



District Student Athletic Handbook

Revised July 2021

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MESSAGE FROM THE DISTRICT ATHLETIC OFFICE

Dear Student-Athletes, Parents/Guardians, and Community Members,

Seattle Public Schools (SPS) interscholastic athletics serves the largest population of student-athletes in the state of Washington: our schools serve over 53,000 students in 104 school buildings across the City of Seattle. The Athletic office oversees 24 athletic offerings across three seasons. It is the department's mission is to provide high-quality educational based athletic programs and learning experiences, in order to engage and enhance the holistic growth of students. Our goal and vision that through SPS' educational based athletic programs, our students can develop skills which will help them in college, career, and life.

We have seen first-hand that athletics teaches our students teamwork, goal setting, self-discipline, sportsmanship, leadership, and many more valuable life skills. The acquisition and application of these lessons is put into practice daily as our young people become leaders and effect positive change in their school, communities, and society. Our department plans to continue building by developing additional athletic programs and leadership opportunities to serve our student-athletes.

To ensure quality programming is put into action, we have developed a resource for our student-athletes and families. The information provided in this handbook is compiled from many different sources. It is intended to serve as a resource to help you with common athletic related questions and procedures such as eligibility, competitions, rules, etc. For more detailed information, we recommend visiting the following websites:

- www.seattlepublicschools.org
- www.wiaa.com
- www.metroleaguewa.org

All student-athletes who participate in Seattle Public Schools' interscholastic athletic programs are subject to the handbook's rules, regulations, and guidelines. Please review it thoroughly; your signatures in the registration packet verify you read, understood and agreed to the handbook.

In addition to provided websites, I encourage you to connect with your school's athletic director as a resource for any questions or concerns. If our department can be of any assistance, please reach out to our staff. We look forward to your student participating with interscholastic athletics this school year.

Thank You,

Patrick McCarthy,

Executive Director of Athletics

DISTRICT OVERVIEW

PROGRAM SITES

SEATTLE PUBLIC SCHOOLS

2445 Third Avenue S / Seattle, WA 98134

BOARD OF DIRECTORS

Liza Rankin (District I) Lisa Rivera-Smith (District II)
Chandra H. Hampson (District III) Erin Dury (District IV) Zachary DeWolf (District V)
Leslie Harris (District VI) Brandon Hersey (District VII)

SUPERINTENDENT

Brent Jones

ATHLETIC DEPARTMENT

401 5th Avenue N / Seattle, WA 98109

Phone: 206-252-1800

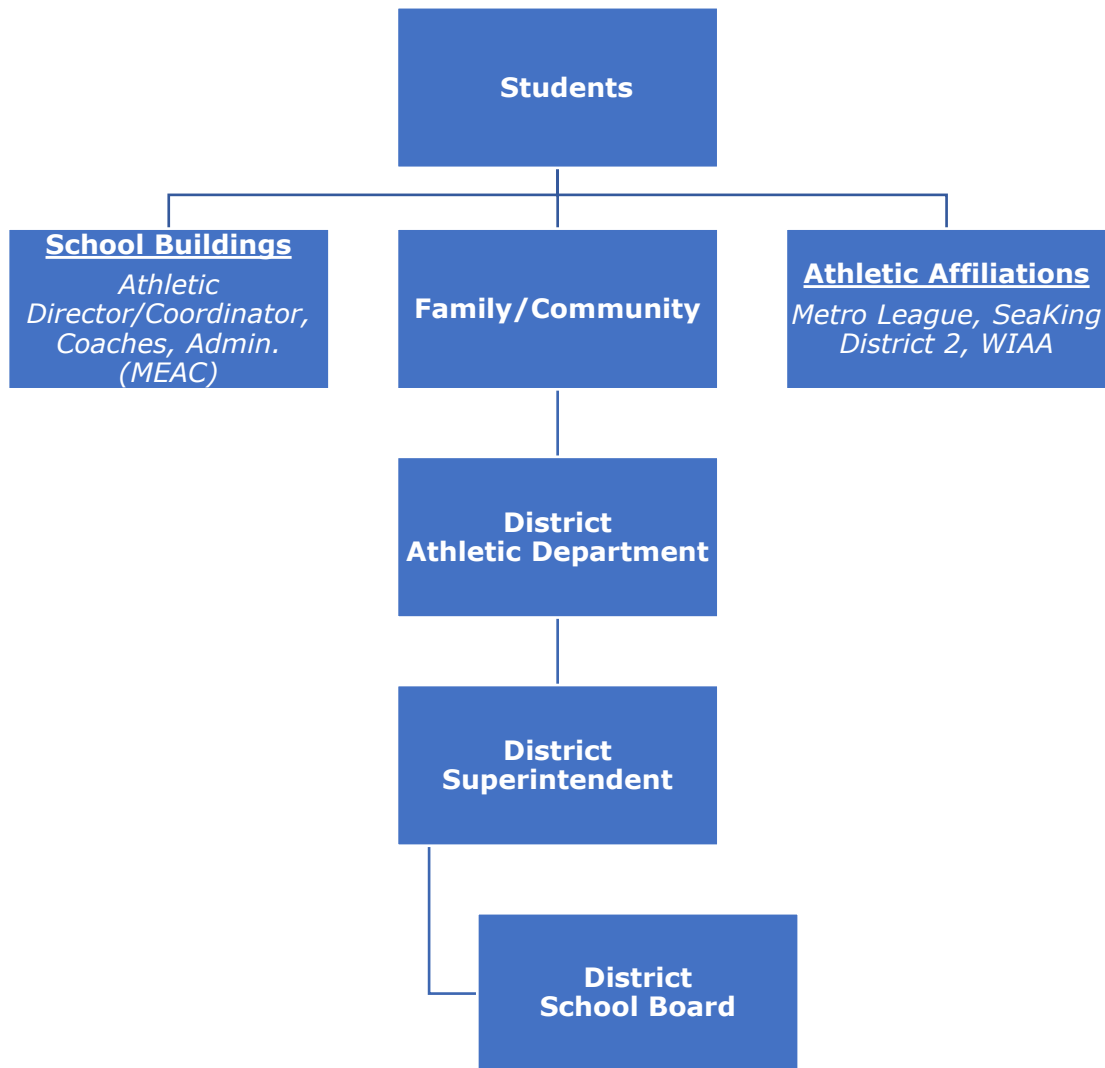
Executive Director of Athletics: Patrick McCarthy

HIGH SCHOOLS	ADDRESS	PHONE
Ballard	1418 NW 65 th Street	252.1000
Chief Sealth	2600 SW Thistle Street	252.8550
Cleveland	5511 15 th Avenue S	252.7800
Franklin	3013 S Mt Baker Blvd	252.6150
Garfield	400 23 rd Avenue	252.2270
Lincoln	4400 Interlake Avenue N	413.2500
Ingraham	1819 N 135 th Street	252.3880
Nathan Hale	10750 30 th Avenue NE	252.3680
Rainier Beach	8815 Seward Park Avenue S	252.6350
Roosevelt	1410 NE 66 th Street	252.4810
West Seattle	3000 California Avenue SW	252.8800

MIDDLE SCHOOLS	ADDRESS	PHONE
Aki Kurose	3928 S Graham Street	252.7700
Denny	2601 SW Kenyon Street	252.9000
Eagle Staff	1330 N 90 th Street	413.2300
Eckstein	3003 NE 75 th Street	252.5010
Hamilton	1610 N 41 st Street	252.5810
Jane Addams	11051 34 th Avenue NE	252.4500
Madison	3429 45 th Avenue SW	252.9200
McClure	1915 1 st Avenue W	252.1900
Meany	301 21 st Avenue E	413.2100
Mercer	1600 S Columbian Way	252. 8000
Washington	2101 S Jackson Street	252.2600
Whitman	9201 15 th Avenue NW	252.1200

K-8 SCHOOLS	ADDRESS	PHONE
Blaine	2550 34 th Avenue W	252.1920
Boren	5950 Delridge Way SW	252.8450
Broadview Thomson	13052 Greenwood Avenue	252.4080
Hazel Wolf	11530 12 th Avenue NE	252.4610
Licton Springs	3015 NW 68 th Street	743.3700
Orca	5215 46 th Avenue S	252.6900
Pathfinder	1901 SW Genesee Street	252.9710
Salmon Bay	1810 NW 65 th Street	252.1720
South Shore	4800 S Henderson Street	252. 7600
TOPS	2500 Franklin Avenue E	252.3510

PROGRAM STRUCTURE



School Building and Administrators

The principal is responsible for the operation of the school's athletic programs in full compliance with the policies and regulations of the School Board and various athletic affiliation groups. School principals meet as the Metropolitan Activities Executive Committee (MEAC).

Affiliations—League, District, State

Seattle School District high schools are members of the WIAA, SeaKing District #2, and the Metropolitan High School League (Metro). All high school sports are subject to the regulations and policies of these organizations. Coaches should be familiar with the regulations pertaining to their sport. District middle schools are not WIAA affiliated and play within the district's middle school athletic league.

District Athletic Department

The District Athletic Department, under the direction of the Executive Director of Athletics, is responsible for coordination and oversight of the district's athletic programs and provides support and guidance to schools as needed.

District School Board and Superintendent

The School Board and the Superintendent determine school district policies. They delegate authority to the District Athletic Department Office for the operation of the district's athletic programs.

PROGRAM MISSION STATEMENT, CORE VALUES, AND VISION

Mission Statement

The Athletic Department is committed to providing high-quality educational based athletic programs and learning experiences, in order to engage and enhance the holistic growth of middle and high school students.

Core Values (3 E's)

1. Education
2. Excellence
3. Ethos

Vision

Students that participate in our educational based athletic programs will develop skills that help them in college, career and life.

STUDENT HANDBOOK POINTS OF EMPHASIS

(January 2019)

**Students/Parents should read the handbook prior signing the content form in the Registration Packet. This section contains notable updates to rules and regulations.*

To ensure our community is aware of changes or updates to rules as they relate to participation in interscholastic athletics, we ask the review this section in depth. It is important our community is made aware of recent changes and clarifications to rules that apply to our student-athletes. Key updates and clarifications are as follows:

- Students who have transfer to the district (or the school's) geographic area with their family unit must sit out a year and not participate in varsity sports unless a hardship is determined. Questions about school assignments should be sent to the [District's Office of Admissions](#).
- Falsification of an address or residence to obtain a school will be cause for revocation of the student's school assignment and return to the proper school (if the student lives within the Seattle School District boundaries) or the proper district (if the student lives outside the Seattle School District boundaries). Questions about school assignments should be sent to the [District's Office of Admissions](#).
- All transferring athletes are required to fill out the Washington Interscholastic Activities Association (WIAA) expectations form.
- All coaches, including volunteers, may not receive anything in excess of \$500 annually unless specifically approved by the School Board.
- Coaches may not make participation conditional upon a student's participation in a non-school program in which the coach might have a direct or indirect financial interest. As such, coaches cannot conduct private training sessions for their student-athletes for compensation.
- Coaches must not recruit, or otherwise manipulate eligibility standards for the enrollment of student-athletes.
- Coaches are not to use personal devices and communication systems to communicate with players. Modes of communication provided by the district should be used.

If you are not clear on the updates or clarifications above, reach out to your school's athletic director or the District's Athletic Department.

PROSPECTIVE ATHLETE INFORMATION

ATHLETIC REGISTRATION AND PHYSICAL FORM

Athletic Registration Procedures

Athletes may obtain an [Athletic Registration](#) packet from their school or online; athletes should confirm with their school on which method/platform is utilized. Included in the registration materials are sport-specific release forms which outline the risks involved with each sport. The student athlete is required to review these risks with their parent(s)/guardian(s).

All items must be PROPERLY completed and signed by the appropriate person (parent/guardian, student) to be valid.

Athletic Physical Exam Procedures

A physical examination is a prerequisite to participate in afterschool athletics; it certifies the athlete's physical condition is adequate to participate in interscholastic athletics (See [Physical Exam](#) section in WIAA Handbook).

The WIAA approved medical providers licensed to perform this exam include a Medical Doctor (MD), Doctor of Osteopathy (DO), Nurse Practitioner (NP), and Physician's Assistant (PA). A physical will only be valid when conducted and signed by a medical professional from the above list. A physical examination remains valid for twenty-four (24) consecutive months to the date unless the medical professional indicates the physical is good for less than twenty-four (24) consecutive months.

Athletes must complete a physical exam and submit their proof of physical BEFORE reporting participating in any district-sponsored activity. Athletes are responsible for the expense of their physical exam.

School Registration Procedures

Each school's athletic secretary and/or athletic director/coordinator examines all athletic paperwork to see that it is accurate and COMPLETED with all required signatures. Only students who have submitted all materials and been designated as cleared may participate; schools provide each coach with a list or other method to confirm clearance.

Schools often have registration deadlines to ensure all materials are received before the start of the designated sports season. Students are responsible for adhering to these deadlines. If students or families have questions about their registration status, they should contact their individual school for further information.

ATHLETIC INSURANCE

To participate in interscholastic activities, all student-athletes must be covered by a plan which provides benefits for loss due to a covered injury with a minimum benefit of \$25,000 for each injury including the following minimum provisions:

o Surgery	50% of usual and customary charges/\$12,000 maximum	o Emergency Room	100%
o Physician Visits	\$40 per day for first visit and \$25 for following visits	o X-Rays	60% or up to \$500
o Dental	60%	o MRI and CAT Scan	+80% or up to \$500

If a family's plan does not meet the criteria above, the [District's Risk Management Department](#) can provide information on an approved, equivalent plan. Students and/or their families should contact the school for assistance in obtaining this alternative option.

MEMORANDUM ON STUDENT-ATHLETE SAFETY AND HEALTH CARE

The health and welfare of student-athletes is our top priority within the Athletic Department. The Seattle School District has taken several measures to improve athletic safety and to minimize potential risk to student/athletes while participating in interscholastic activities. The Seattle School Board has adopted an athletic safety program which includes:

- Sport safety guidelines for each sport
- Implementation of a formal selection process for coaches
- Adoption and funding for a certified athletic trainer program at the high school level

Coaches are critical in our work to serve student-athletes; for example, coaches are expected to work as part of an entire healthcare team to provide proper care for all student-athletes.

All coaches are required to have:

- Hands-on First Aid/CPR Certification (Hosted by American Heart Association or Red Cross)
- Fingerprinting/Background check (Hosted by OSPI via Seattle School District)
- Adult Sexual Misconduct Training (Hosted by Seattle School District)
- Concussion Protocol Certification (Hosted by WIAA)
- Sudden Cardiac Arrest Certification (Hosted by WIAA)
- Sport Specific Rules Clinic and all other coaching standards (Hosted by WIAA)
- Any additional certifications required from the District or State

Areas covered during these trainings include, but are not limited to:

- Preseason screening of student-athletes
- Proper conditioning
- Prevention of injuries
- Recognition, treatment, and rehabilitation of injuries
- Emergency preparedness
- Injury reporting

CODE OF CONDUCT

The Seattle School District, in line with the Metro League, supports sportsmanship and positive behavior at its athletic events. Participants are required and responsible for conforming to the rules and regulations of their school, the League, and the WIAA, and to conduct themselves in a safe and sportsman-like manner. Violators are subject to probation, suspension, or expulsion.

STUDENTS' RESPONSIBILITIES AND ATHLETIC RIGHTS

The rights, protection, and responsibilities as prescribed by the [WIAA handbook](#), the [Seattle School District's Discipline and Behavior documents](#), and their respective schools govern students participating in all interscholastic athletic programs.

Students and/or their parent(s)/guardians may make application for exceptions to League and WIAA eligibility regulations and may appeal any decisions relative to such requests through their school principal.

DRUG AND ALCOHOL POLICY

Pursuant to the Federal Drug-Free Schools and Communities Act of 1989, below is an excerpt of the district's most recent [Use of Illegal Substances Policy](#) for students and parents; for a complete list, visit the District's [Discipline](#) or [Coordinated School Health](#) Departments.

It is the policy of Seattle Public Schools (SPS) to provide a drug and alcohol-free environment for our students and staff. Therefore, SPS prohibits the unlawful possession, use or distribution of drugs and alcohol by students in or on Seattle School District property, on District-sponsored transportation, at District-sponsored events, and/or in District-owned vehicles.

Compliance with the District's policy is mandatory; students who disregard the prohibition can result in a disciplinary action. Standard discipline for a first violation of any exceptional misconduct offense is suspension. The Safety & Security Department must be notified for violations of offenses in this section. If appropriate, Seattle Police will be notified. In response, Seattle Public Schools offers, or can assist in arranging access to, drug and alcohol counseling, rehabilitation, and re-entry programs; for further information contact the school's principal or counselor.

E-100 CONTROLLED SUBSTANCES AND VIOLATIONS OVERVIEW

E-131: Possessing or Using Illegal Drugs and Controlled Substances – Possessing, using, or being under the influence of illegal drugs, controlled substances, or any food item with illegal drugs in it, and/or possessing drug paraphernalia, including, but not limited to, electronic vapor devices containing a controlled substance, pipes and hand-made devices.

E-132: Possessing or Using Alcoholic Beverages - Possessing, using, or being under the influence of alcohol, including any beverage with alcohol content.

E-133: Possessing or Using Marijuana – Possessing, using or being under the influence of marijuana, whether prescription, home-grown or street purchased.

VIOLATIONS AND ATHLETIC ELIGIBILITY

Each WIAA member school shall adopt reasonable rules and regulations, in line with their school district policies, pertaining to the use of drugs, alcohol, or tobacco products. The school principal supervises all discipline measures at their building; they can contact the District Athletic Office for additional support or recommendations.

SELF-REFERRAL BY STUDENT ATHLETE

Student athletes may utilize a self-referral procedure to seek information, guidance, counseling, and assessment regarding a student athletes' use of tobacco, alcohol, and other controlled substances. Voluntary referrals do not carry punitive consequences.

Self-Referral cannot be used by the student athlete as a method to avoid consequences once they have violated one of the conduct rules and the District has initiated a disciplinary investigation.

COMMUNICATION OF THE POLICY AND PROCEDURES

At the beginning of each sport season/activity, the school should review the policy at a meeting for participants. Written communication may be used to inform parents/guardians of this policy.

APPEAL PROCEDURE

If a student or parent(s)/guardian(s) desire to appeal the loss of athletic eligibility, they must appeal the decision in writing within three (3) school days of being given notice of the athletic ineligibility.

Appealing loss of athletic eligibility (Administered by persons other than school building principal – e.g., coach or assistant principal)

Step #1 – Appeal loss of athletic eligibility to school building principal

Step #2 – Appeal loss of athletic eligibility to District's Executive Director of Athletics

Appealing loss of athletic eligibility (Administered by the school building principal)

Step #1 – Appeal directly to District's Executive Director of Athletics

****Appeal of athletic eligibility is separate from an appeal of any discipline imposed on a student by a school under WAS 392-400.***

CONTESTS DEFINED

For purposes of this policy, "contest" is calculated by determining the number of regular season contests for each interscholastic sports program. A few examples follow:

- Girls' soccer has sixteen (16) regular season games. A 30% sanction would require that the student miss 4.8 contests. If the student was deemed ineligible after the 12th contest, they would need to miss the last four (4) games and either the first game in the playoff or the first game in the next sports season where they participated.

- Boys/Girls' Basketball has twenty (20) regular season games. A 20% sanction would require that a student miss four (4) games. If the student was deemed ineligible after the 10th contest, they would be reinstated after missing four (4) games and could be eligible for game 15. If this happened after the 18th game, they would need to miss the last two (2) games of the season and the first two (2) games in the playoff. If they played only one (1) playoff game and lost, this student would need to miss one (1) game in the next sports season where they participated.

NOTE: When calculating the percentages, 0.5 and up (i.e. 5.5 = 6 contests) fractions are rounded up to the next whole number. Sanctions are in effect until terms of the sanctions are completed or one (1) calendar year after being given notice of athletic eligibility.

SCHOOL DISCIPLINE

This policy does not supersede any discipline imposed by a school to a student under the SPS [Student Behavior](#) (formerly Code of Prohibited Conduct). Please be aware that discipline imposed by a school may carry a greater action than the sanction listed above. For example, if a student is found to have an illegal drug at school, they may be long-term suspended for two (2) months. This long-term suspension would likely result in the loss of more than 30% of their athletic eligibility.

TRANSPORTATION

Transportation is not provided by the school district for some events. In some cases, the budget provided to the schools for athletic transportation is insufficient to cover all activities. In other cases, depending on the location and nature of other athletic events, District-provided transportation is not practical.

A few examples follow:

- When practice or game sites are within walking distance from the school,
- When teams are comprised of a small number of athletes which does not warrant providing a bus, and
- When some events lend themselves to constant rescheduling and makeup due to weather conditions, which does not permit adequate turnaround time to cancel and reorder busses.

As a result, in those circumstances where the District will not provide transportation to such practices or competitions, a student-athlete's guardian assumes full responsibility for personally transporting their student, or for arranging transportation of their student, to and from such practices or competitions.

TRAVEL RULES FOR ATHLETES

The following rules will be enforced whenever it is necessary to travel to other schools for athletic contests or to alternate off-campus activity/game sites:

- All athletes must travel to and from athletic contests in which transportation is provided by the school district, except that an athlete may travel:
 - o With their own parent, if the parent arranges with the coach to transport their athlete in their own vehicle.
- Athletes will remain with their team and under the supervision of their coach when attending any contests.

Misconduct during participation in interscholastic athletic activities will be subject to school disciplinary actions. Student-athletes are direct representatives of their school, community and family and should conduct themselves accordingly.

ATTENDANCE REGULATIONS

A student must attend school or an authorized school activity for all scheduled classes on the day of an event/meet in order to be eligible to compete or practice.

Exceptions may be granted by the principal, or their designee, but illness is not an acceptable excuse.

EQUIPMENT

School equipment checked out by the student-athlete is the student's responsibility. The student-athlete is expected to keep it clean and in good condition. The student-athlete is responsible for lost/stolen school equipment assigned to them. The school district may authorize the use of school equipment during the summer if approved by the building principal/athletic director. All required forms must be completed in advance. Required form can be obtained from the principal/athletic director upon request.

EJECTIONS

Conduct resulting in ejection or disqualification from an interscholastic contest shall result in the following:

- Disqualification for the remainder of the contest in which the ejection occurred. The student shall remain with the team and the coach is responsible for the student.
- The ejected player is ineligible until they miss the next school contest in that sport at the same level of competition for which the person was ejected. The student-athlete shall not appear in the school uniform, nor sit on the team bench during the suspension period.
- The second ejection in the same sport and season shall result in ineligibility for the remainder of the season of that sport.

ELIGIBILITY

STUDENT ELIGIBILITY REQUIREMENTS: PAPERWORK

Prior to participation (including tryouts), a signed ATHLETIC REGISTRATION AND PHYSICAL FORM must be on file in the school (See Section IV above). Additional items to note include:

- For each subsequent twenty-four (24) month period the student-athlete shall furnish a statement or physical examination form signed by a medical authority licensed to perform a physical examination that provides clearance for continued athletic participation.
- To resume participation following an illness and or injury serious enough to require medical care, a participating student-athlete must present to the school officials a written clearance form from a physician licensed to perform physical examinations.

NOTE: In the event of extended illness/injury, an adequate number of days for reconditioning is recommended prior to return to full competition.

STUDENT ELIGIBILITY REQUIREMENTS: DISTRICT POLICIES

- Student athletes may be required to purchase a school ASB card. This is a school-based requirement; students who need financial assistance should contact their school directly.
- Be in attendance a full day of school on any game date which falls on a school day.
- Students must reside with their parents, the parent with legal custody, or a court appointed guardian who has acted in such a capacity for a period of one year or more.
- Students must not miss practices or games for the purpose of participating in non-school athletic activities without League approval.
- Students must not accept cash awards in any amount or merchandise of more than \$500 in value or have ever signed a contract with or played for a professional athletic organization.

STUDENT ELIGIBILITY REQUIREMENTS: ADDITIONAL CONSIDERATIONS

A student's athletic eligibility can be adversely affected by:

- Providing misleading or false information relative to factors, which affect eligibility (Loss of minimum of one year of eligibility)
- Missing a game or practice to participate in an out-of-school athletic activity

- Participating in an athletic activity under a false name
- Disruptive behavior during practice and/or contests
- Irregular attendance at school or practice
- Committing and/or aiding or abetting in the commission of any physical abuse or attack upon any person associated with athletic practices or contests
- Using a school uniform in a non-school athletic event or failure to maintain proper care or return of athletic equipment
- School disciplinary action (suspension, expulsion, etc.)
- Substance abuse or distribution

All eligibility questions should be referred to the school's athletic director for review.

STUDENT ELIGIBILITY REQUIREMENTS: 2.0 GPA POLICY

For complete details regarding this policy (including the student's responsibilities) review the Superintendent's Procedure on District's [Interscholastic Activities Policy](#). The Seattle School District Board of Directors passed the following policy regarding participation in interscholastic activities for students (grades 9-12).

STUDENT ELIGIBILITY CHECKLIST (WIAA)

Before participating, all contestants must be eligible under the rules of the WIAA. Athletes can use the following checklist, along with their family, coach, or athletic director; unchecked boxes may mean they are NOT eligible but student will need to verify eligibility with their school. All eligibility questions should be referred to the school's athletic director for review.

- I'm officially enrolled in a WIAA member school.
- If I'm a Running Start student, I have completed the Running Start contract with my school administrator.
- If I'm a home school student, I have registered with the school district as a home school student.
- I'm enrolled in at least the minimum number of classes for athletic eligibility, generally five or more classes.
- I received passing grades in the minimum number of classes in the previous semester.
- I have not changed school districts without a corresponding move of my entire family unit.
- I reside with my family unit in this school district and school service area.
- I have not been enrolled in high school for more than 8 semesters.
- I did not turn 20 years of age before the start of each sport season.
- I'm an amateur in the sports in which I compete interscholastically, and I have not accepted cash or any award, equipment or prize valued greater than \$500 per year.
- I have had a physical exam within the past 24 months and it, as well as my registration packet, are on file at my school.

[WIAA Fillable Eligibility Checklist](#)

STUDENT ELIGIBILITY REQUIREMENTS: ADDITIONAL INFORMATION

AGE: A high school student-athlete who turns 20 years of age prior to September 1 for Fall Sports, December 1 for Winter Sports and March 1 for Spring Sports is ineligible for interscholastic athletics.

AMATEUR STANDING: A student who represents a school in an interscholastic sport must be an amateur in that sport. To protect amateur status a student shall:

- Never accept cash awards or accept merchandise or in-kind services of more than \$300 in fair market value.
- During any one calendar year, August 1 through July 31.

CONCURRENT PARTICIPATION: A student-athlete shall not compete concurrently in more than one (1) interscholastic sport per sport season.

FALSE INFORMATION: If it's determined that the student/parent/guardian provided the school false information which caused the school to declare the participant eligible, the student will be declared ineligible for interscholastic competition for a period of one (1) year. Sanctions will not be imposed on the school or the team.

NON-SCHOOL PARTICIPATION: During any sports season after joining a school squad, students may participate in non-school athletic activities provided they do not miss a team practice or scheduled contest. In unusual or unique situations, schools may contact the Executive Athletic Director to request an exception to this regulation provided the contact and the decision are made in advance.

Athletes who miss participating in a league scheduled event (regular season or playoffs) as a result of participating in a non-league athletic activity may be ineligible for the remainder of the season.

RESIDENCE: The place where the family unit has established its home and/or the place where the student is habitually present and to which, when departing, the student intends to return. In the case of residency concerns, communication should be made with District Office of Admissions.

SEASON LIMITATIONS: After entering or being eligible to enter the seventh grade, a student-athlete shall have six (6) consecutive years of interscholastic eligibility. If the seventh or eighth grade is repeated and such repetition is based upon documented academic deficiencies by the school principal, the repeated year shall not count against the student-athlete's six (6) interscholastic competitive years. After entering or being eligible to enter the ninth grade, a student-athlete shall have four (4) consecutive years of interscholastic eligibility.

TRANSFER STUDENTS: After registering and/or attending a high school, students changing enrollment to/from one school district to another school district or from one high school to another high school within a multiple high school district shall be considered a transferring student.

In order to be eligible for varsity competition, transferring students must meet the normal residence requirements, or the transferring student requirements, or be granted a waiver under the District 2 appeal provisions. A student who is ineligible in a member school may not become immediately eligible at another member school without completing the conditions of ineligibility.

For details regarding transfer guidelines consult the WIAA Official Handbook 18.11.0. (Refer to the WIAA Official Handbook for the status of a private school district.)

[WIAA - Before You Enroll Form](#)

[WIAA - Before You Withdraw Form](#)

***This section shall also apply to those students receiving home-based instruction**

STUDENT ELIGIBILITY: APPEAL PROCEDURE

If a student or parent/guardian desires to appeal the loss of athletic eligibility:

- i. They must appeal the decision within 3 school/business days of being given notice of the athletic ineligibility.
- ii. The appeal must be in writing.
- iii. The appeal must be delivered to WIAA District Eligibility Committee or its designee

RUNNING START ELIGIBILITY GUIDELINES

The "Running Start" student must be included on the school's P-223 count submitted to SPI. The school of eligibility must be the "School of Record" for the "Running Start" student and include the same transcript records as all other students.

REGULAR ATTENDANCE

The "Running Start" student must comply with the WIAA minimum eligibility standards of 85% attendance in scheduled classes and comply with local school attendance eligibility policies required of all other students.

SCHOLARSHIP AND PREVIOUS SEMESTER

The "Running Start" student shall have passed and maintained passing grades in a minimum of four (4) full time subjects as evidenced by college credits, earning at least two (2.0) graduation credits (or equivalent), monitored at any time AND at a minimum the previous semester grading recorded on the official transcript. The School Eligibility Standards must be consistently applied to ALL students. School Board (or schools so authorized by School district policy) adopted standards greater than WIAA standards must be applied.

ALL OTHER ELIGIBILITY STANDARDS

The "Running Start" student shall maintain passing grades during the previous and current high school semester in the equivalent of four (4) full-time high school classes (which equate to two (2) high school credits.) For the purposes of this rule, one (1) five (5) credit class in a college quarter shall be equal to one (1) high school credit and one (1) three (3) credit class in a college semester shall be equal to one (1) high school credit.

OUT-OF-SEASON

Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport activities and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sport state tournament. Out-of-season is that time during which paid, or volunteer coaches cannot coach present or future squad members.

PRACTICE REGULATIONS

School sponsorship or promotion of practice and/or participation in each sport contest must be restricted to the WIAA designated season for that sport. Practice regulations that apply to all sports during the school year are as follows:

- For the purpose of meeting the pre-contest practice requirements, practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice.
- A practice is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.
- Practice shall be limited to each sports season as defined under each sport per the

WIAA. Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

- A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season. One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.
- Practice days are considered Monday through Friday. Saturdays and a nationally recognized holiday are allowable practice days.
- Sundays may not be counted toward meeting the minimum practice requirements.
- Practice on a game day would not allow an athlete to become eligible for competition on that day.
- Participation in pre-contest warm-up exercises shall not count as required practice. Interruption of pre-contest practices- individual practice requirements shall be met during regular team practice(s).

If an individual athlete's pre-contest practice is interrupted, the following procedure will be used to assure that an appropriate period of practice precedes interscholastic competition:

- An interruption of up to three (3) consecutive school scheduled practice days, excluding Sunday, will have no effect on the value of previous practice days in determining compliance with pre-contest practice requirements.
 - o For example: If an athlete has completed seven (7) days of practice and then did not practice for three (3) consecutive school scheduled practice days, excluding Sunday, the previous seven (7) days would still count toward the minimum individual practices required before interscholastic competition.
- Beginning with the fourth (4) consecutive school scheduled practice day without practice, the total number of days missed will be subtracted from the number of days previously practiced to determine compliance with pre-contest practice requirements.
 - o For example: If an athlete completed six (6) days of practice, and then did not practice for five (5) school scheduled practice days, only one (1) of the previous practice days, could be counted toward meeting the minimum pre-contest requirement. If an athlete completed eight (8) days, and then missed the five (5) days, only three (3) of the previous days could be counted toward meeting the minimum pre-contest practice requirements.

Once the pre-contest practice requirements have been met the Interruption of Pre-contest practice rule no longer applies for that sport although each school has the authority to establish minimum requirements regarding return to play.

WAIVER OF INDIVIDUAL PRACTICE REQUIREMENTS

An individual who participates in any level of WIAA sanctioned post season play-offs, and who cannot meet the minimum practice requirements for the succeeding sport, will be allowed to waive up to a maximum of one-half of the required individual practice days for that sport only if the available team practice days for each individual involved in the preceding play-offs are insufficient to meet the minimum requirement before a scheduled contest.

HIGH SCHOOL YEAR-ROUND CONDITIONING

Students may organize and supervise a year-round conditioning program to include weight training, running, and exercising provided all the following conditions are met:

- Participation in year-round conditioning cannot be a requirement of condition of participation on a school team
- It is open to all student
- Instruction in specific sports skills is not provided

OPEN GYM

Schools may conduct open athletic facilities (gym, pools, field, and track) in the off-season if the following conditions are met:

- The program is part of the school district organized recreational or activity program
- Activities are open and advertised to all members of the student body
- Students have a choice of activities
- No coaching or drilling of the athletes attending occurs
- Supervision is provided by an approved school district employee

SPECIALIZED SPORT CAMPS

Participants in a school-sponsored sport may attend camps or clinics at any time during the school year or during the summer. However, a fall sport participant in a school sponsored sport cannot attend any camps or clinics in that sport three (3) weeks prior to the first day of tryouts/practice for that sport if the participant's coach is a clinician/organizer of that camp or clinic.

NOTE: Coaches may not make participation conditional upon a student's program participation in a non-school program in which the coach might have a direct or indirect financial interest.

SUMMER ACTIVITIES

Summer is defined as the first day following the WIAA spring tournaments until three weeks prior to the start of activities (tryouts/practice) for fall sports and as the first day following the WIAA spring tournaments until the first day of fall activities for winter and spring sports coaches.

Coaches may conduct activities during the summer on their own, as individuals. School districts may authorize the use of school equipment, facilities, and/or transportation for individuals and/or teams during the summer if approved by the local school board.

NON-DISTRICT SPONSORED SUMMER ATHLETIC WORKOUTS

Seattle Public Schools does NOT conduct or sponsor any summer workout sessions or camps. It's recommended that student-athletes should only participate in commercial summer clinics/camps/leagues if they are:

- Highly supervised;
- Have parental consent forms;
- Ensure that the student athletes are properly covered by liability and catastrophic insurance

RECRUITING

PHILOSOPHY OF RECRUITING

Students who demonstrate special skills and talent in any of the activities under the jurisdiction of the Washington Interscholastic Activities Association should not be subjected to pressures to enroll in a member school outside of their normal enrollment area. The rules do not prohibit legitimate school public relations, promotion, or marketing. Rather these rules prohibit capitalization upon a school's athletic program and/or a student's athletic interest, potential or proficiency as a factor in determining school attendance.

RECRUITING

Efforts to induce students to enroll in a member school because of the students' special talent or skill is considered recruiting. Recruiting of students or attempted recruiting of students for athletic purposes is prohibited, regardless of their residence. No student athlete may receive,

or be offered, any remunerations of any kind, or to receive or be offered any special inducement of any kind, which is not made available to all applicants who enroll in the school or apply to the school.

Special inducement shall include, but not be limited to the offer or acceptance of:

- Money or other valuable consideration such as free or reduced tuition during the regular year or summer school by anyone connected with the school.
- Room, board or clothing or financial allotment for clothing.
- Pay for work that is not performed or that is in excess of the amount regularly paid for such service.
- Free transportation by any school- connected person
- Residence with any school-connected person.
- Any privilege not afforded to non- athletes.
- Free or reduced rent for parents.
- Payment of moving expenses of parents or assistance with moving of parents.
- Employment of family unit in order to entice the family to move to a certain community if someone connected with the school makes the offer.
- Help in securing a college athletic scholarship.

A student who has enrolled in a difference school and has been determined to be recruited will be deemed ineligible at all levels of play and for all sports for one full calendar year. The one (1) year penalty will begin on the day the determination is made that the student has been recruited.

COLLEGE RECRUITMENT

In the event a student should be contacted personally by a college recruiter, that student has an obligation to work through their coach and the school's athletic department. The coach should be informed of such contact as soon as possible. This is especially important if it occurs during the time when the student is actually involved in active participation. They student should check with their coach (and/or athletic director) regarding NCAA rules governing recruiting. Rule violations could result in loss of eligibility.

NOTE: The NCAA regulations can change on an annual basis. Contact the school's building guidance counselor, coach, or athletic department for complete and current information.

HIGH SCHOOL ATHLETIC PROGRAM DESCRIPTIONS

FALL SEASON

(September - November) *All practice and games times are estimated and may vary*

CROSS COUNTRY (Boys & Girls)

SPORT LEVELS:	Varsity
TIME SCHEDULES:	1 league meet per week plus involvement in approved/qualified invitational, league, district & state meets
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) at school or community sites; Meets at community sites
SAFETY FACTORS:	Special awareness of endurance factors
*EQUIPMENT:	Equipment & uniforms provided

FOOTBALL

SPORT LEVELS:	Varsity (possibly JV and/or C team)
TIME SCHEDULES:	At least 1 game for varsity plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) at school or community sites; All varsity games at Memorial Stadium, West Seattle Stadium and school athletic complex sites
SAFETY FACTORS:	Contact sport that requires special awareness of endurance and safety techniques for prevention of possible head, neck and other serious injuries.
*EQUIPMENT:	Equipment & uniforms provided

GOLF (Boys & Girls)

SPORT LEVELS:	Varsity
TIME SCHEDULES:	At least 1 league meet per week plus involvement in approved/qualified invitational, league, district & state meets
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and matches at Jefferson Park, Jackson Park, West Seattle Park, or other community sites
SAFETY FACTORS:	Minimal
*EQUIPMENT:	Furnished by schools

SLOWPITCH SOFTBALL

SPORT LEVELS:	Varsity
TIME SCHEDULES:	At least 1 league game per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Special awareness of thrown balls or batted balls, sliding and other contact & swinging bat factors
*EQUIPMENT:	Equipment & uniforms provided

SOCCER (Girls)

SPORT LEVELS:	Varsity (possibly JV and/or C team)
TIME SCHEDULES:	At least 1 league game per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Some contact with special awareness of endurance factors
*EQUIPMENT:	Equipment & uniforms provided

SWIM & DIVE (Girls)

SPORT LEVELS:	Varsity
TIME SCHEDULES:	League meets weekly (Fridays) with one bye plus involvement in approved/qualified invitational, league, district & state meets
LOCATION OF FACILITIES:	Activities (tryouts and practice) and meets at community pools
SAFETY FACTORS:	Coaching personnel trained in Aquatics & Water Safety
EQUIPMENT:	Equipment & uniforms provided

VOLLEYBALL

SPORT LEVELS:	Varsity (possibly JV and/or C team)
TIME SCHEDULES:	At least 1 league match per week plus involvement in approved/qualified invitational, league, district & state matches
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and matches at school sites
SAFETY FACTORS:	Minimal
*EQUIPMENT:	Equipment & uniforms provided

WINTER SEASON

(November - March) *All practice and games times are estimated and may vary*

BASKETBALL (Boys & Girls)

SPORT LEVELS:	Varsity (possibly JV and/or C team)
TIME SCHEDULES:	At least 1 league game per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school sites
SAFETY FACTORS:	Conditioning for limited contact & endurance factors
*EQUIPMENT:	Equipment & uniforms provided

BOWLING

SPORT LEVELS:	Varsity
TIME SCHEDULES:	At least 1 league match per week plus involvement in approved/qualified invitational, league, district & state matches
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and matches at community sites
SAFETY FACTORS:	Minimal
*EQUIPMENT:	Equipment & uniforms provided

GYMNASTICS

SPORT LEVELS:	Varsity
TIME SCHEDULES:	At least 1 league meet per week plus involvement in approved/qualified invitational, league, district & state meet
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and meets at school sites
SAFETY FACTORS:	Conditioning & instruction for strength, safe falling techniques and dangerous stunts within routines, for prevention of head, neck & other serious injuries
*EQUIPMENT:	Equipment & uniforms provided

SWIM & DIVE (Boys)

SPORT LEVELS:	Varsity
TIME SCHEDULES:	At least 1 league meet per week plus involvement in approved/qualified invitational, league, district & state meets
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and meets at community sites
SAFETY FACTORS:	Coaching personnel trained in Aquatics & Water Safety
EQUIPMENT:	Equipment & uniforms provided

WRESTLING (Boys & Girls)

SPORT LEVELS:	Varsity (possibly JV team)
TIME SCHEDULES:	At least 1 league match per week plus involvement in approved/qualified invitational, league, district & state matches
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and matches at school sites
SAFETY FACTORS:	Instruction & training for strength, endurance, dangerous and illegal holds, for prevention of head, neck & other serious injuries
*EQUIPMENT:	Equipment & uniforms provided

SPRING SEASON

(March - May) All practice and games times are estimated and may vary

BASEBALL

SPORT LEVELS:	Varsity (possibly JV)
TIME SCHEDULES:	At least 1 league game per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Special awareness of thrown or batted balls, sliding and other contact & swinging bat factors
*EQUIPMENT:	Equipment & uniforms provided

FASTPITCH SOFTBALL

SPORT LEVELS:	Varsity (possibly JV)
TIME SCHEDULES:	At least 1 league game per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Special awareness of thrown balls or batted balls, sliding and other contact & swinging bat factors
*EQUIPMENT:	Equipment & uniforms provided

SOCCER (Boys)

SPORT LEVELS:	Varsity (possibly JV and/or C team)
TIME SCHEDULES:	At least 1 league games per week plus involvement in approved/qualified invitational, league, district & state games
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Some contact with special awareness of endurance factors
*EQUIPMENT:	Equipment & uniforms provided

TENNIS (Boys & Girls)

SPORT LEVELS:	Varsity (possibly JV)
TIME SCHEDULES:	At least 1 league match per week plus involvement in approved/qualified invitational, league, district & state matches
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and games at school or community sites
SAFETY FACTORS:	Minimal
*EQUIPMENT:	Equipment & uniforms provided (<i>*Athletes provide their own racquets</i>)

TRACK & FIELD (Boys & Girls)

SPORT LEVELS:	Varsity
TIME SCHEDULES:	1 league meet per week plus involvement in approved/qualified invitational, league, district & state meet
LOCATION OF FACILITIES:	Activities (tryouts, practice, etc.) and meets at school complex sites
SAFETY FACTORS:	Foam pits provided. Instruction & training in safe practices, especially shot put and discus areas, proper falling and endurance factors.
*EQUIPMENT:	Equipment & uniforms provided (<i>*Track specific shoes may be provided</i>)

****Athletes provide their own training shoes, socks, and undershirts.***