be ten minutes.

Section 12

Protest Procedure

- A. The protest must be made to the appropriate board within 24 hours of the conclusion of the contest. Official notation of the protest is also to be made as specified in the rules.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. The protesting coach must notify their principal, or their designee, and receive approval to officially file a protest.
- D. The protest must be submitted in a detailed written report, specifying the cause of the disagreement, to that district's director of athletics. The report must be signed by the protesting coach and their athletic director, and the principal shall be notified.
- E. The protest must be filed with the conference president **and WIAA** within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

Section 13

Tie-Break Procedure

WESCO tie-breaker procedures can be found in the Constitution Section (front section) of the WESCO Constitution and Regulations Handbook.

Section 14

Seed Criteria

To be determined by the seeding committee each year.

Section 15

WESCO Uniform Policy

When a team steps on a court, field, playing facility, etc. players are to be in school issued uniforms for the duration of their time at the event site. Changing shirts and/or shorts outside of a dressing room or restroom facility is prohibited. This includes warm-ups, introductions, competition, and award presentations. Consequences for failure to adhere to this rule could include a warning, deduction of team point(s), and/or disqualification.

Section 16

WESCO Sports Medicine

Medical Kits. Each team should travel with an appropriately stocked medical kit. The medical kit should include enough sport and injury specific supplies to take care of the number of athletes traveling to the event. An emergency card with appropriate information, signatures, and a “consent to treat” statement should be available with the medical kit or with the coach in charge.

22.23 WESCO Athletic Director Meetings

Day	Date	Time	Place	Description
<i>Fri</i>	<i>Aug 19</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Thurs</i>	<i>Aug 25</i>	<i>8:30</i>	<i>Angels of the Wind Casino; Arlington</i>	<i>WIAA Fall Forum & Meritorious Awards</i>
<i>Wed</i>	<i>Sep 14</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's & Athletic Secretaries</i>
<i>Wed</i>	<i>Oct 5</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A/B</i>	<i>AD's & Principals</i>
<i>Wed</i>	<i>Nov 2</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Wed</i>	<i>Dec 7</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Wed</i>	<i>Jan 11</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Wed</i>	<i>Feb 1</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Tues</i>	<i>Feb 28</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Wed</i>	<i>Mar 22</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Sat</i>	<i>Apr 22</i>	<i>TBD</i>	<i>WSSAAA Conference (4/22-4/25)</i>	<i>Tri-cities</i>
<i>Wed</i>	<i>May 3</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
<i>Sun</i>	<i>Jun 4</i>	<i>1:00</i>	<i>Leavenworth</i>	<i>WESCO Work Session</i>
<i>Mon</i>	<i>Jun 5</i>	<i>8:30</i>	<i>Leavenworth</i>	<i>WESCO Work Session</i>
<i>Tue</i>	<i>Jun 6</i>	<i>8:30</i>	<i>Leavenworth</i>	<i>WESCO Work Session</i>
<i>Wed</i>	<i>Jun 14</i>	<i>9:30</i>	<i>Everett CRC - Port Gardner Room A</i>	<i>AD's</i>
Everett Community Resource Center (CRC): 3900 Broadway, Everett				

22.23 WESCO Coaches' Meetings

Day	Date	Meeting	Site	Time	AD Rep
Fall Pre-Season Meetings					
Mon	8/15/2022	Football Safety Training & Pre-Season	Snohomish HS	5:00/6:30	Mark Perry
Tues	8/16/2022	2A Football Pre-Season Meeting	TBD	6:00	Don Beazizo
Mon	8/29/2022	Athletic Trainers	Cascade HS	7:00	Paul Keen
Mon	8/29/2022	Cross Country Pre-Season	Cascade HS	7:00	Tom Roys
Mon	8/29/2022	Girls Soccer Pre-Season	Cascade HS	7:00	Sean Monica
Mon	8/29/2022	Girls Swim/Dive Pre-Season	Cascade HS	7:00	Kevin Judkins
Mon	8/29/2022	Boys Tennis Pre-Season	Cascade HS	7:00	Jason Pearson
Mon	8/29/2022	Volleyball Pre-Season	Cascade HS	7:00	Dani Mundell
Fall Post Season Meetings					
Mon	10/17/2022	Boys Tennis Divisional Seeding/Post Seeding	Lake Stevens HS	7:00	Jason Pearson
Tue	11/1/2022	Girls Swim/Dive Post-Season	TBD	7:00	Kevin Judkins
Tue	11/1/2022	Cross Country Post-Season	Cascade HS	7:00	Tom Roys
TBD	TBD	Girls Soccer Post-Season	Cascade HS	7:00	Sean Monica
TBD	TBD	Volleyball Post-Season	Cascade HS	7:00	Dani Mundell
Tue	11/1/2022	Football Post-Season	Cascade HS	7:00	Mark Perry
Winter Pre-Season Meetings					
Tue	11/1/2022	Boys Swim/Dive Pre-Season		6:00	Kevin Judkins
Tue	11/1/2022	Boys Basketball Pre-Season		6:00	Tyler Geving
Tue	11/1/2022	Girls Basketball Pre-Season		6:00	Angie McGuire
Tue	11/1/2022	Girls Wrestling Pre-Season		6:00	Eric Heinz
Tue	11/1/2022	Boys Wrestling Pre-Season		6:00	Tom Wilfong
Winter Post-Season Meetings					
Tue	1/31/2023	Wresting 3A District Pre-Seed	TBD	9:00	TBD
Wed	1/31/2023	Boys Wrestling 3A/4A Seeding & Post Season	Cascade HS	6:00	Tom Wilfong
Wed	1/31/2023	Girls Wrestling Post Season	Cascade HS	6:00	Eric Heinz
Mon	2/13/2023	Boys Swim/Dive Post-Season	TBD	7:00	Kevin Judkins
Mon	2/13/2023	Boys Basketball Post-Season	Cascade HS	7:00	Tyler Geving
Mon	2/13/2023	Girls Basketball Post-Season	Cascade HS	7:00	Angie McGuire
Spring Pre-Season Meetings					
Mon	2/13/2023	Boys Golf Pre-Season	Cascade HS	6:00	Rocky Verbeck
Mon	2/13/2023	Girls Golf Pre-Season	Cascade HS	6:00	Jason Frederick
Mon	2/13/2023	Baseball Pre-Season	Cascade HS	6:00	Alan Bruns
Mon	2/13/2023	Fastpitch Pre-Season	Cascade HS	6:00	Sharalee Mathews-Malloy
Mon	2/13/2023	Boys Soccer Pre-Season	Cascade HS	6:00	Mike Nelson
Mon	2/13/2023	Girls Tennis Pre-Season	Cascade HS	6:00	Joann Fukuma
Mon	2/13/2023	Track and Field Pre-Season	cascade HS	6:00	Don Dalziel
Spring Post-Season Meetings					
Mon	5/15/2023	3A Girls Tennis Post Season Meeting	Shorewood HS	6:30	Joann Fukuma
Mon	5/15/2023	Track and Field WESCO 3A Seed Meetings	Shoreline Center	6:30	Don Dalziel
Mon	5/15/2023	Track and Field WESCO 4A Seed Meetings	Shoreline Center	TBD	Don Dalziel
	TBD	Boys Golf Post-Season	TBD	TBD	Rocky Verbeck
	TBD	Girls Golf Post-Season	TBD	TBD	Jason Frederick
Mon	5/22/2023	Track and Field 3A/4A District Seed/Post Season Meeting	Shoreline Center	6:00	Don Dalziel
Mon	5/22/2023	Baseball Post-Season	Cascade HS	6:00	Alan Bruns
Mon	5/22/2023	Fastpitch Post-Season	Cascade HS	6:00	Sharalee Mathews-Malloy
Mon	5/22/2023	Boys Soccer Post-Season	Cascade HS	6:00	Mike Nelson
Mon	5/22/2023	4A Girls Tennis Post Season Meeting	Cascade HS	6:00	Joann Fukuma

2022-2024		4A Bi-District Play Off Dates and Locations			
Season	Event	2022-2023 Date	Location	2023-2024 Date	Location
Fall					
BTE	4A Dist. 4A State	T/W Oct 18, 19 F/S May 26, 27		T/W Oct 17, 18 F/S May 24, 25	
XC	4A Div. 4A Dist. 4A State	Sat Oct 22 Sat Oct 29 Sat Nov 5		Sat Oct 21 Sat Oct 28 Sat Nov 4	
GSOC	4A Dist. 4A State	S/T/TH, S Oct 29, Nov 1,3, 5 F/S/F/S Nov		S/T/TH, S Oct 28, 31, Nov 2, 4 F/S/F/S Nov	
VB	4A Dist. 4A State	T/TH/S Nov 8/10/12 F/S Nov 18, 19		T/TH/S Nov 7,9,11 F/S Nov 17,18	
GDI	Qual 4A Dist.	TBD W Nov 2		TBD W Nov 1	
GSw/DI	4A Dist. 4A State	TH/S Nov 3, 5 F/S Nov 11, 12		TH/S Nov 2,4 F/S Nov 10,11	
Winter					
GBO	4A Dist. 4A State	Sa Jan 28 Fr/Sa Feb 3, 4		Sa Jan 27 Fr/Sa Feb 2,3	
BDI	Qual 4A Dist.	TBD We Feb 8		TBD We Feb 7	
BSW/DI	4A Dist. 4A State	Th/Sa Feb 9, 11 Fr/Sa Feb 17, 18		Th/Sa Feb 8,10 Fr/Sa Feb 16, 17	
BWR	4A Dist. 4A Reg 4A State	Sa Feb 4 Sa Feb 11 Fr/Sa Feb 17, 18		Sa Feb 3 Sa Feb 10 Fr/Sa Feb 16, 17	
GWR	4A Dist. 4A Reg 4A State	Fr/Sa Feb 3, 4 Sa Feb 11 Fr/Sa Feb 17, 18		Fr/Sa Feb 2,3 Sa Feb 10 Fr/Sa Feb 16, 17	
BBB	4A Dist. 4A Reg 4A State	F/T/Th/Sa Feb 10, 14, 16, 18 Sa Feb 25 Th/Fr/Sa Mar 2-4		F/T/Th/Sa Feb 9, 13, 15, 17 Sa Feb 24 Th/Fr/Sa Feb 28, 29 Mar 1	
GBB	4A Dist. 4A Reg 4A State	F/T/Th/Sa Feb 10, 14, 16, 18 Sa Feb 25 Th/Fr/Sa Mar 2-4		F/T/Th/Sa Feb 9, 13, 15, 17 Sa Feb 24 Th/Fr/Sa Feb 28, 29 Mar 1	
Spring					
BA	4A Dist. 4A Reg 4A State	Sa/Tu/We/Sa May 6,9,10, 13 Sa May 20 Fr/Sa Mav 26, 27		Sa/Tu/We/Sa May 4,6,7,11 Sa May 18 Fr/Sa Mav 24,25	
BSOC	4A Dist. 4A State	S/T/Th/S May 6,9,11, 13 F/S/F/S May 19, 20, 26, 27		S/T/Th/S May 4,6,8, 11 F/S/F/S May 17, 18, 20, 24, 25	
BGO	4A Conf 4A Dist. 4A State	TBD TBD T/W May 23, 24		TBD TBD T/W May 22, 23	
GGO	4A Conf 4A Dist. 4A State	TBD TBD T/W May 23, 24		TBD TBD T/W May 21, 23	
FP	4A Dist. 4A State	T/TH May 16, 18 Fr/Sa Mav 26, 27		T/TH May 14, 16 Fr/Sa Mav 24, 25	
GTE	4A Dist. 4A State	T/W May 16, 17 Fr/Sa Mav 26, 27		T/W May 14, 16 Fr/Sa Mav 24, 25	
TRACK	4A Conf 4A Dist. 4A State	W/F May 10, 12 W/F May 17, 19 Fr/Sa Mav 26, 27		W/F May 8, 10 W/F May 15,17 Fr/Sa Mav 24, 25	

2022-2024		3A NW District Play Off Dates and Locations			
Season	Event	2022-2023 Date	Location	2023-2024 Date	Location
Fall					
BTE	Div. 3A Dist. 3A State	T/W Oct 18, 19 T/W Oct 25, 26 F/S May 26, 27		T/W Oct 17, 18 Oct 26, 27 May 26, 27	
XC	Div. 3A Dist. 3A State	Sat Oct 22 Sat Oct 29 Sat Nov 5		Sat Oct 21 Sat Oct 28 Sat Nov 4	
GSOC	3A Dist. 3A State	S/T/TH, S Oct 29, Nov 1,3, 5 F/S/F/S Nov		S/T/TH, S Oct 28, 31, Nov 2, 4 F/S/F/S Nov	
VB	3A Dist. 3A State	T/TH/S Nov 8/10/12 F/S Nov 18, 19		T/TH/S Nov 7,9,11 F/S Nov 17,18	
GDI	Qual 3A Dist.	TBD W Nov 2		TBD W Nov 1	
GSw/DI	3A Dist. 3A State	TH/S Nov 3, 5 F/S Nov 11, 12		TH/S Nov 2,4 F/S Nov 10,11	
Winter					
GBO	3A Dist. 3A State	Sa Jan 28 Fr/Sa Feb 3, 4		Sa Jan 27 Fr/Sa Feb 2,3	
BDI	Qual 3A Dist.	TBD We Feb 8		TBD We Feb 7	
BSW/DI	3A Dist. 3A State	Th/Sa Feb 9, 11 Fr/Sa Feb 17, 18		Th/Sa Feb 8,10 Fr/Sa Feb 16, 17	
BWR	3A Dist. 3A Reg 3A State	Sa Feb 4 Sa Feb 11 Fr/Sa Feb 17, 18		Sa Feb 3 Sa Feb 10 Fr/Sa Feb 16, 17	
GWR	3A Dist. 3A Reg 3A State	Fr/Sa Feb 3, 4 Sa Feb 11 Fr/Sa Feb 17, 18		Fr/Sa Feb 2,3 Sa Feb 10 Fr/Sa Feb 16, 17	
BBB	3A Dist. 3A Reg 3A State	F/T/Th/Sa Feb 10, 14, 16, 18 Sa Feb 25 Th/Fr/Sa Mar 2-4		F/T/Th/Sa Feb 9, 13, 15, 17 Sa Feb 24 Th/Fr/Sa Feb 28, 29 Mar 1	
GBB	3A Dist. 3A Reg 3A State	F/T/Th/Sa Feb 10, 14, 16, 18 Sa Feb 25 Th/Fr/Sa Mar 2-4		F/T/Th/Sa Feb 9, 13, 15, 17 Sa Feb 24 Th/Fr/Sa Feb 28, 29 Mar 1	
Spring					
BA	3A Dist. 3A Reg 3A State	Sa/Tu/We/Sa May 6,9,10, 13 Sa May 20 Fr/Sa May 26, 27		Sa/Tu/We/Sa May 4,6,7,11 Sa May 18 Fr/Sa May 24,25	
BSOC	3A Dist. 3A State	S/T/Th/S May 6,9,11, 13 F/S/F/S May 19, 20, 26, 27		S/T/Th/S May 4,6,8, 11 F/S/F/S May 17, 18, 20, 24, 25	
BGO	3A Conf 3A Reg 3A State	TBD TBD T/W May 23, 24		TBD TBD T/W May 22, 23	
GGO	3A Conf 3A Reg 3A State	TBD TBD T/W May 23, 24		TBD TBD T/W May 21, 23	
FP	3A Dist. 3A State	T/TH May 16, 18 Fr/Sa May 26, 27		T/TH May 14, 16 Fr/Sa May 24, 25	
GTE	3A Div. 3A Reg 3A State	T/W May 10, 11 W/F May 17, 18 F/S May 26, 27		T/W May 7, 8 W/F May 15, 17 F/S May 24, 25	
TRACK	3A Conf 3A Reg 3A State	W/F May 10, 12 W/F May 17, 19 Fr/Sa May 26, 27		W/F May 8, 10 W/F May 15,17 Fr/Sa May 24, 25	