

28.2.9 Reconsideration: Notice of a request for reconsideration of a decision by the League/District/District Directors' Appeals Board/WIAA Executive Board shall be submitted in writing to the League/District/District Director's Appeals Board/WIAA Executive Board within ten (10) school business days of receipt of the decision provided such request is based upon new information not previously or reasonably available at the time of the hearing/decision and/or misapplication of the School Due Process Procedures. Upon receipt of notice, the League/District/WIAA Executive Board shall within thirty (30) school business days respond to the request and/or schedule a reconsideration hearing.

28.3.0 DUE PROCESS PROCEDURES – STATE EVENTS – When a coach feels there has been a misinterpretation or misapplication of a rule, the coach shall notify the game officials following the incident in question and prior to the next live ball or the resumption of action (where applicable) that the remainder of the contest is being played under protest.

28.3.1 Following the contest, the coach shall officially lodge the protest, in writing, with the game management. The written protest shall be submitted to game management within twenty-four (24) hours or no later than the next school business day.

28.3.2 The above process can be modified so that the tournament games committee can render a decision in a timely manner, so that the tournament can proceed as scheduled.

50.0.0 SPECIFIC SPORT RULES AND REGULATIONS

50.1.0 CONTEST RULES - Except when otherwise indicated, the contest rules developed by the National Federation of State High School Associations (NFHS) shall apply.

51.0.0 BASEBALL

51.1.0 SENIOR HIGH SCHOOL BASEBALL

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	March 1	10	20 + Jamboree	May 29
2010-11	February 28	10	20 + Jamboree	May 28

51.2.0 JAMBOREE - A baseball jamboree is an abbreviated contest during which no more than six (6) innings per team and/or six (6) innings per player may be played. All general jamboree rules also apply. Please refer to general jamboree guidelines.

51.3.0 INVITATIONAL TOURNAMENTS - Each game played in an invitational tournament must count toward the team and individual participant contest limitation.

51.4.0 PLAYER LIMITATION - Starting a contest shall count as one of the twenty (20) contests allowed for an individual.

51.4.1 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the twenty (20) individual season contest limit.

51.5.0 PITCHER LIMITATION - When a pitcher pitches four (4) innings or more in a contest which began and ended on the same day or in a day, the pitcher shall not pitch again until two (2) calendar days have elapsed. The following examples indicate when a pitcher could pitch: Monday-Thursday, Tuesday-Friday, Wednesday-Saturday, Thursday-Monday, Friday-Monday, Saturday-Tuesday.

51.5.1 One (1) pitch constitutes an inning.

51.5.2 The same rule applies to playoffs as well as to regular season play, and to tied, suspended, discontinued or protested games.

51.6.0 CALLED CONTEST - When a non-league or league contest is called by the umpire before the contest can be considered a regulation game according to NFHS rules, and the league has no rule pertaining to the situation, the contest is declared a "no contest."

51.6.1 The contest may be continued or replayed.

51.6.2 The pitcher limitation rule shall apply.

51.7.0 SUSPENDED CONTEST - In State tournament play (regionals, semi-finals, and finals), any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:

51.7.1 The contest shall continue from the point of suspension at a later time.

51.7.2 The lineup, innings pitched and batting order of each team will remain exactly the same as when the contest was suspended.

51.8.0 GAME ENDING PROCEDURES - NFHS Rule 4-2-2, in which the game shall end when the losing team is behind 10 or more runs and has had at least five turns at bat, applies during all regular season and postseason games except for the regional, semifinal and final rounds.

51.9.0 SPEED UP RULE - By WIAA Executive Board approval, local leagues may adopt speed up rules for league play. Speed up rules may be used during all state qualifying contests.

51.61.0 MIDDLE LEVEL SCHOOL BASEBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10 + Jamboree for 7 th or 8 th grade teams 10 + Jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th grade teams

51.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

51.63.0 JAMBOREE - A baseball jamboree is an abbreviated contest during which not more than six (6) innings per team and/or six (6) innings per player may be played. All general jamboree rules also apply. Please refer to general jamboree guidelines.

51.64.0 PLAYER LIMITATION - A player shall participate in no more than three (3) baseball contests per week.

51.64.1 Extra Innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who played in two (2) innings or less of the regular contest. Up to four (4) extra innings may be played.

51.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against the ten (10) individual season contest limit.

51.65.0 PITCHER LIMITATION - A pitcher is eligible to pitch in no more than seven (7) innings or one complete contest if shorter than seven (7) innings during any consecutive five day period. The following examples indicate when a pitcher could pitch: Monday-Saturday, Tuesday-Monday, Wednesday-Monday, Thursday-Tuesday, Friday-Wednesday.

51.65.1 Days shall be counted from start to start of contest. Example: Monday 3:00 p.m. to Saturday 3:00 p.m. is five (5) days.

51.66.0 CALLED GAME – Refer to high school baseball.

52.0.0 BASKETBALL

52.1.0 SENIOR HIGH SCHOOL BASKETBALL

Classification, Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
1B 2009-10	November 16	10	20 + Jamboree	February 27
2B, 1A, 3A 2009-10	November 16	10	20 + Jamboree	March 6
2A, 4A 2009-10	November 16	10	20+ Jamboree	March 13
1B 2010-11	November 15	10	20 + Jamboree	February 26
2B, 1A, 3A 2010-11	November 15	10	20 + Jamboree	March 5
2A, 4A 2010-11	November 15	10	20 + Jamboree	March 12

52.2.0 JAMBOREE - A basketball jamboree is an abbreviated contest during which a squad may play no more than twenty (20) minutes. All general jamboree rules also apply. Please refer to general jamboree guidelines.

52.3.0 ADDITIONAL RULE ADOPTIONS

52.3.1 NFHS Rule 10-5-3 – The fourteen (14) foot COACHES BOX has been adopted.

52.3.2 RULE BOOK - simplified version of the modifications for **boys and girls** basketball:

1. **The boys shall utilize a 35-second shot clock.**
2. The girls shall utilize a 30-second clock shot.
3. The mid-court division line (over and back) shall be utilized.
4. **The 10-second backcourt count shall be in effect for boys,** but not for girls.
5. Closely guarded violations occur when:
 - a. A team in its front court (boys) or on the playing court (girls) controls the balls for five seconds in an area enclosed by screening teammates.
 - b. A closely guarded player (boys) anywhere in the front court holds or dribbles the ball for five seconds. This count shall be terminated during an interrupted dribble.

A player in control of the ball (girls) but not dribbling, is closely guarded when an opponent is in a guarding stance within six feet. A closely guarded violation shall occur when the player in control of the ball holds the ball for more than five seconds.

52.3.2.1 **SHOT CLOCK OPERATIONS** - The shot clock operator shall control a separate timing device which shall have a horn with a different sound from that of the officials' horn.

- A. The timing device shall start when
 1. A player in bounds gains possession of the ball on a throw in
 2. A team initially gains possession of the ball from a
 - a) Jump ball
 - 2) Rebound
 - 3) Loose ball
- B. The timing device shall stop and reset when play continues
 1. When the team loses possession of the ball (the mere touching of a ball by an opponent does not start a new 30-second (girls) or 35-second (boys) period if the same team remains in control of the ball)
 2. When a foul occurs (by either team)
 3. When a tie ball occurs and the defense is awarded the ball
 4. When a try for a goal is attempted (the shot must hit the rim to be a legal shot)
 5. When a violation occurs (most violations are by the offensive team which becomes a change of possession and clock is reset)
 6. When the defense commits a violation by
 - a) Kicking the ball
 - b) Striking the ball with a fist
 - c) Excessively swinging arms or elbows
- C. Stop the timing device and continue time when play commences (a new 30-second period shall not be started)
 1. When the ball is deflected out-of-bounds by a defensive player
 2. When a time out is called
 3. When a player becomes injured or loses a contact lens
 4. When a tie ball occurs and the offense retains the ball
- D. Sound the horn at the expiration of **35-seconds (boys)** or 30-seconds (girls). This does not stop play unless recognized by the official's whistle.
- E. Allow the timing device to continue
 1. During a loose ball situation if the offense retains possession
 2. When a shot is attempted at the wrong basket
- F. Turn the timing device off when less than **35-seconds (boys)** or 30-seconds (girls) remain in the period being played.
- G. Have an alternate shot clock timing device available.

52.3.2.2 **SHOT CLOCK DISPLAY** - A visible shot second clock is recommended for all basketball games. If this is not possible, an alternative timing device must be available and operated at the scorers table. This may be in the form of a stopwatch or start/stop clock, etc.

When two visible shot clock floor displays are used, they should be placed six feet beyond the endlines intersecting the sidelines extended and shall be positioned in the corner of each front court to the right of the basket. The two visible clocks may also be displayed above or behind each backboard or on scoreboards located at the ends of the court.

When only one display is used, it shall be placed six feet outside the sideline intersecting the division line extended and on the side of the court opposite the scorers and timers.

52.4.0 **SQUAD AND CONTEST LIMITATIONS** - Each squad (Varsity, J.V., Sophomore, or other squad) may schedule up to twenty (20) contests and a jamboree.

52.4.1 **ADDITIONAL CONTEST ALLOWED** - A twenty-first (21st) game against an international touring team is allowed once every three (3) years according to the criteria outlined in International Sanction Procedures

52.4.2 Each squad is allowed to schedule and to participate in only one (1) contest per day.

52.4.3 Each interscholastic contest played must be credited as a contest to a definite squad.

52.4.4 Subvarsity basketball players may play in two (2) subvarsity games, a total of up to eight (8) subvarsity quarters, in one (1) day, on eight (8) different occasions, provided there is a minimum of 45 minutes rest between games. Athletes would still be limited to 80 quarters in a season.

52.5.0 PLAYER LIMITATION – Each player may play in twenty (20) contests, but in doing so may not exceed eighty (80) quarters. Any appearance in a quarter, regardless of the length of time played, shall be considered as one (1) quarter. This is interpreted as meaning when a player is beckoned onto the floor and the ball becomes alive, that the player has played in one (1) quarter.

52.5.1 Players from all classifications of schools except 1B schools may appear in a maximum of four (4) quarters in one (1) day.

52.5.2 Players in 1B schools may appear in a maximum of five (5) quarters in one (1) day.

52.5.3 Players from all classifications of schools except 1B schools may participate in a maximum of 20 games during the regular season.

52.5.4 Players in 1B schools may participate in a maximum of 80 quarters during the regular season.

52.5.5 In an attempt to maintain and salvage a varsity or junior varsity 1B league schedule, an eighth grader who has participated on either a WIAA member middle school or a WIAA member junior high school team may participate on the high school team provided the total number of high school participants does not exceed specified numbers.

52.5.5.1 If the total number of high school participants is less than twice the number to field a team, eighth graders may play on the varsity squad. If eighth graders play on the varsity squad, the total number of participants on the high school team may not exceed twice the number to field a team plus two (2).

52.5.5.2 If the total number of high school participants is between two times and three times the number to field a team, eighth graders may play only on the junior varsity squad.

52.5.5.3 When utilizing eighth graders, the total combined number of high school and eighth grade players must not exceed three times the number to field an individual team.

52.5.5.4 If an eighth grader has participated in a middle level or junior high team, an eighth grader may participate in a maximum of forty quarters.

52.6.0 COUNTING QUARTERS AND CONTESTS:

52.6.1 Four (4) quarters played against the same squad is one (1) contest.

52.6.2 Four (4) quarters played against the same school, same day, different squads (i.e., varsity and junior varsity squads) is one (1) contest.

52.6.3 Four (4) quarters played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, junior varsity on Thursday) is one (1) contest.
If a player exceeds four (4) quarters, that player is considered to have participated in two (2) contests (one (1) contest on each day).

52.6.4 A total of four (4) quarters played against two (2) different schools, same day, different squads is one (1) contest.

52.6.5 One (1) or more quarters played against two (2) different schools, different days during the same week, different squads would be two (2) contests.

52.6.6 Postseason games do not count against the game or quarterly season limitation.

52.5.7 **FIFTH QUARTER** - A fifth quarter may be played only by freshmen basketball squads following the regular contest. The 5th quarter is for players who were not starters and who played in two (2) quarters or less of the regular contest.

52.7.0 DETERMINATION OF RANKING FOR DISTRICT TOURNAMENT - In case of a tie at the close of the season's play in a league where two schools have already qualified for the district tournament and where there is no subdistrict tournament and where either one or both have played twenty (20) games, permission is granted these schools to play off the tie. The necessary contest or contests are to be considered as the equivalent of the subdistrict tournaments allowed elsewhere in excess of the 20-contest limit.

52.61.0 MIDDLE LEVEL SCHOOL BASKETBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10 + Jamboree for 7 th or 8 th graders 12 + jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th graders

- 52.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- 52.63.0 JAMBOREE** - A basketball jamboree is an abbreviated contest during which a squad may play no more than twenty (20) minutes. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 52.64.0 SQUAD AND CONTEST LIMITATIONS** - Each interscholastic contest played must be credited as a contest to a definite squad.
- 52.64.1 Each squad is allowed to schedule and to participate in only one (1) contest per day.
- 52.64.2 There shall not be more than three (3) contests per week per squad
- 52.65.0 PLAYER LIMITATION** - The ten (10) contest limitation equates to a maximum of forty (40) quarters per season; the twelve (12) contest limitation equates to a maximum of forty-eight (48) quarters per season.
- 52.65.1 Each player is limited to participation in four (4) quarters of play in any one (1) day. Any appearance in a quarter, regardless of the length of time played, is to be considered as one (1) quarter. Refer to "Counting Quarters and Contests" in the high school basketball section
- 52.65.2 The contest in which the player exceeds the allotted four (4) quarters shall be automatically forfeited by the team using the player.
- 52.65.3 Seventh and eighth grade teams are allowed to play in quarters up to eight (8) minutes in length.
- 52.65.4 Fifth Quarter: A fifth quarter may be played following the regular contest. The 5th quarter is for players who were not starters and played in two (2) quarters or less of the regular contest.
- 52.66.0 RULEBOOK** - The modifications for girls' basketball at the high school level apply.
- 52.66.1 Leagues have the option to utilize the NFHS ten (10) second backcourt possession rule, rather than follow the shot clock operations.

53.0.0 GIRLS BOWLING

53.1.0 SENIOR HIGH SCHOOL GIRLS BOWLING

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	November 2	0	18 + Jamboree	February 6
2010-11	November 1	0	18 + Jamboree	February 5

- 53.1.0 JAMBOREE** – A bowling jamboree is an abbreviated match of two (2) games. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 53.2.0 TEAM - DEFINITION** – Five (5) players make up a bowling team. The team roster may include up to seven (7) players.
- 53.3.0 MATCH – DEFINITION** – A match consists of three (3) games.
- 53.3.1 Two (2) Baker Games is the same as one (1) regular game.
- 53.3.2 **MATCH SCORE** – Match scores may be determined by one (1) of the two (2) following methods:
- A. The total pin count of the five (5) players may be added together to create one (1) composite scratch score.
- B. Each game in a match may be considered separately, with the game scores then added together to create a match score.
- 53.4.0 SEASON LIMITATION** – Eighteen (18) regular season matches are allowed, one (1) of which may be a one (1)-day invitational tournament in which a team may play three (3), three (3)-game matches.
- 53.5.0 RULES** – The United States Bowling Congress (USBC) Rules and Regulations shall govern equipment and competition.

54.0.0 CHEERLEADING as a sport

54.1.0 SENIOR HIGH SCHOOL CHEERLEADING

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	November 2	10	10	January 23
2010-11	November 1	10	10	January 22

PHILOSOPHY OF CHEERLEADING PROGRAMS: *The WIAA provides member schools with the opportunity to offer cheerleading as either an activity or as a sport. Article 54.0.0 outlines cheerleading as a sport. Should a member school wish to treat cheerleading as an activity, refer to WIAA Rule 12.0.0.*

54.2.0 QUALIFICATION STANDARDS FOR THE SPORT STATE CHAMPIONSHIPS – The qualification standards and requirements for the state cheerleading championships are outlined in the Cheerleading Bound for State Regulations.

54.3.01 NFHS Spirit Rule 2-2-3 Addition: Members of a cheer squad involved in stunting, including bases, fliers and spotters, shall wear their hair away from the face and off the shoulders.

55.0.0 CROSS COUNTRY

55.1.0 SENIOR HIGH SCHOOL CROSS COUNTRY

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	August 24	10	10 + Jamboree	November 7
2010-11	August 23	10	10 + Jamboree	November 6

55.2.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to 2 miles. The minimum number of practice days per individual for participation in a cross country jamboree is ten (10). All general jamboree rules also apply. Please refer to general jamboree guidelines.

55.3.0 TEAM - DEFINITION - A cross country team shall consist of seven (7) runners, with only the top five (5) scoring.

55.4.0 MEET DISTANCE - The course distance shall not exceed 5.0 kilometers.

55.5.0 INVITATIONAL MEETS - All invitational meets/contests must count toward team and individual participant contest limitations.

55.6.0 STATE MEET - Boys and girls will run the same length course.

55.6.1 SUBSTITUTION OF TEAM MEMBERS AT STATE MEET - A school that qualifies a team can make any desired changes in the team provided the meet manager is notified at least one (1) hour prior to the start of the meet.

55.6.2 INDIVIDUAL QUALIFIERS - Each WIAA District team allocation will be multiplied by a factor of five (5) to determine the individual qualifying places for each District qualifying meet; i.e. 1 allocation = 5 individuals, etc.

A. Any participant who finishes in the specified number of individual qualifying places in a District meet, and who is not on a qualified team, will qualify to run in the state meet as an individual entry.

55.61.0 MIDDLE LEVEL SCHOOL CROSS COUNTRY

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit	Individual Contest Limit
12 weeks	10	7 + jamboree	7 + jamboree

55.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

55.63.0 JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to one (1) mile. All general jamboree rules also apply. Please refer to general jamboree guidelines.

55.64.0 SQUAD LIMITATION - A cross country team or team member shall not participate in more than two (2) cross country contests per week, with at least a 36-hour interval between contests.

55.64.1 County and district contests are permitted but are to be included in the seven (7) contests allowed.

55.64.2 Some classification should be used when competing which employs one or more of the following: Age, grade, height, weight, gender.

55.65.0 DISTANCE - The maximum distance for middle level/junior high school competition will not exceed two (2) miles.

55.65.1 Early season contests are recommended to be a shorter distance than the recommended maximums, with the distance increased to the maximum approximately halfway through the season.

56.0.0 DANCE/DRILL as a sport

56.1.0 SENIOR HIGH SCHOOL DANCE/DRILL

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	November 16	10	10	March 27
2010-11	November 15	10	10	March 26

PHILOSOPHY OF DANCE/DRILL PROGRAMS: *The WIAA provides member schools with the opportunity to offer dance/drill as either an activity or as a sport. Article 56.0.0 outlines dance/drill as a sport. Should a member school wish to treat dance/drill as an activity, refer to WIAA Rule 13.0.0.*

56.2.0 QUALIFICATION STANDARDS FOR THE DANCE/DRILL SPORT STATE CHAMPIONSHIPS - The qualification standards and requirements for the state dance/drill championships are outlined in the Dance/Drill Bound for State Regulations.

56.3.0 NFHS Spirit Rules apply.

WIAA Executive Board approved waiver of NFHS Spirit rule 3-1-6

Dance, drill and pom teams must wear athletic shoes or appropriate dance shoes that cover the toes and entire sole of the foot. Being barefoot or a partial covering of the soles and/or toes will be considered to be appropriate. (9/21/07)

57.0.0 FOOTBALL

57.1.0 SENIOR HIGH SCHOOL FOOTBALL

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	August 19	12	10 + Jamboree	December 5
2010-11	August 18	12	10 + Jamboree	December 4

57.2.0 PRACTICE - The first three (3) days of practice for each football player shall be without shoulder pads.

57.2.1 This rule intends that during at least the first three (3) days of practice for each individual player, there is no contact. Should a player begin turnouts any time after the first official day of practice, that individual player may not wear shoulder pads nor be allowed to be involved in those drills or practices in which there is "contact" until all required safety pads are worn.

57.2.2 Schools may schedule a maximum of five (5) two-a day workouts per individual participant. Each two-a-day workout shall count as only one (1) practice day.

57.3.0 JAMBOREE - A team may participate in a jamboree following ten (10) days of practice. All general jamboree rules also apply. Please refer to general jamboree guidelines.

57.3.1 All individual participants must have completed a minimum of ten (10) practice days, and the jamboree may count as the 11th or 12th required practice day prior to the first game.

A. An individual is limited to participation in a maximum of forty (40) snaps.

B. For the purposes of the player limitation, participating in two (2) to twenty (20) snaps shall be the same as participating in one (1) quarter of a regular game; twenty-one (21) to forty (40) snaps shall be the same as participating in two (2) quarters of a regular game.

NOTE: This situation would occur only when a jamboree is held within three (3) days of a regular game.

57.3.2 Competition shall be limited to eleven-on-eleven for member schools that participate in eleven-man football and shall be limited to eight-on-eight for member schools that participate in eight-man football.

57.3.3 The following scrimmage concepts apply:

A. All NFHS contest rules shall apply with the following exceptions:

1. No score will be kept.
2. There will be no kickoffs or punt returns.
3. A coach shall be on the field with the team.

B. Registered officials will officiate the event and shall be given the opportunity to present information about contest rules to coaches, participants and spectators.

57.3.4 All eligible squad members shall have an opportunity to play in the jamboree.

- A. Interschool teams shall be scheduled for scrimmage by ability squads, e.g., first team vs. first team, second team vs. second team.

57.4.0 PLAYER LIMITATION - A football participant shall be eligible to compete in up to four (4) quarters of play during any three-day period of the football season. Example: A player may play four (4) quarters in a contest on Friday, and again on Monday, regardless of the starting time of either contest.

- 57.4.1 A player may play in up to forty (40) quarters of play during a season, exclusive of a jamboree.
- 57.4.2 Junior varsity players may play in up to fifty (50) quarters during a football season.
- 57.4.3 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.
- 57.4.4 FIFTH QUARTER - A fifth quarter may be played only by freshmen football squads following the regular contest. The 5th quarter is for players who were not starters and played in two (2) quarters or less of the regular contest.
- 57.4.5 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.

57.5.0 EIGHT-PERSON FOOTBALL – Only schools in the 1B classification will be permitted to participate in eight-person football playoffs designated to determine state championships.

57.5.1 1B and 2B football will be granted a WIAA sponsored state championship played in conjunction with the football championships regardless of the number of teams participating in the state. However, if the number of 1B or 2B teams falls below thirty percent (30%) in either classification, the 1B or 2B state play-offs will consist of only four (4) teams playing in the semifinal and final games.

57.6.0 GAME PROCEDURES –Beginning in the second half, if the point differential is 45 points or greater, the following game ending procedures shall be in effect:

57.6.0.1 For all classifications except 1B, the game clock shall run continuously for the remainder of the game except for an official's time-out, a charged team time-out, time between quarters, or a score.

57.6.0.2 For 1B schools, the game shall be terminated.

57.6.0.3 **TIE-BREAKER (KANSAS TIE-BREAKER)** - Tie Breakers may be used if approved by league action or the teams involved. Tie-breaker procedures can be found in the NFHS with the following modifications.

For all Football play-off contests the following variation of the Kansas Tie-Breaker will be used during overtime: Both teams will have an opportunity to score starting at the 25-yard line. If the score remains tied, a second series will start at the 25-yard line. If the score remains tied, then both teams will be given a series starting at the 10 yard line and continue from that mark until the game is decided. Once the defense obtains possession of the ball through an interception or recovered fumble, the ball is dead. All other over time rules in the National Federation Rulebook shall apply.

57.61.0 MIDDLE LEVEL SCHOOL FOOTBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit
12 weeks	12	6 + Jamboree for 7th and 8th grade teams 7 + Jamboree for 9th grade teams 7 + Jamboree for 7th and 8th graders playing on a 9th grade team

57.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

57.63.0 JAMBOREE - All criteria for a jamboree at the high school level apply. All general jamboree rules also apply. Please refer to general jamboree guidelines.

57.64.0 PRACTICE - The first three (3) days of practice for each football player shall be without shoulder pads. The same practice requirements at the high school level apply.

57.65.0 PLAYER LIMITATION - A football participant shall be eligible to compete in up to four (4) quarters of play during any three-day period of the football season

57.65.1 A player may play in up to twenty-four (24) quarters of play during a season if playing on a 7th or 8th grade team or for 7th and 8th graders playing on a 9th grade team, or twenty-eight (28) quarters if playing on the 9th grade team, exclusive of a jamboree.

57.65.2 A player's participation in two (2) quarters of a contest one day and in two (2) quarters the next day, shall count as playing in one (1) contest.

57.65.3 FIFTH QUARTER - A fifth quarter may be played. The 5th quarter is for players who were not starters and played in three (3) quarters or less of the regular contest. This quarter shall not include kick offs, punts, tries or field goals.

57.65.4 A quarter of play shall be defined as participation in more than one (1) play, excluding participation on the kickoff, kickoff return, punting, punt return, point after touchdown or field goal team.

57.66.0 TEAM LIMITATION - A team shall be allowed one (1) week during the season to play two (2) contests.

57.67.0 LENGTH OF PLAYING PERIODS- Varsity teams that involve ninth grade students, and may include some eighth or seventh grade students, may play ten-minute quarters. Seventh and eighth grade teams shall play no more than eight-minute quarters.

57.68.0 POINTS AFTER TOUCHDOWN - To promote place kicking, a football league may adopt a rule, whereby a successful place kick after a touchdown scores two (2) points. A successful extra-point attempt by any other method shall be awarded one (1) point.

57.69.0 TIE-BREAKER (KANSAS TIE-BREAKER) - Tie-breakers may be used if approved by league action or teams involved.

58.0.0 GOLF

58.1.0 SENIOR HIGH SCHOOL GOLF

Year	First Practice	Minimum Practice Days Days Per Individual	Contest Limit	End Season
2009-10	March 1	0	12 + Jamboree	May 25
Alternate Season	August 24	0	12 + Jamboree	November 21
2010-11	February 28	0	12 + Jamboree	May 24
Alternate Season	August 23	0	12 + Jamboree	November 20

58.2.0 JAMBOREE - A golf jamboree is an abbreviated contest and is limited to 9 holes. All general jamboree rules also apply. Please refer to general jamboree guidelines.

58.3.0 DEFINITION OF A MATCH - A match is defined as up to 18 holes.

58.3.1 INVITATIONAL TOURNAMENT - Twelve regulation matches are allowed per season, one of which may be a one (1) day invitational tournament with a 36 hole limit.

58.3.2 INVITATIONAL TOURNAMENT – A school may schedule one (1) invitational tournament that does not count toward the 12 contest limitation if at least six (6) schools are involved and the school has no more than two (2) golfers participating.

58.3.3 All invitational tournaments must count toward team and individual participant contest limitations.

58.4.0 SCORING - Methods of scoring matches will be determined by league jurisdiction.

58.5.0 RULES - The United States Golf Association (USGA) rules will govern play, except in cases of local ground rule changes.

58.61.0 MIDDLE LEVEL SCHOOL GOLF

Total Season Including Practice	Season Contest Limit
12 weeks	8

58.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

58.63.0 PLAYER LIMITATIONS - During regular season play, the maximum number of holes of play per day shall be eighteen (18) unless a match is tied.

58.64.0 SCORING - Methods of scoring matches will be determined by leagues.

58.65.0 MEET LIMITATIONS - There will be no more that two (2) matches per week during the specified season.

58.66.0 RULES - The USGA rules will govern play except in cases of local ground rule changes.

59.0.0 GIRLS GYMNASTICS

59.1.0 SENIOR HIGH SCHOOL GIRLS GYMNASTICS

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	November 9	15	10 + Jamboree	February 20
2010-11	November 8	15	10 + Jamboree	February 19

59.2.0 JAMBOREE – A gymnastics jamboree is an abbreviated contest during which no individual may compete in more than two (2) events. A gymnastics jamboree must be conducted within the first four (4) weeks of the season. All general jamboree rules also apply. Please refer to general jamboree guidelines.

59.3.0 TEAM DEFINITION - A team must be comprised of no less than five (5) individuals in order to be classified as a team.

59.4.0 RULE BOOK - The WIAA rule book for gymnastics shall apply to all competitions.

59.61.0 MIDDLE LEVEL SCHOOL GIRLS GYMNASTICS

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	15	7

59.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

59.63.0 MEET LIMITATION - There shall be no more than one (1) meet per week during the specified season.

59.64.0 RULE BOOK - The WIAA rule book for gymnastics shall apply to all competitions.

60.0.0 SOCCER

60.1.0 SENIOR HIGH SCHOOL GIRLS SOCCER and 1B/2B BOYS SOCCER

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	August 24	10	16 + Jamboree	November 21
2010-11	August 23	10	16 + Jamboree	November 20

60.2.0 SENIOR HIGH SCHOOL 1A, 2A, 3A, and 4A BOYS SOCCER

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	March 1	10	16 + Jamboree	May 29
2010-11	February 28	10	16 + Jamboree	May 28

60.3.0 ALTERNATE SEASON - A league may request the WIAA Executive Board to participate during an alternate season.

60.4.0 JAMBOREE - A soccer jamboree is an abbreviated contest during which a squad may play in no more than forty (40) minutes of play. All general jamboree rules also apply. Please refer to general jamboree guidelines.

60.5.0 PLAYER LIMITATION

60.5.1 A player may play in only two (2) halves in any one (1) day. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when a player is beckoned onto the field and the ball becomes alive.

60.5.2 Each participant is limited to 32-halves per season.

60.6.0 NFHS RULE EXCEPTIONS

60.6.1 Add to Rule 7, Section 3 Options for breaking ties during regular season contests

- A. Two (2) sudden death five (5) minute overtimes. If still tied, penalty kicks will decide the results.
- B. Two (2) five (5) minute overtime periods (not sudden death.)
- C. Two (2) five (5) minute overtimes. If the score remains tied at the completion of the two (2) overtime periods, a 3rd and, if necessary, a 4th five (5) minutes period would take place. For overtime periods 3 and, if necessary, 4, each team will take two (2) field players off the field (9 versus 9) and play sudden death with substitution possible according to the regular rules.

60.6.2 Size of Field

- A. The field of play shall be 100 yards to 120 yards (90m to 110m) long and 55 yards to 75 yards (50m to 70m) wide, and it is recommended that a high school match be played on a field at least 110 yards by 65 yards (100m by 60m).
- B. Prior to the start of each season, each school shall designate what size field that their matches will be held on. Once a school has designated the size for their soccer fields, they shall be required to play all of their matches on that size soccer field for the remainder of the year.
- C. In the event that a school's field dimensions do not meet minimum standards, they shall line their field as close to the minimum standards as possible and shall indicate in their field designation that their field falls below minimum standards because of geographic restrictions.

60.61.0 MIDDLE LEVEL SCHOOL SOCCER

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10 + Jamboree

- 60.62.0 JAMBOREE** - A soccer jamboree is an abbreviated contest and a team may not compete in more than half of the time allocated to a regulation contest. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 60.63.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- 60.64.0 PLAYER LIMITATION** – A player may participate in a maximum of two halves in a day and a maximum of two (2) contests per week.
- 60.65.0 GAME LIMITATION** - As a recommendation, middle level schools should play up to 30-minute halves. Permission for four (4) equal quarters of 15 minutes each will be granted with written request to the WIAA office.
- 60.66.0 MIDDLE LEVEL SOCCER RULEBOOK EXCEPTIONS** - Same as listed for high school soccer.

61.0.0 GIRLS SOFTBALL

61.1.0 SENIOR HIGH SCHOOL GIRLS FAST PITCH and SLOW PITCH SOFTBALL – Fast pitch and Slow pitch softball are considered separate and distinct sports.

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	March 1	10	20 + Jamboree	May 29
2010-11	February 28	10	20 + Jamboree	May 28

- 61.2.0 JAMBOREE** - A softball jamboree is an abbreviated contest and shall include no more than six (6) innings per team and/or six (6) innings per player. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 61.3.0 PLAYER/TEAM LIMITATION** - Starting a contest shall count as one of the twenty (20) contests allowed for an individual.
 - 61.3.1 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against twenty (20) individual season contest limit.
 - 61.3.2 The number of contests played on any day by players and teams shall not exceed four (4) contests.
- 61.4.0 Additional NFHS softball rules** - Leagues may adopt all NFHS rules listed “by state association adoption.”
- 61.5.0 CALLED CONTEST** - When a non-league or league contest is called by the umpire before the completion of the required number of innings, and the league has no rule pertaining to the situation, then the contest is declared a "no contest".
 - 61.5.1 The contest can be replayed.
- 61.6.0 SUSPENDED CONTEST** - In State tournament play any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time as follows:
 - 61.6.1 The contest shall continue from the point of suspension at a later time.
 - 61.6.2 The lineup and batting order of each team will remain exactly the same as the lineup and batting order when the contest was suspended.

61.61.0 MIDDLE LEVEL SCHOOL GIRLS FAST PITCH and SLOW PITCH SOFTBALL

Fast pitch and Slow pitch softball are considered separate and distinct sports.

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10 + Jamboree

61.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

61.63.0 JAMBOREE - A softball jamboree is an abbreviated contest and shall include not more than six (6) innings per team and/or six (6) innings per player. All general jamboree rules also apply. Please refer to general jamboree guidelines.

61.64.0 PLAYER LIMITATION - A player shall participate in no more than three (3) softball contests per week.

61.64.1 Extra innings: Extra innings may be played following the regular contest. These extra innings are for those players who were not starters and who play no more than two (2) innings. Up to four (4) extra innings may be played.

61.64.2 Any substitute who does not play in more than two (2) innings of a contest shall not have it count against ten (10) individual season contest limit.

61.65.0 CALLED GAME - When a non-league or league contest is called by the umpire before the completion of the required number of innings, and the league has no rule pertaining to the situation, then the contest is declared a "no contest".

61.65.1 The contest may be replayed.

61.66.0 ADDITIONAL NFHS SOFTBALL RULES - Same as listed for high school softball.

62.0.0 SWIMMING**62.1.0 SENIOR HIGH SCHOOL GIRLS SWIMMING**

2009-10	August 24	10	12 + Jamboree	November 14
2010-11	August 23	10	12 + Jamboree	November 13

62.2.0 SENIOR HIGH SCHOOL BOYS SWIMMING

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Contest Limit	End Season
2009-10	November 16	10	12 + Jamboree	February 20
2010-11	November 15	10	12 + Jamboree	February 19

62.3.0 JAMBOREE – A jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree guidelines.

62.4.0 PARTICIPATION BY INDIVIDUALS - Swimmers must practice their entire practice session with their high school team in order to be eligible to compete for that team.

62.5.0 CONTEST LIMITATIONS – Each WIAA District may sponsor up to four (4) eleven-dive meets with each diver limited to participating in a maximum of four (4) such meets (in addition to the twelve (12) regular season meets.)

62.6.0 SHARING POOL FACILITIES - Pool facilities may be shared only by member schools for practice with the following stipulations:

62.6.1 Sharing of the pool may be done if it is the only alternative possible in order to have a program.

62.6.2 Coaches of teams sharing a pool must not allow team members of different schools to compete against each other during practice sessions.

63.0.0 TENNIS**63.1.0 SENIOR HIGH SCHOOL TENNIS**

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Team Contest Limit	Regular Season Individual Contest Limit	End Season
2009-10	March 1	10	16 + Jamboree	23	May 29
Alternate	August 24	10	16 + Jamboree	23	November 14
2010-11	February 28	10	16 + Jamboree	23	May 28
Alternate	August 23	10	16 + Jamboree	23	November 13

- 63.2.0 RULE BOOK** - United State Tennis Association (USTA) contest administration rules shall apply.
- 63.2.1 A player may compete in more than two (2) matches per day.
- 63.2.2 Coaching is allowed between the 1st and second sets, not to exceed two (2) minutes.
- 63.2.3 A player must be granted a 15-minute rest period between matches if requested.
- 63.3.0 JAMBOREE** – A jamboree is an abbreviated contest during which an individual may play the equivalent of one (1) singles or one (1) doubles contest. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 63.4.0 INDIVIDUAL CONTEST - DEFINITION** - A contest/match is equal to three (3) sets. Any portion of a set must be played within the sixteen (16) team contest limitation and must count as one (1) of the twenty-three (23) contests for the individual.
- 63.5.0 MATCH REGULATIONS** - A school may not schedule more than sixteen (16) team **contests** for tennis competition. Each and every tennis contest, whether in interschool contests, interschool scrimmages, exhibition matches, or invitational tournaments must count as one (1) of the twenty-three (23) contests for the individual.

For the purpose of sub-varsity tennis matches, players may play up to three (3) sets against different players from opposing teams. This will be considered as one (1) contest for the individual.

An individual will not play in more than twenty-three (23) contests on sixteen (16) team dates. A player can play one (1) singles match and one (1) doubles match on the same day during the regular season, and this will be considered as one (1) contest for the individual.

- 63.5.1 Invitational Tournament - A one (1)-day invitational tennis tournament will count as one (1) contest for the individual tennis player provided the athlete does not play more than three (3) contests in one (1) day. A two (2)-day invitational tennis tournament will count as two (2) contests for the individual tennis player, provided the athlete does not play more than five (5) contests in the two (2) days. A one (1)-day tennis tournament will count as one (1) contest for the team, and a two (2)-day tournament will count as two (2) contests. Exception: An event scheduled over two (2) days in which only the semifinalists move on to the second day shall only count as a one (1) day contest for the individual tennis players and for the teams entered.

A team is limited to three (3) invitational tournaments per season.

63.61.0 MIDDLE LEVEL SCHOOL TENNIS

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10

- 63.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- 63.63.0 ALTERNATE SEASON** - Alternate season rules apply.
- 63.64.0 RULEBOOK** - USTA (United States Tennis Association) contest administration rules apply.
- 63.65.0 PLAYER LIMITATION** - Players may compete in only two (2) contests per week.
- 63.65.1 A player may not play more than one (1) singles match and one (1) doubles match on the same day against the same team during league competition in regular season play.
- 63.65.2 A player must be granted a 15-minute rest period between matches, if requested.

64.0.0 TRACK AND FIELD

64.1.0 SENIOR HIGH SCHOOL TRACK AND FIELD

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Team Contest Limit	Individual Season Contest Limit	End Season
2009-10	March 1	10	10 + Jamboree	10	May 29
2010-11	February 28	10	10 + Jamboree	10	May 28

- 64.2.0 JAMBOREE** – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 64.3.0 PARTICIPANT LIMITATION** - Two (2) contests per week per participant. An individual may not compete in more than ten (10) contests during the regular season.
- 64.4.0 CONTEST DEFINITION** - Either a one (1) or two (2) day track and field meet will count as one (1) event if preliminary events are held on the first day and final events are held on the second day.

- 64.5.0 CONTEST LIMITATION** - A school may schedule ten (10) contests. In addition, two (2) invitational contests may be scheduled that do not count toward the ten (10) contest limitation if at least six (6) schools are involved and the school has no more than five (5) athletes participating.
- 64.6.0 QUALIFYING AND DISTRICT EVENTS** - Each WIAA District shall determine the deadline for entries to the district qualifying event.
- 64.6.1 A student may participate in an individual event in a district event even though the athlete did not qualify in the qualifying event if the District Board or the delegated committee involved gives consent.
- 64.6.2 Once entries to the district event are confirmed, a contestant will compete in those events for which he/she qualified on the district level.
- 64.6.3 If a qualified contestant cannot participate in the next qualifying event, that participant's school principal is responsible for notifying the appropriate contest manager, who in turn will notify the principal of the next qualified contestant.
- 64.7.0 RULES MODIFICATIONS for all interscholastic competition.**
- 64.7.1 Javelin - Only rubber-tipped javelins will be allowed.

64.61.0 MIDDLE LEVEL SCHOOL TRACK AND FIELD

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	7

- 64.62.0 SEASON** - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.
- 64.63.0 JAMBOREE** – A track and field jamboree is an abbreviated contest during which an individual is limited to two (2) events. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 64.64.0 PARTICIPANT LIMITATION** - A participant is limited to two (2) contests per week.
- 64.64.1 In any competition a participant may enter a maximum of four (4) events per contest. If four (4) events are entered, the competitor may enter no more than three (3) track events or three (3) field events.
- 64.65.0 LIMITATION OF MEETS** - A track squad or squad member shall not participate in more than two (2) contests per week. County and district meets are permitted but are to be included in the seven (7) contests allowed. One (1) event is considered participation.
- 64.65.1 The running of a preliminary contest may take place the same week as the championship contest if (a) such preliminaries are held at least three (3) days before the finals, and if (b) these preliminaries will be a part of the championship contest, but will not count as separate events.

65.0.0 GIRLS VOLLEYBALL

65.1.0 SENIOR HIGH SCHOOL GIRLS VOLLEYBALL

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Team Limit	End Season
2009-10	August 24	10	16 + Jamboree	November 14
2010-11	August 23	10	16 + Jamboree	November 13

- 65.2.0 JAMBOREE** – A jamboree is an abbreviated contest during which a team may not play in more than six (6) games. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 65.3.0 CONTEST DEFINITION** - Regulation varsity contests, including all postseason contests, shall be three (3) out of five (5) games.
- 65.3.1 By league adoption, varsity contests may be two (2) out of three (3) games or three (3) out of five (5) games. In non-league competition, the schools involved can mutually agree to play two (2) out of three (3) or three (3) out of five (5) games.
- 65.3.2 By league adoption sub-varsity contests may be two (2) out of three (3) games, a guaranteed three (3) games, or three (3) out of five (5) games.
- 65.4.0 CONTEST LIMITATION** - A team may play a maximum of four (4) contests per day.
- 65.5.0 SEASON LIMITATION** - Sixteen (16) regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, exhibition contests, or each opponent played in an invitational tournament(s), must count as one (1) of the sixteen (16) contests for the team. The one allowable exception is described as follows:

- 65.5.1 A one-day invitational tournament may count as one (1) of the sixteen (16) contests. A combination of games or matches may not exceed the equivalent of four (4) matches, which is equal to twenty (20) games.
Such a tournament may start the preceding evening if the following conditions are met:
Any local team may play the preceding evening contests. (Local area shall be defined as those teams that can travel to the tournament site without requiring overnight lodging.)
The tournament will conclude not to exceed twenty-four (24) hours from the time it started on the preceding evening. (If the tournament started at 6PM on the first day, it must end by 6PM on the second day.)
- 65.5.2 Each squad and each player is limited to schedule and to participate in only two (2) invitational tournaments.
- 65.5.3 If an individual or a team plays in more than two (2) invitational tournaments in a season, each opponent played in any subsequent tournament counts as one (1) of the sixteen (16) contests for the individual or the team.

65.6.0 PLAYER LIMITATION - Entrance into any game constitutes participation in that game. This is interpreted as meaning when a player is beckoned onto the floor and the ball becomes alive, that the player has played in one (1) game.

65.6.1 COUNTING CONTESTS AND GAMES

- A. Up to five games played against the same squad, same day, is one (1) contest.
- B. Up to five games played against the same school, same day, different squads (i.e., varsity and sub-varsity squads) is one (1) contest.
- C. Up to five games played against the same school, different days during the same week, different squads (i.e., varsity on Tuesday, sub-varsity on Thursday), is one (1) contest.
- D. Up to five games played against two (2) different schools, same day, different squads, would be two (2) contests.
- E. Up to five games played against two (2) different schools, different days during the same week, different squads, would be two (2) contests.

65.61.0 MIDDLE LEVEL SCHOOL GIRLS VOLLEYBALL

Total Season Including Practice	Minimum Practice Days Per Individual	Season Contest Limit
12 weeks	10	10 + Jamboree for 7 th or 8 th graders 30 games + jamboree for 7 th or 8 th graders on 9 th grade teams 12 + Jamboree for 9 th graders

65.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

65.63.0 JAMBOREE – A volleyball jamboree is an abbreviated contest during which a team may not play in more than four (4) games. All general jamboree rules also apply. Please refer to general jamboree guidelines.

65.64.0 CONTEST LIMITATION - A player or team shall participate in no more than three (3) contests per week. This rule may be interpreted to permit each player or team to participate in one (1) three-team round robin. The two (2) contests played by each team in the round robin will count as two (2) of each team's contests, but will count as one of the events that week.

65.64.1 The official contest may be two (2) out of three (3) games or a guaranteed three (3) out of three (3) games for regular season contests.

65.64.2 Extra Games: Two (2) extra games may be played following the regular contest. **The additional games are for players who were not starters and played in only one game during the regular contest.**

65.65.0 SEASON LIMITATION - Ten (10) regulation contests are allowed per season. Every contest played, whether in interschool matches, interschool scrimmages, exhibition contests, or each opponent played in an invitational tournament(s), must count as one (1) of the ten (10) contests for the team. The one allowable exception is described as follows:

65.65.1 A one-day culminating event tournament may count as one (1) of the ten (10) contests. A combination of games or matches may not exceed the equivalent of three (3) matches, which is equal to nine (9) games.

65.65.2 Each squad and each player is limited to schedule and to participate in only one (1) tournament as a culminating event.

65.66.0 NFHS RULE MODIFICATION - By league adoption, the net height may be set at seven (7) feet.

66.0.0 WRESTLING

66.1.0 SENIOR HIGH SCHOOL WRESTLING

Year	First Practice	Minimum Practice Days Per Individual	Regular Season Team Limit	Regular Season Individual Limit	End Season
2009-10	November 16	12	16 + Jamboree	33	February 20
2010-11	November 15	12	16 + Jamboree	33	February 19

66.2.0 JAMBOREE - One takedown tournament or jamboree will be allowed following ten (10) days of practice and the takedown tournament or jamboree may count as the 11th or 12th required practice prior to the first match. The total wrestling time may not exceed the time permitted in a dual contest per individual. All general jamboree rules also apply. Please refer to general jamboree guidelines.

66.3.0 PLAYER/MATCH LIMITATION - Each and every match wrestled, whether in interschool matches, interschool scrimmage, exhibition matches, or tournament, must count as one of the thirty-three (33) contests for the individual.

An individual will not wrestle more than thirty-three (33) contests on sixteen (16) dates prior to any district tournament.

66.3.1 A contest won by forfeit does not count in this maximum for the individual.

66.3.2 An outing involving a cooperative wrestling program will equal one (1) team date (also refer to 4.7.0E.)

66.3.3 Each day of competition will count as an outing. Each individual is limited to five (5) matches in a day.

66.4.0 SCHOOL LIMITATION -A school will not schedule more than sixteen (16) team dates per squad for wrestling competition.

66.5.0 WEIGHT CLASSIFICATION

66.5.1 NFHS weight classes apply for males.

66.5.2 The following weight classes will apply for females in all post season competition: 103, 112, 119, 125, 130, 135, 140, **145**, 152, 160, 171 and 171+. In addition, all wrestlers in the 171+ weight class must be within thirty (30) pounds of each other for dual meet competition.

66.6.0 WEIGHT CONTROL PLAN –The NFHS Wrestling Weight Management Program will be followed. The text of the Wrestling Weight Management Program can be accessed on the WIAA Web site at www.wiaa.com.

66.7.0 PARTICIPANT LIMITATION - A student must wrestle in all post season tournament competition in or above the weight class determined by the weekly descent plan. A wrestler must weigh-in at least one at the lowest post season weight.

66.7.1 A contest shall be considered in the class for which the contestant made weight, even though the contestant may wrestle in another weight. (Example: Contestant weighs in at 119 pound legal weight for 119 class, the contestant then wrestles the match in the next class at 125 pounds. This contest shall be considered a contest in the 119-pound class.)

66.7.2 A student must wrestle a minimum of four (4) contests in interscholastic competition before the qualifying tournament.

A. A contest won by forfeit does not count in satisfying this requirement.

B. Any interscholastic contest counts as one (1) of the four (4).

66.8.0 WEIGHING-IN OF CONTESTANTS –The host team is responsible for providing a certified scale for the weigh-in.

66.9.0 STATE TOURNAMENTS - The state shall be divided into four (4) regions for each classification when possible. Regional tournaments shall be conducted as eight-place tournaments unless otherwise directed by the WIAA Executive Board. The WIAA Executive Board shall determine regional placement of entries from WIAA Districts.

66.9.1 Two (2) wrestlers from the same school may qualify in the same weight class.

66.61.0 MIDDLE LEVEL SCHOOL WRESTLING

Total Season Including Practice	Minimum Practice Days Per Individual	Regular Season Team Contest Limit	Individual Contest Limit
12 weeks	10	10 + Jamboree	22

66.62.0 SEASON - The starting date is determined by each league but no middle level season may start before the date established for senior high school fall sports.

- 66.63.0 JAMBOREE** – All high school jamboree rules apply. A wrestler in a jamboree may not wrestle in excess of time permitted in a dual contest. All general jamboree rules also apply. Please refer to general jamboree guidelines.
- 66.64.0 MATCH LIMITATION** - A school may not schedule more than ten (10) team dates per squad. An individual may not wrestle more than twenty-two (22) contests per season.
- 66.64.1 There shall be no more than two (2) contests per week per team and no more than four (4) **matches** per week per individual. The only exception is described in A and B below:
- A. A one (1) day culminating wrestling tournament will count as one (1) team outing. A wrestler may wrestle no more than four (4) matches in the tournament.
- B. For the purposes of rule 66.64.1, a team is limited to one (1) tournament of this type per season.
- 66.64.2 Length of Matches - There shall be a maximum of three 1 1/2-minute rounds (90 seconds).
- 66.64.3 The mat shall not be less than 20 feet by 20 feet. The recommended area is 24 feet by 24 feet or a 28-foot circle. It is recommended, but not required, that the mat covers be marked as indicated in the NFHS Wrestling Rules Book.
- 66.65.0 WEIGHT CONTROL PLAN** - Prior to the first contest the family physician and or school physician and/or medical authority licensed to perform a physical exam shall certify the lowest weight class in which each participant may wrestle during that season.
- 66.65.1 A participant may wrestle only one (1) weight division higher than their actual weight.
- 66.65.2 The minimum weight for 75 pounders is established at 64, and 82 pounders at 70. In addition, all wrestlers in the Unlimited weight class must be within thirty (30) pounds of each other. For example, if one (1) wrestler weighs 178 pounds, the opponent may not weigh more than 208 pounds.
- 66.66.0 WEIGH-IN PROCEDURES** - Wrestlers shall have the opportunity to weigh in shoulder-to-shoulder on the host team's scales a maximum of one (1) hour and a minimum of one-half (1/2) hour prior to the first contest.
- 66.66.1 No time should be allowed after this weigh-in to make weight.
- 66.66.2 Conferences of leagues may allow weigh-ins to occur after practice the day before the contest or before lunch on the day of the contest at the respective schools. The weigh-in must be certified in writing by an administrator of the school. This certification must be placed in a sealed envelope and presented to the referee and coach of the opposing team prior to the beginning of the contest.
- 66.66.3 The host team shall be responsible for providing a certified scale for the weigh-in.
- A. Schools should make every effort to have scales certified by a professional scale-certifying expert.
- B. Where it is impossible to get a professional scale certifying expert, the scale should be certified by district, league, school or officials associations.
- C. Where scales cannot be or are not certified, the home scales (certified or not) shall be considered official.
- 66.66.4 Contestants with artificial limb(s) must weigh in with their artificial limb(s) for all contests.
- 66.67.0 WEIGHT ALLOWANCE** - Beginning January 1 and continuing until February 1, two (2) additional pounds will be allowed in each weight class. Beginning February 1, and continuing for the remainder of the season, one (1) additional pound shall be allowed in each weight class. This will make a net increase of three (3) pounds beginning February 1. There shall be no additional weight allowance.
- 66.67.1 Where leagues have other seasons than January 1 - March 1, leagues are to use appropriate monthly weight plans.
- 66.67.2 Weight divisions - There may be up to twenty (20) weight divisions that are to be determined by the individual leagues. Each league has the authority to determine by vote of league members fewer weight divisions.
- 66.68.0 UNIFORM VARIANCE** - Wrestlers shall wear any shoe deemed appropriate by the coach, activities coordinator, and/or wrestling official.