

2009-10

Western Conference

Constitution & Regulations

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

2009-2010 Wesco Coaches' Meetings - Approved 6/10/09

Day	Date	Meeting	Site	Time	AD Rep
Fall Pre & Post-Season Meetings					
Thu	8/27/2009	Athletic Trainers	Cascade HS	7:00	Chris Murphy
Thu	8/27/2009	Cheer Pre-Season	Cascade HS	7:00	Nicki Luper
Thu	8/27/2009	Cross Country Pre-Season	Cascade HS	7:00	Greg Erickson
Thu	8/27/2009	Football Pre-Season	Cascade HS	7:00	Jack Kniseley
Thu	8/27/2009	Girls Soccer Pre-Season	Cascade HS	7:00	Ed Bailey
Thu	8/27/2009	Girls Swim/Dive Pre-Season	Cascade HS	7:00	Mark Albertine
Thu	8/27/2009	Boys Tennis Pre-Season	Cascade HS	7:00	Tom Roys
Thu	8/27/2009	Volleyball Pre-Season	Cascade HS	7:00	Stroncek/Beglau
Winter Pre & Post-Season Meetings					
Mon	10/19/2009	Boys Tennis Post-Season & Divisional Seeding	Cascade HS	7:00	Tom Roys
Mon	11/9/2009	Girls Swim/Dive Post-Season	Marysville-Pilchuck HS	6:00	Mark Albertine
Mon	11/9/2009	Cross Country Post-Season	Cascade HS	7:00	Greg Erickson
Mon	11/9/2009	Girls Soccer Post-Season	Cascade HS	7:00	Ed Bailey
Mon	11/9/2009	Volleyball Post-Season	Cascade HS	7:00	Stroncek/Beglau
Mon	11/9/2009	Football Post-Season	Cascade HS	7:00	Larry Fritts
Spring Pre & Post-Season Meetings					
Mon	11/9/2009	Boys Swim/Dive Pre-Season (w/ GSW Post)	Cascade HS	6:00	Mark Albertine
Mon	11/9/2009	Boys Basketball Pre-Season	Cascade HS	6:00	Doug Kloke
Mon	11/9/2009	Girls Basketball Pre-Season	Cascade HS	6:00	Brett Wille
Mon	11/9/2009	Wrestling Pre-Season	Cascade HS	6:00	Tom Wilfong
Tue	2/2/2010	Wrestling 3A District Seeding	Everett HS	7:00	Robert Polk
Tue	2/2/2010	Wrestling 4A District Pre-Seed	Marysville-Pilchuck HS	9:00	Greg Erickson
Wed	2/3/2010	Wrestling 4A District Seed	Marysville-Pilchuck HS	6:30	Ken Tallquist
Mon	2/22/2010	Boys Swim/Dive Post-Season	Cascade HS	6:00	Mark Albertine
Mon	2/22/2010	Wrestling Post-Season	Cascade HS	6:00	Tom Wilfong
Mon	2/22/2010	Boys Basketball Post-Season	Cascade HS	7:00	Doug Kloke
Mon	2/22/2010	Girls Basketball Post-Season	Cascade HS	7:00	Brett Wille
Mon	11/9/2009	Golf Pre-Season 1	Cascade HS	6:00	Erickson/Peters
Mon	2/22/2010	Golf Pre-Season 2	Cascade HS	6:00	Erickson/Peters
Mon	2/22/2010	Baseball Pre-Season	Cascade HS	6:00	Robert Polk
Mon	2/22/2010	Fastpitch Pre-Season	Cascade HS	6:00	Kelly Clapp
Mon	2/22/2010	Boys Soccer Pre-Season	Cascade HS	6:00	Scott Powers
Mon	2/22/2010	Girls Tennis Pre-Season	Cascade HS	6:00	Tom Roys
Mon	2/22/2010	Track and Field Pre-Season	Cascade HS	6:00	Don Dalziel
Mon	5/10/2010	Girls Tennis Post-Season & Divisional Seeding	Cascade HS	7:00	Tom Roys
Mon	5/10/2010	Track and Field North Division Seed	Arlington HS	6:30	Tom Roys
Mon	5/10/2010	Track and Field South Division Seed	Edmonds School Dist	6:30	Mike Clemans
Mon	5/17/2010	4A/3A Track & Field Post-Season w/ 4A District Seed	Snohomish HS	6:00	Don Dalziel/Mark Albertine
Mon	5/24/2010	Baseball Post-Season	Jackson HS	6:00	Robert Polk
Mon	5/24/2010	Fastpitch Post-Season	Jackson HS	6:00	Kelly Clapp
Mon	5/24/2010	Boys Soccer Post-Season	Jackson HS	6:00	Scott Powers

TABLE OF CONTENTS

<u>CONSTITUTION</u>		<u>Page</u>
Article I	<u>Name</u>	4
Article II	<u>Object</u>	4
Article III	<u>Membership</u>	4
Section 1	- Conference Membership	4
Section 2	- State Membership	4
Article IV	<u>Program</u>	4
Section 1	- Sports	4
Section 2	- Competition	4
Section 3	- Adding or Dropping Sports	4
Article V	<u>Officers</u>	5
Article VI	<u>Legislation</u>	5
Section 1	- Legislative Authority	5
Section 2	- Quorum	5
Section 3	- Voting	5
Article VII	<u>Forfeiture of Games</u>	5
Article VIII	<u>Amendments</u>	5
Section 1	- Constitutional Amendments	5
Section 2	- Printed Copies	5
Article IX	<u>Board of Control</u>	6
Section 1	- Membership	6
Section 2	- Duties and Authority	6
Article X	<u>Finances</u>	6-7
Section 1	- League Funds	6
Section 2	- Membership Fee	6
Section 3	- Special Assessments	6
Section 4	- Additional Funds	6
Section 5	- Disbursements	6
Section 6	- Fiscal Year	6
Section 7	- Annual Report	6

Section 8	- Budget	6
Section 9	- Revenue Shares	6
Section 10	- Distribution of Assets	7
Section 11	- Compensation for Services	7
Section 12	- Activities by a Tax Exempt Association	7
Article XI	<u>Season and Practice Limits</u>	7
Section 1	- Sports Seasons	7
Section 2	- Practice Limits	7
Article XII	<u>Determination of Championships</u>	7
Article XIII	<u>Schedule</u>	7
Article XIV	<u>Officials</u>	7
Article XV	<u>Scouting Practices</u>	8
Article XVI	<u>Contest Management</u>	8-9
Section 1	- Contest Management	8
Section 2	- Supervision of Dressing Rooms	8
Section 3	- Choice of Stands, Team Benches & Dressing Rooms	8
Section 4	- School Bands at Athletic Contests	8
Section 5	- Signs	8
Section 6	- Noisemakers	8
Section 7	- Spectator Dress Code	8
Section 8	- Faculty or Administrative Representatives at Contests	8
Section 9	- Ticket Prices	8-9
Article XVII	<u>Protests</u>	9
Section 1	- Protests of Conference Contests	9
Section 2	- Protest Arbitration Board	9
Section 3	- Protest Procedure	9
Article XVIII	<u>Review of Member School Incidents</u>	9-10
Section 1	- Purpose/Objective	9
Section 2	- Communication	9
Section 3	- Committee	9
Section 4	- Procedure/Written Report	10

Article XVIII <i>cont.</i>	<u>Review of Member School Incidents</u>	
Section 5	- Penalty	10
Article XIX	<u>Procedures for Handling Complaints Between Conference Schools</u>	10
Article XX	<u>Limited Team Membership</u>	10
Article XXI	<u>Tie-Breaker Procedure</u>	11-12
Section 1	- All Sports	11
Section 2	- Tie-Breaker Draw	11-12
Section 3	- Football	12
Section 4	- Soccer	12
Section 5	- Arrangements for Tie-Breaker Contests	12
Section 6	- Mini-Playoff Format	12-13
Article XXII	<u>Inclusion of Non-League Schools in League Events</u>	13
Article XXIII	<u>Inclement Weather/National Disaster Policy</u>	14
Section 1	- Regular Contests	14
Section 2	- Tournaments & Playoffs	14
Section 3	- Lighting Guidelines	14-15
Article XXIV	<u>Ejection Reduction Plan</u>	15
Addendum Pages	- Ticket Prices	16
	- Awards/Ribbons/Trophy Chart	17

REGULATIONS

<u>Baseball</u>	18-19
<u>Basketball</u>	20-22
<u>Cross Country</u>	23-24
<u>Fastpitch</u>	25-26
<u>Football</u>	27-29
<u>Golf</u>	30-31
<u>Soccer</u>	32-34
<u>Swim/Dive</u>	34-36
<u>Tennis</u>	37-39
<u>Track and Field</u>	40-44
<u>Volleyball</u>	45-46
<u>Wrestling</u>	47-48

**4A 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 high schools of the public school districts of Arlington, Edmonds, Everett, Lake Stevens, Marysville, Monroe, Mukilteo, Oak Harbor, Shoreline, 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.

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 and Treasurer. 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 his/her 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. Sunday meetings or practices are prohibited unless circumstances are such that by not practicing, the team will be at a disadvantage (i.e. playoff or tournament preparation).

ARTICLE XII

Determination of Championships

There will be a North Division and South Division champion in each sport sponsored by this conference. See individual Sport Regulations in this Handbook for specifics.

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 his 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

- 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.

Section 7 Spectator Dress Code

- A. Spectators will wear a shirt at all contests. Body paint may be applied over the shirt.

Section 8 Faculty or Administration Representatives at Contests

A faculty representative or administrator from each participating school must be in attendance at home and away varsity contests for football and boys' basketball. A faculty representative or administrator from each participating school should be in attendance at home and away contests for soccer, girls' basketball, volleyball, and wrestling as needed. **The visiting school's representative(s) must identify him/herself to the home contest manager prior to the start of the event.**

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 have a valid season ticket from the visiting school district may purchase a maximum of two adult tickets for a \$1.00 discount per ticket. (Policy must be printed on back of valid season ticket/pass.)

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 at the time of the disagreement as provided in the rules of the sport. Official notation of the protest is also to be made as specified in the rules.
- B. The protesting coach must notify his principal and receive approval to officially file a protest.
- C. 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, his/her principal, and his/her athletic director.
- D. The protest must be filed with the conference president within one school day of the date on which the contest in question was played. A decision must be reached within five school days.

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

Schools involved in incidents related to the conference athletic program are expected to try to solve their differences as early as possible. This is to be handled through the athletic director of the district involved. 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

Limited Team Membership

Students of conference schools will be eligible to be a member of only one school team during a season.

ARTICLE XXI

Tie-Breaker 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.
2. The tie-breaking criteria and procedures will be applied for purposes of playoff placing.

B. CRITERIA FOR TIE-BREAKING

FOR A 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).

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.

2nd Criteria: The results of competition against other 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 league 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 tie-breaker and receive the higher seed.

3rd Criteria: If, after applying Criteria 1 and 2, 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

- A. Any ties not covered by these procedures will be resolved by the League Athletic Directors.

Section 2

Tie-Breaker Number Draw for 2007-08

- A. The first number listed after the name of the school is the number that will be used for fall tie-breakers, the second number will be used for winter tie-breakers, and the third number will be used for spring tie-breakers. **Example:** *If Lynnwood and Kamiak are tied for the same position at the end of the fall season, Lynnwood (first number is "2") would receive the higher seed over Kamiak (first number is "12"). During the winter season Arlington (2nd number is "1") would receive the higher seed over Everett (2nd number is "7").* **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*

B. 2008-09 Wesco Tie-Breaker Draw

SCHOOL	FALL	WINTER	SPRING
Arlington	11	3	5
Cascade	9	1	13
Edmonds-Woodway	17	16	15
Everett	13	8	17
Glacier Peak	4	11	19
Jackson	16	12	8
Kamiak	14	9	1
Lake Stevens	5	17	16
Lynnwood	3	14	3
Mariner	19	6	9
Marysville-Pilchuck	15	7	14
Meadowdale	8	4	10
Monroe	1	13	7
Mountlake Terrace	6	2	11
Oak Harbor	12	5	4
Shorecrest	18	19	2
Shorewood	10	18	6
Snohomish	7	10	18
Stanwood	2	15	12

Section 3

Football

- A. 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 4

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 5

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 6

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.

- 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
 - b. Game 2 = Winner Game #1 plays Team #1
 - c. Winner Game 2 takes higher playoff seed. Loser Game 2 plays Loser Game 1 for final playoff spot.

- 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.

ARTICLE XXII

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 XXIII

Inclement Weather / National Disaster Policy – 06/05/07

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.

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.
- B. **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.

Section 3

- C. **Lightning Guidelines – Developed using guideline and position statements from the NFHS,HATA,and NCAA – 08/17/09**
 1. Prior to contest site being used, safe locations* shall be identified for all players
 2. Prior to the contest beginning, staff (game manager, athletic trainer, official) shall confer about weather conditions and league guidelines.
 3. If lightning or thunder is seen/heard, a flash-to-bang method** should be used to determine when to clear field.
 4. **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.**
 5. **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.
 6. **Hold periodic reviews for appropriate personnel.**

*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)

**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. Signs of imminent thunderstorm activity are darkening clouds, high winds, and thunder or lightning activity.

ARTICLE XXIV

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!"

C. 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.

- 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.
- 4) Note: The two-game suspension stated above does not apply in situations where a soccer player has received a third yellow card. Refer to soccer guidelines for this procedure.

D. 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.

**2009-10
WESCO TICKET PRICES**

WESCO Regular Contests

	<i>H.S. Student w/o ASB, Adults</i>	<i>H.S. Student with ASB Card</i>	<i>Senior Citizens (62 and older), M.S. Student with School I.D. & Children (K-5 Accomp. by Adult)</i>
Varsity Contests			
Basketball, Football	\$ 5.00	\$ 3.00	\$ 2.00
Soccer, Volleyball, Wrestling			

Reciprocal Pass Agreement*

Spectators from other WESCO league member schools who have a valid season ticket from the visiting school district may purchase a maximum of two adult tickets for 4.00 each.

WESCO PLAYOFFS

	<i>H.S. Student w/o ASB, Adults</i>	<i>H.S. Student with ASB Card</i>	<i>Senior Citizens (62 and older), M.S. Student with School I.D. & Children (K-5 Accomp. by Adult)</i>
	\$ 5.00	\$ 3.00	\$ 2.00

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

DISTRICT EVENTS

	<i>Adult</i>	<i>Senior Citizens (62 and older), Children (K-5 Accompanied by an Adult), H.S. & M.S. Students with ASB Card</i>
Football / Basketball / Baseball Track / Softball / Soccer	\$ 6.00	\$ 4.00
Wrestling (Suggested for Sub-Regionals)	\$ 6.00	\$ 4.00
Swimming	\$ 6.00	\$ 4.00
Gymnastics	\$ 6.00	\$ 4.00
Volleyball	\$ 6.00	\$ 4.00

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

**Admission is to be charged at all sub-varsity contests immediately preceding varsity contests.
This includes ninth grade contests played concurrently with junior varsity contests**

Wesco and Northwest District 4A Awards/Ribbons/Trophy Chart - 06/18/09

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	1st Place	
Basketball	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams	1st Place	
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 Team All-Conference	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	1st Place	
Football	1st Place Per Division		1st Team Only. All-Opponent Selection	1st, 2nd, Honorable Mention Teams	1st/2nd Place	
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	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	1st Place	
Swim/Dive	1st Place B/G Per Division		1st Team Only All-Conference. 1st Place B/G Per Event at Sectional Meets.	1st Team All-Conference	1st Place	Top Three B/G Finishers. Qualifier ribbons 4th-12th.
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	1st Place	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 Team All-Conference	1st Place	Top Three B/G Finishers. Qualifier ribbons for 4th through 8th.

Baseball Regulations

- Section 1 **Program**
A. This conference shall sponsor a program consisting of a varsity and junior varsity schedule.
- 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. 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**
A. The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.
- Section 4 **Schedule Format and Start Times**
A. Schedules for divisional play will be a two-game series.
B. Start Times: Weekdays at 3:30 before daylight savings/4:00 after daylight savings 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.
E. League rainout makeup games take precedence over non-league rainout makeup games.
F. Double-headers are **not** to be scheduled on Mondays.
- Section 5 **Determination of Conference Champion**
A. A North and South Division Champion will be determined by final conference standings.
- 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 Division play season. 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**
A. 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**
A. Should a game be stopped because of weather, darkness or time limit after five or more innings have been played and the score is tied at the end of the last completed inning, the game will be declared suspended. The suspended game will be continued from the point of suspension at the next scheduled meeting of the two teams involved prior to the start of the regular scheduled game or next available date.
B. If game is stopped prior to the 5th inning, the game will be restarted at the 1st inning at a later date.
- 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. 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 11

Protest of Conference Contest

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 12

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 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.

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. 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.

Basketball Regulations

- Section 1 **Program**
- A. This conference shall sponsor a program consisting of varsity, junior varsity and freshman schedules for boys and girls.
 - B. The use of non-freshman individuals on the freshman team must be approved by league athletic directors. Programs may not cut ninth graders in order to add non-freshman individuals.
- 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.
- Section 3 **Officials**
- A. The use of contest officials shall be in accordance with National Federation and WIAA Guidelines.
- Section 4 **Schedule Format and Start Times**
- A. A double-round robin home/away divisional format will be used.
 - B. Start Times: 3:45/5:40/7:30. Start times of 5:40/5:40/7:30 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 Tuesdays and Fridays. Girls' varsity, junior varsity, and ninth grade conference games will be played on Wednesdays and Fridays. Saturdays may be assigned occasionally to accommodate league schedule needs. Changes to conference play dates must be approved by conference athletic directors.
- Section 5 **Determination of Conference Champion**
- A. A North and South Division Champion will be determined by final conference standings.
- Section 6 **Wesco All-Conference Team Selection**
- A. Coaches will nominate and vote by division and by position on selections for the Wesco All-Conference First and Second Teams at the conclusion of the Division play season. Selection to the Honorable Mention team will be at the discretion of each coach. 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**
- A. 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.
- Section 10 **Junior Varsity Game Limitations**
- A. Junior varsity games are to be played to the end of regulation play. Should a game end in a tie it will be settled with a two-minute overtime period. If still tied at the end of the overtime period it will be settled by a sudden death overtime period.
 - 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**
A. 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 AD's 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.
- Section 15 **Protest of Conference Contest**
A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
A. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
B. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.
- Section 16 **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 17 **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.

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. 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.

Cross Country Regulations

- Section 1 **Program**
A. This conference shall sponsor a program consisting of a varsity and junior varsity schedule for boys and girls.
- 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.
- 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 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 North and South Division Champion will be determined by the results of Divisional Meets 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.
- Section 6 **Wesco All-Conference Selections**
A. The top seven boy finishers and the top seven girl finishers by Division at the post-season Divisional 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. Sign posts 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, wide enough to accommodate all teams. At the end of the course, there should be a straight-away of at least 150 yards ending in a rope funnel with a mouth at least 15 feet wide. This funnel narrows to about 30 inches wide and a rope chute of about the same width and at least 100 feet long shall be set up.
- Section 9 **Runner Limitations**
A. 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 teams should report to a meet site by 3:15. 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.

Section 11 **Uniform**

- A. All uniforms worn in a varsity meet must be an official school uniform consisting of running shorts, top, and running shoes.
- 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 provide a copy of results, which includes place winners and times, to all participating schools.

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**

- A. 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 of Conference Contest**

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 16 **Tie-Break Procedure**

- A. The National Federation Cross Country Rules tie-breaker will be used.

Section 17 **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. 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.

Fastpitch Regulations

- Section 1 **Program**
A. 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. Varsity Ties: If no field constraints exist, teams will be allowed to continue play. International rules will be used if still tied after ten innings.
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.
- 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.
- Section 4 **Schedule Format and Start Times**
A. A double-round robin home/away divisional format will be used.
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**.
E. League rainout makeup games take precedence over non-league rainout makeup games.
F. Spring Break matches will be front-loaded to Monday/Tuesday. Alteration of the spring break schedule is not allowed.
- Section 5 **Determination of Conference Champion**
A. A North and South Division Champion will be determined by final conference standings.
- 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 Division play season. 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**
A. Prior to the start of varsity contests, the home school will give the umpire one new official softball and one good used softball to serve as a back-up ball. Only 12" non-restricted flight balls may be used.
- Section 8 **Batting Practice**
A. Soft toss or screen ball **ONLY** is allowed. Upon arriving at the contest site head coaches should confer to establish designated hitting areas.
- Section 9 **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 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. 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 11

Suspended Games

- A. Should a game be stopped because of weather, darkness or time limit after five or more innings have been played and the score is tied at the end of the last completed inning, the game will be declared suspended. The suspended game will be continued from the point of suspension at the next scheduled meeting of the two teams involved prior to the start of the regular scheduled game or next available date.
- B. If game is stopped prior to the 5th inning, the game will be restarted at the 1st inning at a later date.

Section 13

Protest of Conference Contest

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- A. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 14

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 15

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.

Section 16

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. 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.

Football Regulations

Section 1

Program

- A. This conference shall sponsor a program consisting of varsity, junior varsity and freshman 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. The freshman program is limited to ninth graders. Any player who participates at the varsity level is not eligible to participate in the freshman team program with the exception of any kicking position.
- E. **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.

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

- A. A North and South Division Champion will be determined by final conference standings.

Section 6

Wesco All-Conference Team Selection

- A. 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

- A. 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

- A. 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
 - **:15** Coin Toss – Captains and Officials Meeting
 - **: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** 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

- A. If field phones are provided by the host district an equal number of workable sets must be provided for both teams.
- B. Visiting teams choosing to use their own wireless system may do so.
- C. Stadium sites are encouraged to provide two phones on the field and in the booth for both teams.
- D. If field phones on one sideline malfunction and are not working properly, the other sideline must shut their phones down until the problem is fixed.
- E. If wireless systems are being used, the stadium system can be used as a backup.

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

- A. 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

- A. 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

- A. 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 call each other on Wednesday and indicate which film they would like from their opponent.
B. When scouts arrive to film their next weeks' opponent they will bring the agreed upon tape and exchange. When the two teams meet, the exchanged tape will be returned.
- Section 17 **Protest of Conference Contest**
A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.
- Section 18 **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 19 **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.
- Section 20 **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. 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

- A. 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 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 five low scores will be counted.
- 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.

Section 3

Schedule Format and Start Times

- A. Start time for conference matches is 3:00. Matches may not start earlier than 3:00. Alternate start times/dates must be approved by conference athletic directors.

Section 4

Determination of Conference Champion

- A. Girls will use a modified version of Stableford scoring in conjunction with stroke play.
- B. Boys will use stroke play.
- C. Team points will be awarded based upon order of finish.
- D. A North and South Division Team Champion will be determined based upon **league play and team finish at** Divisional Tournament.
- E. Team scoring for group matches will be **3, 2, 1**. Team scoring for Divisional Tournaments will be **counted down from the total number of teams in the north and south divisions**.

Section 5

Wesco All-Conference Selections

- A. The top six boy finishers and the top six girl finishers by Division on the final day of the post-season Divisional Tournaments (day one/day two scores combined) will be named All-Conference First Team. The next six golfers will be named All-Conference Second Team. The next six golfers will be named Honorable Mention. Conference certificates will be awarded to each individual first team member.

Section 6

Pre-Match and Course Information

- A. The home coach is responsible for:
- Local course rules.
 - Course management and marshaling.
 - Collection and tally of scores.
 - Notification of 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.
- B. The host professional may be consulted for interpretation of The Rules of Golf.

Section 7

Dress Code

- A. Team members are required to wear a collared shirt (includes turtlenecks and mock turtlenecks), preferably with school identification and in school colors.
- B. Shorts are to be tailored and have a length no less than mid-thigh.
- C. Appropriate shirts, trousers and shoes are to be worn on the golf course, practice area, putting greens and in the clubhouse.
- D. Jeans are not permitted except in the locker room.

E. Individuals not in compliance will be disqualified.

Section 8

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 his/her 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 team.
- 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.

Section 9

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.

Section 10

Protest of Conference Contest

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 11

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 12

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.

Section 13

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. 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.

Soccer Regulations

Section 1

Program

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

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. Two forty-minute halves will be played with a five-minute halftime.
- 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 – As a pilot for the 2009-10 season the tiebreakers for the last round of the WESCO North season and the South division counter games only, ties will be broken with WIAA playoff method. This method is as follows:
Two sudden victory five minute overtimes. A coin toss shall be held prior to the first overtime as per HFHS rule 5-2-2. At the end of the first overtime period, teams shall change ends. If still tied at the end of the second overtime, penalty kicks will decide the outcome. The head referee shall choose the goal at which all of the kicks from the penalty mark will take place. Each coach will select five players, including the goalkeeper, on or off the field (except those that have been disqualified to take the kicks. A coin toss shall be held as in rule 5-2-2 with the winning team having choice of kicking first or second. Teams will alternate kickers. There is no follow up on the kick. The defending team may change goalkeepers prior to each penalty kick. Following the five kicks, the team scoring on the greatest number of kicks shall be declared the winner. If the score remains tied, each coach shall select five different players than the first five to take kicks in a sudden victory situation.

This pilot will be evaluated in both the boys and girls soccer season and reviewed in one year by coaches and administrators.
- G. A sub-varsity match, when tied at the end of regulation play, will remain a tie.
- H. A roster shall be given to the match referee and to the opposing coach before the start of sub-varsity and varsity contests.
- I. **Beeper Flags.** Beeper flags are a league requirement for varsity level contests and recommended for sub-varsity contests. Officials refusing to use beeper flags or home schools failing to provide beeper flags should be reported to the AD Rep.
- J. Team bench location will be determined by home site game management.
- K. Crowd placement will be determined by home site game management.

Section 3

Officials

- A. The use of contest officials shall be in accordance with National Federation 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. **The home team is responsible for ball retrieval.** Option one is to provide ball retrievers at each end of the field. Option two is for the home team to place two balls behind each goal and have bench personnel retrieve and replace errant balls. 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 league play.
- B. Recommended league start times are 5:00/7:00. Start times 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. Spring Break matches will be front-loaded to Monday/Wednesday. Athletic Directors have agreed that alteration of the spring break schedule is not allowed.

Section 5 **Determination of Conference Champion**

- A. A North and South Division Champion 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**

- 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 Division play season. Votes will be tallied by the AD in charge of soccer and presented at the post-season meeting without names attached. Names will be added after post-season meeting discussion. 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 **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.
E. Beeper flags are required for all varsity contests.

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 white** or light colored jerseys and white or light colored socks and the **visiting team shall wear dark jerseys and dark 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 accumulation of three yellow cards by an individual player will result in the **player receiving a 1-game suspension from the next scheduled contest as a 1-year pilot for both boys and girls soccer programs**; The player's yellow card count will return to zero after the one-game suspension has been served.

- 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) The coach will email a cumulative report of all yellow/red cards received by his/her team to the AD in charge of soccer (copy to building/district athletic director) at the request of the AD in charge of soccer twice per season. The AD in charge of soccer will request the cumulative report at mid-season and again at the end of the season.
 - 3) **Failure of the coach to email the mid- and post-season cumulative soccer report to the AD in charge of soccer, with a copy to the building/district AD, will result in a warning from the Conference for the first violation and a one-contest suspension for the head coach for additional violations.**
 - 4) If a player completes three games without a yellow card one of the yellow cards can be removed.
 - 5) If a third yellow card is received during the final contest of the league season the one-contest suspension will be served during the first round of the District Tournament (for those advancing to District) or during the first contest of the next soccer season (for those not advancing to District). Yellow cards received **at** the District Tournament will **not** be added to any previous cards earned during league play.
- D. Supervision will be provided by the home school administration and/or athletic director for each night contest.
- E. Each coach should hold a parent meeting prior to the season to discuss school expectations for parent and player behavior at matches.
- F. 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. A major disciplinary ejection will result in both the WIAA and Washington Youth Soccer Association honoring the sanction.

Section 12

Protest of Conference Contest

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

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.

Section 15

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. 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.

Swim/Dive Regulations

- Section 1 **Program**
A. 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 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**
A. A North and South Division Champion will be determined by final conference standings.
- Section 5 **Wesco All-Conference Selections**
A. The top boy swimmer and the top girl swimmer by event at the Divisional Prelim Meets and the top diver at the District Meet will be named All-Conference First Team.
B. 3A participants who win swim and/or dive events at the 3A District Meet will be named All-Conference First Team.
C. Conference certificates will be awarded to each individual first team member.
- 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. All meets held between conference schools shall be conducted in the manner prescribed by the conference.
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. Double-Dual Meets - In double dual meets, the meet that is listed on the official Wesco schedule will be swum first.
F. It is strongly recommended that each pool have a visual scoring device.

- G. False starts **must** have double confirmation.
- H. 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 **Swim Suits**

- A. Recommended - all participants from the same team shall wear swim suits 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 races will be swum during league varsity meets with prior agreement of the coaches. Contact must be initiated by the home school.

Section 9 **Protest of Conference Contest**

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 10 **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 11 **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.

Section 12 **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. 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.

Tennis

Section 1

Program

- A. 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 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. The home coach will announce line-ups and court assignments at 3:40 for 3:45 weekday matches and 10:55 for 11:00 Saturday matches.
- F. Changes to the line-up are not allowed after they are announced, unless there is a postponement where a player has not played his/her 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. A random draw similar to wrestling will be used to determine the order of competition for JV and Varsity matches. The match drawn will then be the first played and set the order for the subsequent matches.
- I. Junior varsity duals shall be no-add scoring and a tie-breaker will be used in lieu of a third set.
- J. Tie-Breaker Rule: Whenever a set ends in a tie, the twelve point tie-breaker rule shall be used.
- K. A two-minute coaching period is allowed between sets one and two and up to five minutes between sets two and three. Junior varsity matches will have open coaching with coaches remaining outside of courts.
- L. The host school shall supply two new balls for each match and scorecards for each court. Two new balls can be requested for the third set.
- M. Service balls are not allowed on the court while play is in progress.

Section 3

Schedule Format and Start Times

- A. A double-round robin divisional format will be used.
- B. Conference meets are scheduled on Tuesday/Thursday or Monday/Wednesday/Friday.
- C. Start time is 3:45 on weekdays, 11:00 a.m. on Saturdays. Matches may start earlier by mutual agreement but may not result in missed school time.
- D. Spring Break matches will be front-loaded to Monday/Tuesday. Athletic Directors have agreed that alteration of the spring break schedule is not allowed.

Section 4

Determination of Conference Champion

- A. A North and South Division Champion 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 two 3A boy/girl singles finishers and the top two 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

- A. 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

- A. 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 by 12:30 (8:00 a.m. for Saturday matches) 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. 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 a player in the middle of the line-up is unable to play, his/her match will be forfeited as well as those below him/her.

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 substitutions 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 of Conference Contest

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

Section 12

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 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.

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. 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.

Track and Field Regulations – 06/10/09

Section 1

Program

- A. This conference shall sponsor a track program consisting of a first team schedule. A Wesco All-Comers league schedule will also be provided and is optional for **WESCO NORTH ONLY** member schools.
- B. The varsity schedule will consist of tri **and quad** meets during the regular season. The conference will also sponsor the North and South Divisional Meets to be held prior to the District Meet.
- C. **The junior varsity schedule consists of Monday all-comer meets for Wesco North Schools only. Wesco South schools will run JV athletes as part of the regular Thursday meet schedule. In laned races JV athletes will compete in additional non-scoring heats following the varsity heats. Automatic timing will occur at the discretion of meet management, but is not required. 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. If excessive numbers exist, meet management may limit the number of attempts by JV athletes. For cross over meets during spring break, additional entries will be determined by the host school. SOUTH SCHOOLS MAY NOT ATTEND MONDAY JV MEETS.**

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. Lanes four/five will be designated prime lanes at all Wesco sites.
- B. Coaches are **required** to use www.athletic.net to submit **meet entries prior to 1pm on meet day.**

Section 3

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.

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.
- D. All meets held between conference schools shall be conducted in the manner prescribed by the conference.
- E. The Western Conference will cover the cost of ribbons for the Junior Varsity and Freshman Track and Field Championship Meets. The host school will purchase ribbons and submit the invoice to the conference treasurer within ten days of the event.
- F. The Western Conference will cover staffing costs for the Junior Varsity and Freshman Track and Field Championship Meets. The host school will submit a staffing cost invoice to the conference treasurer within ten days of the event.

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 quad** meets will be scheduled during the regular season.

†

Section 6

Determination of Conference Champion

- A. A North and South Division Champion will be determined by Divisional Meets held at the end of the regular season.

Section 7

Wesco All-Conference Selections

- A. The top finisher in each event by Division at the post-season Divisional 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

- A. Western Conference track and field records may be set only at the Western Conference North and South Division Track and Field Championship Meets.

Section 9

Entries for Meets with Conference School

- A. In dual meets involving conference schools, each school shall be permitted four entries in each event. In tri/quad meets five entries will be allowed. One relay team per school shall count toward meet points.
- 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. Hard copies of meet results are required at meet conclusion for all teams. Host team will upload Hy-Tek results to athletic.net.

Section 10

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. 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.

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	G - 1600 M Relay
B - 400 M Dash	

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. At no time shall an Olympic turn be used.

4. LANE ASSIGNMENTS –Will be determined by HY-TEK auto team split function. In the event of a technology malfunction lane assignments will be based upon Spring Tie-Breaker draw numbers – this list should be updated each year to reflect these numbers

A. Number Draw-

1) Monroe	10) Cascade
2) Kamiak	11) Jackson
3) Snohomish	12) Lake Stevens
4) Edmonds-Woodway	13) Everett
5) Arlington	14) Glacier Peak
6) Mariner	15) Oak Harbor
7) Shorecrest	16) Mountlake Terrace
8) Stanwood	17) Marysville-Pilchuck
9) Lynwood	18) Shorewood
	19) Meadowdale

5. FIELD EVENT PROCEDURE

A. 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 his/her 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 at least ten minutes for the excused athlete to return, understanding that it may take longer.

8. SEPARATION OF COMPETITION

In all events, boys and girls will compete separately. Combining events to save time is not permitted.

9. ENTRIES

- A. Dual Meets -- Participation limits will be determined by site limitations and meet management, with never less than four entries per event permitted. Some sites will allow unlimited participation. Empty lanes may be filled as agreed upon by coaches involved with all entries being eligible to score. However, only one designated scoring relay team per school is permitted with additional non-scoring teams to fill all remaining lanes.
- B. Triangular Meets -- Participation limits will be determined by site limitations and meet management, with never less than five entries per event permitted. Some sites will allow unlimited participation. Empty lanes may be filled as agreed upon by coaches involved with all entries being eligible to score. However, only one designated scoring relay team per school is permitted with additional non-scoring teams to fill all remaining lanes. There will be at least two heats in all laned races: **Coaches are encouraged to place their fastest athletes in the first heat. Places for scoring purposes will be awarded by automatic time regardless of heat. If hand times are used, the best a second heat athlete may finish is third.** Scoring: 5-3-2-1 Relays: 5-3.
- C. Quadrangular Meets -- Participation limits will be determined by site limitations and meet management, with never less than four entries per event permitted. Some sites will allow unlimited participation. Empty lanes may be filled as agreed upon by coaches involved with all entries being eligible to score. However, only one designated scoring relay team per school is permitted with additional non-scoring teams to fill all remaining lanes. There will be at least two heats in all laned races: **Coaches are encouraged to place their fastest athletes in the first heat. Places for scoring purposes will be awarded by automatic time regardless of heat. If hand times are used, the best a second heat athlete may finish is third.** Scoring: 6-4-3-2-1 Relays: 6-4-2.

10. TIMING

The host school shall provide times for the first eight placers in the first two heats. Any subsequent heats will be timed by coaches.

11. TEAM MEET LIMIT

Each team and individual is 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.

WESTERN CONFERENCE
DETERMINATION OF LANE ASSIGNMENTS & TURN ROTATION
FOR CONFERENCE DUAL/TRIANGULAR/QUADRANGULAR TRACK AND FIELD MEETS

The conference adopted a plan to determine lane assignments and turn rotation for all dual, triangular, and quadrangular meets scheduled between conference schools for the season. This is an explanation of how the plan operates:

1. A pre-season draw (spring tie-breaker draw for the current school year) will be made to determine the lanes and turn rotation for each school for the entire season.
2. This plan operates for all dual and triangular meets scheduled between conference schools.
3. Lanes and turn rotation are assigned according to the conference draws.
 - A. The assignments are based on the order of rank in the draw. This is determined by comparing the rank number of each school involved in a particular meet. For example, number 3 in the draw is considered to be the low number and number 6 is the high number.
 - B. For the lane assignments and turn rotation for each meet, use the examples on the following pages. There is a section for each type of meet. The school that has the lowest number in the draw is placed in column 1, the next lowest in column 2, etc.
 - C. The order of events in a meet has no bearing on the assignments.
 - D. The lane assignments are paired in order to provide balance throughout the meet.

Examples:

Dual Meet - Arlington vs. Stanwood (Example)

1. For the purpose of this example, Arlington is number 4 and Stanwood number 8 in the draw.
2. Under dual meets, Arlington's lane assignments and turn rotation are listed in column 1 and Stanwood's in column 2.
3. For the 1600 M, Arlington will have lanes 1, 3, 5, 7 and Stanwood 2, 4, 6, 8. In the 3200 M, Arlington will be in lanes 2, 4, 6, 8 and Stanwood in 1, 3, 5, 7.

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 league athletic directors. Programs may not cut ninth graders in order to add non-freshman individuals.
- C. All schools will attend the Wesco Junior Varsity Tournament. The top four teams from each division will be seeded into an 8-team tournament at a designated site. Remaining teams will play at a second designated site.

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.

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 single-round robin format will be used for league play.
- 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

- A. A North and South Division Champion will be determined by final conference standings.

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 Division play season as follows: Each coach fills out and submits FORM A listing the top six players from his/her 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 fill out FORM B, the voting form. 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. Each team carries six hitters, two setters, and one libero/defensive specialist. A greater number can be added to a team if there are ties. 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

- A. The home team will provide three official leather balls for home contests.

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 scoreclock operator are the only individuals allowed at the scorer's table.

- D. The home **and visiting** scorekeepers 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.
- 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.

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.

Section 10 **Pre-Match Warmup**

- A. The warmup shall be 23 minutes in length and will begin after the coin flip has taken place. Immediately following the coin flip, the clock will begin for five minutes of shared court time. Following the five minutes of shared court time, the home team will have the entire court for eight minutes followed by the visiting team for eight minutes. Both teams will then share the court for two minutes of serving.
- B. Both teams are to remain on the floor and take part in the two-minute serving portion of the warm-up. This includes returning balls to the other team in a timely manner throughout the two-minute period.

Section 11 **Pre-Match Ceremonies**

- A. The pre-match ceremony will be as follows:
Five minutes before the start of the match, teams assemble at their respective benches. The starting lineup will be introduced on an alternating basis starting with the visiting team. As each player is introduced, she will meet at the net with the corresponding player from the other team for a handshake. Those two players will then immediately line up on the end line of the court.
- B. The flag salute/national anthem will take place after line-ups are announced.
- C. Official instructions and coin toss shall be immediately following the junior varsity matches.

Section 12 **Protest of Conference Contest**

- A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
- B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
- C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.

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.

Section 15 **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. 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.

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.
- 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. A single-round robin divisional format will be used.
B. Conference contests are scheduled on Tuesdays and Thursdays. Designated "wrestling only" Friday nights may be scheduled at the discretion of the Athletic Directors. Additional Friday matches may be arranged by mutual agreement. Other days may be assigned by the conference to accommodate league schedule considerations.
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. 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**
A. A North and South Division Champion will be determined by final conference standings.
- Section 5 **Wesco All-Conference Selections**
A. The top finisher in each weight class at each 4A Divisional Tournament and the 3A Sub-Regional tournament will be named All-Conference First Team. Conference certificates will be awarded to each individual first team member.
- Section 6 **Uniform**
A. 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 **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 10 **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 11 **Protest of Conference Contest**
A. Official protests of contests involving member schools must be made at the time of the disagreement as provided in the rules of the sport. Although the protest must be lodged immediately at the event, a coach must have approval from his/her principal to officially proceed with the league required process the following day.
B. Protests can only be based upon a perceived misapplication or misinterpretation of official rules.
C. Complete information pertaining to protest procedures can be found in the Constitution Section (front section) of the Wesco Constitution and Regulations Handbook.
- Section 12 **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 13 **Seed Criteria as of June, 2007**
A. Overall Record
B. Recent Head-to-Head
C. Past Post-Season (State, Region, League)
D. Coaches' Vote
Note: No seeding for wrestlers with a losing overall record
- 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.
- Section 15 **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. 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.