



# Seattle Public Schools

## Student Athletic Handbook

Excellence in Academics and Athletics



Revised August 2011

SEATTLE PUBLIC SCHOOLS  
2445 Third Ave S / Seattle, WA 98134

BOARD OF DIRECTORS

Peter Maier, Sherry Carr, Betty Patu, Michael De Bell,  
Kay Smith-Blum, Harium Martin-Woods, Steve Sundquist

SUPERINTENDENT

Dr. Susan Enfield

ATHLETIC DEPARTMENT

401 Fifth Ave N / Seattle, WA 98109

Phone: 206-252-1800

Coordinator of Athletics, Eric McCurdy

<b>HIGH SCHOOLS</b>	<b>ADDRESS</b>	<b>PHONE</b>
Ballard	1418 NW 65 <sup>th</sup> St	252.1000
Cleveland	5511 15 <sup>th</sup> Ave S	252.7800
Franklin	3013 S Mt Baker Blvd	252.6150
Garfield	4400 Interlake Ave N	252.2270
Ingraham	1819 N 135 <sup>th</sup> St	252.3880
Nathan Hale	10750 30 <sup>th</sup> Ave NE	252.3680
Rainier Beach	8815 Seward Park Ave S	252.6350
Roosevelt	1410 NE 66 <sup>th</sup> St	252.4810
Chief Sealth	2600 SW Thistle St	252.8550
West Seattle	3000 California Ave SW	252.8800
<b>MIDDLE SCHOOLS</b>	<b>ADDRESS</b>	<b>PHONE</b>
Aki Kurose	3928 S Graham St	252.7700
AS1- Pinehurst	11530 12 <sup>th</sup> Ave NE	252.4600
Blaine	2550 34 <sup>th</sup> Ave W	252.1920
Denny	8402 30 <sup>th</sup> Ave SW	252.9000
Eckstein	3003 NE 75 <sup>th</sup> St	252.5010
Hamilton	1610 N 41 <sup>st</sup> St	252.5810
Madison	3429 45 <sup>th</sup> Ave SW	252.9200
Madrona	1121 33 <sup>rd</sup> Ave	252.3100
McClure	1915 1 <sup>st</sup> Ave W	252.1900
Mercer	1600 S Columbian Way	252.9004
Pathfinder K-8	5012 SW Genesee St	252.9710
Salmon Bay	1810 NW 65 <sup>th</sup> St	252.1720
TOPS	2500 Franklin Ave E	252.3510
Washington	2101 S Jackson St	252.2600
Whitman	9201 15 <sup>th</sup> Ave NW	252.1200
<b>K-8 SCHOOLS</b>	<b>ADDRESS</b>	<b>PHONE</b>
Broadview Thompson	13052 Greenwood Ave	252.4473
Jane Addams K-8	11051 34 <sup>th</sup> Ave NE	252.4500
Orca	5215 46 <sup>th</sup> Ave S	252.6914
South Shore: New School	4800 S Henderson St	252.6560

# TABLE OF CONTENTS

District Information .....	1
Letter to Parents and Students .....	3
Mission Statement .....	4
Athletic Registration and Physical Form .....	4-5
Athletic Safety .....	5
Insurance .....	6
Student Eligibility Requirements .....	6-8
Student Responsibilities/Rights .....	9
Graduation Requirements .....	9
Athletics Use of Illegal Substances Polices .....	9-15
Transportation .....	15
Attendance Regulations .....	15
Equipment .....	16
Travel Rules for Athletes .....	16
College Recruitment .....	16-17
WIAA Student Standards for Athletic Eligibility .....	17-22
Running Start Guidelines .....	22
WIAA Out-of-Season Regulations .....	23-25
SPS Non-District Sponsored Summer Athletic Workouts .....	26
Recruiting .....	26-27
Athletic Participation Fee.....	27-28
High School Athletic Descriptions .....	29-33
Middle School Athletic Descriptions .....	34-35
SPS Equal Opportunity Statement .....	36

**PARENTS AND STUDENTS SHOULD READ THIS BOOK PRIOR TO SIGNING THE CONSENT FORM. THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH**

Dear Parents/Guardians/Student-Athletes:

The Seattle Public Schools' interscholastic athletic program is designed to enhance the academic focus of the School District. Studies show that students who participate in interscholastic activities have higher grade points averages, better attendance, lower dropout rates, fewer disciplinary problems, higher graduations rates and better success in college than non-athletic participants. Participation in athletics teaches teamwork, goal setting, self discipline, sportsmanship, leadership and many other valuable life-skills. The acquisition of these life-skills help student-athletes become positive contributors to their schools, their communities and society in general.

The information provided in this handbook is a compilation of many different sources. It is not inclusive of all Seattle Public Schools and WIAA directives. It is intended to serve as a resource to help you with common athletic related questions and procedures. For more detailed information, I recommend visiting the following web sites:

- [www.seattleschools.org](http://www.seattleschools.org)
- [www.wiaa.com](http://www.wiaa.com)

All student-athletes who participate in the Seattle Public Schools interscholastic athletic programs are subject to the rules, regulation and guidelines provided in this handbook, to include the "athletic code of conduct." Please take time to review it thoroughly and address any questions to your coach and/or athletic director.

If I can be of assistance, in my position at the district athletic office, please feel free to contact me at any time.

Your's In Athletics,

Eric McCurdy  
Coordinator of Athletics  
Seattle Public Schools

## **MISSION STATEMENT FOR EXTRA CURRICULAR ACTIVITIES**

The Seattle Public School District is committed to an exceptional interscholastic athletics program for middle and high schools that functions as part of the whole curriculum. The District is dedicated to providing an outstanding program at safe facilities and staffed by quality personnel. This program offers competitive opportunities for the bodies and minds of the student participants and will be funded on a stable, consistent basis from the broad range of public, private and participant sources.

Additionally, the Seattle Public School District athletic program, will strive to provide experiences in which individuals are able to:

- Participate in a positive growth experience
- Be afforded appropriate opportunities to compete or perform
- Grow in both self-concept and skill development
- Compete in a healthy and safe interscholastic program
- Participate in an athletic environment that is fair, consistent and free from intimidation

Survey's show that students involved in extra-curricular activities experience greater academic success than those that do not participate.

## **INFORMATIONAL ITEMS FOR PARENTS/GUARDIANS ON PROSPECTIVE ATHLETES**

### *ATHLETIC REGISTRATION AND PHYSICAL FORM*

- Athletic Registration Form: Athletes may obtain a Seattle School District Athletic Registration & Physical Form from their school or online (<http://www.seattleschools.org/area/athletics/forms.xml>).
- All items must be PROPERLY completed and signed by the appropriate person (parent, guardian, doctor). The Athletic Registration and Physical Form will only be valid when signed by parent or legal guardian.
- Physical Exam Procedures for Athletes: Have Athletic Registration & Physical Form Sections I, II, III, IV, and V as well as the Health History portion of Section V completed and signed BEFORE reporting for physical exams. Athletes are responsible for the expense of their physical exam. These physical examinations must certify that the athlete's physical condition is adequate to participate in interscholastic athletics (See item 18.13.0 of Student Standards for Interscholastic Athletic Eligibility outlined in the WIAA Official Handbook).

- Included with the Athletic Registration & Physical Form is a Sport Specific Parent/Guardian Release Form that outlines the risks involved with each sport. The student athlete is required to review these risks with the parents/guardian. Once reviewed this form is to be signed and included with the completed Athletic Registration & Physical Form that is turned into the school for approval.
- School Check List: Should be used by athletes to make certain all items are taken care of before returning completed Athletic Registration & Physical Form to the school.
- Athletic secretary and/or athletic director examines Athletic Registration & Physical Form to see that it is accurate and COMPLETED with all required signatures.
- Athletic secretary then generates eligibility lists which are submitted to activity coordinator who checks it and makes copies for the district's Coordinator of Athletics.

### ATHLETIC SAFETY

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.
- The implementation of a formal selection process for coaches
- Adoption and funding for a certified outreach athletic training program at the high school level

All coaches are required to have:

- A current "hands on" First Aid/CPR card.
- Fingerprinting/Background check
- Adult Sexual Misconduct Training that is provided by Seattle Public Schools.

Some areas covered include, but not limited to:

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

All coaches are expected to work as part of an entire healthcare team to provide proper care for all student-athletes. Also, they are expected to remain current in their particular sport by completing all WIAA coaches education hours. (WIAA guideline 23.3.1)

## INSURANCES

To participate in interscholastic activities, all student-athletes must be covered by the approved Seattle Public School District Athletic Insurance program or by a plan that is equivalent to or better than the approved plan.

The equivalent insurance plan must provide benefits for loss due to a covered injury up to a minimum of \$25,000 for each injury including the following minimum provisions:

- Surgery – 50% of usual and customary charges/\$12,000 maximum
- Physical Visits - \$40 per day for first visit and \$25 for following visits
- Emergency Room – 60%
- X-Rays – 60% or up to \$500
- +MRI and CAT scan - +80% or up to \$500
- Dental – 100% of usual and customary charges / \$12,000 (all teeth)  
–separate plan with one limit.

Approved Seattle Public School Insurance Forms are available at the building level. Catastrophic insurance coverage is made available through the school district.

## STUDENT ELIGIBILITY REQUIREMENTS

- To have on file in the school office a signed ATHLETIC REGISTRATION AND PHYSICAL FORM.
  - Prior to participation in practice or an athletic contest, the student-athlete shall undergo a thorough medical examination and be approved for middle level and/or high school interscholastic athletic competition by a medical authority licensed to perform a physical examination. Physical examinations remain valid for twenty-four (24) consecutive months to the date unless the physician indicates the physical is good for less than twenty-four (24) consecutive months.
  - 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 release from a physician licensed to perform physical examinations.
  - In the event of extended illness/injury and adequate number of days for re-conditioning is recommended prior to return to full competition.
  - To be covered by ATHLETIC INJURY INSURANCE available through the school, or has on file in the school

office a properly signed District Insurance Waiver Form.

- CATASTROPHIC INSURANCE coverage available through the school district.
- Student athletes may be required to purchase a school ASB card. This is a school based requirement.
- Be in attendance a full day of school on any game date, which falls on a school day.
- Students shall be entitled to four consecutive years of participation after entering the ninth (9th) grade.
- Be under twenty (20) years of age on September 1 for fall sports season; December 1 for winter sports season; and March 1 for spring sports season.

o Seattle Public Schools 2.0 grade point policy

- It is the policy of the Seattle School Board that all students (grades 9-12) participating in extracurricular/interscholastic activities shall:
  - Maintain a 2.0 term grade point average and earn 2.5 credits during the previous semester/term.
  - Be enrolled in courses that ensure normal progress toward graduation.
  - Maintain the number of credits necessary for advancement to the next grade level.
- All student-athletes must have grade checks conducted every four to six weeks during the sport season. The student-athlete should contact the building athletic director for grade check dates for the sport season.
- The student-athlete must maintain academic eligibility at each grade check. If the student-athlete is NOT eligible he/she is placed on athletic probation/suspension.
- If he/she is:
  - “Group A” - (based on previous semester grades), he/she is ineligible until he/she regain eligibility based on a grade check.
  - “Group B” – (based on previous semester grades), he/she is ineligible for five weeks. He/she regains athletic eligibility based on a five week grad check.
  - ***“Group B” student-athletes may be on athletic probation/suspension once per sport season or term.***

**NOTE:** Contact your athletic director for more detailed information.

- 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.
- Not miss practices or games for the purpose of participating in non-school athletic activities without league approval.
- Not accept cash awards in any amount or merchandise of more than \$300.00 in value, or have ever signed a contract



with or played for a professional athletic organization.

- 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 transferring students.
  - In order to be eligible for varsity competition transferring students must:
    - Meet the normal residence requirements, (WIAA 18.10.1) or
    - Meet the transferring student requirements, or
    - Be granted a Residents Rule Waiver under the District 2 appeal provisions.
  - This section shall also apply to those students receiving home based instruction.
  
- Your athletic eligibility can be adversely affected by:
  - Providing misleading or false information relative to factors, which affect your 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.

### STUDENT ATHLETIC RESPONSIBILITIES

Participants are required to conform 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.

### STUDENT ATHLETIC RIGHTS

The rights, protection and responsibilities as prescribed by the Washington Interscholastic Activities Association Handbook, the Metropolitan/King Co League By-Laws, the Seattle School District Statement of Rights and Responsibilities, and their respective schools govern students participating in the Interscholastic Athletic program.

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.

### GRADUATION REQUIREMENTS

To obtain Seattle Public Schools graduation requirements consult with the building's Guidance Counselor.

### ATHLETIC/ACTIVITY USE OF ILLEGAL SUBSTANCES POLICY

Seattle Public Schools (SPS) student-athletes shall not possess, use, give/sell, or be under the influence of any controlled substances or alcohol: (1) on SPS property; (2) near SPS property directly before, during, or after the school day; (3) on SPS provided transportation; and (4) at SPS sponsored events, which includes hours during a day or overnight trip. This policy also prohibits the use of tobacco products as discussed below. This policy places ineligibility restrictions on student-athletes that are in addition to the sanctions imposed by the school under the Student's Code of Prohibited Conduct.

Each WIAA member school shall adopt reasonable rules and regulations pertaining to the use of alcohol or tobacco products.

#### Violation:

Possession and/or Use of Tobacco or Any Tobacco Products (F08.00)

#### Consequence:

##### *First Violation*

- D-250 SPS sanction; and
- Immediate ineligibility for interscholastic competition for one (1) contest.

### *Second Violations*

- D-250 SPS sanction; and
- Immediate ineligibility for interscholastic competition for three (3) contests.

### *Third Violations*

- D-250 SPS sanction; and
- Immediate ineligibility for the remainder of the sports season.

### Violation:

#### Selling Alcoholic Beverages

### Consequence:

#### *First Violation*

- E-110 SPS sanction;
- Student completion of a SPS approved substance abuse program;
- Immediate ineligibility for interscholastic competition for one (1) calendar year.
- No reduced athletic eligibility sanction allowed.

### *Second Violations*

- E-110 SPS sanction;
- Student completion of a SPS approved substance abuse program;
- Immediate ineligibility for interscholastic competition for two (2) consecutive calendar years.
- No reduced athletic eligibility sanction allowed.

### Violation:

#### Distributing Alcoholic Beverages

### Consequence:

#### *First Violation*

- E-120 SPS sanction;
- Immediate ineligibility for interscholastic competition for one (1) calendar year starting from date of the violation. The ineligibility sanction may be reduced under the following conditions:
  - The student and/or his/her parents/guardians agree that the student will enroll in and complete a SPS approved substance abuse program then the student is eligible for athletic reinstatement after missing 30% of the sports season contests. If less than 30% of the sports season contests remain, the sanction will be carried over into the next sports season or school year. During the 30%

exclusion period, the student may continue to practice, but they may not dress for or participate in any athletic contests.

### *Second Violations*

- E-120 SPS sanction;
- Immediate ineligibility for interscholastic competition for one (1) calendar year from date of the second violation.
- No reduced athletic eligibility sanction allowed.

### Violation:

Possessing, using, or being under the Influence of Alcoholic Beverages

### Consequence:

#### *First Violation*

- E-130 SPS sanction;
- Immediate ineligibility for interscholastic competition for 20% of the sports season contests.
  - If less than 20% of the contests remain, the sanctions will be carried over into the next sports season or school year.
  - During the 20% exclusion period, the student may continue to practice, but they may not dress for or participate in any athletic contests.

### *Second Violations*

- E-130 SPS sanction; and
- Immediate ineligibility for interscholastic competition for one (1) calendar year starting from date of the second violation. The ineligibility sanction may be reduced under the following conditions:
  - If the student and/or his/her parent/guardian agree that the student will enroll in and complete a SPS approved substance abuse program then the student is eligible for athletic reinstatement after missing 30% of the sports season contests. If less than 30% of the sports season contests remain, the sanction will be carried over into the next sports season or school year. During the 30% exclusion period, the student may continue to practice, but they may not dress for or participate in any athletic contests.

### *Third Violations*

- E-130 SPS sanction; and
- Immediate ineligibility for interscholastic competition for one (1) calendar year starting from date of the third violation; and
- No shortened sanction.

### Violation:

Selling Illegal/Legend Drugs or Controlled Substances

Consequence:

*First Violation*

- E-110 SPS sanction;
- Student completion of a SPS approved substance abuse program;
- Immediate ineligibility for interscholastic competition for one (1) calendar year.
- No reduced athletic eligibility sanction allowed.

*Second Violations*

- E-110 SPS sanction; and
- Student completion of a SPS approved substance abuse program;
- Immediate ineligibility for interscholastic competition for two (2) calendar years.
- No reduced athletic eligibility sanction allowed.

Violation:

Distributing Illegal/Legend Drugs or Controlled Substances

Consequence:

*First Violation*

- E-120 SPS Sanction; and
- Immediate ineligibility for interscholastic competition for the remainder of the current sports season. The ineligibility sanction may be reduced under the following conditions:
  - If the student and/or his/her parents/guardian agree that the student will enroll in and complete a SPS approved substance abuse program then the student is eligible for athletic reinstatement after missing 30% of the sports season contests. If less than 30% of the sports season contests remain, the sanction will be carried over into the next sports season or school year. During the 30% exclusion period, the student may continue to practice, but they may not dress for or participate in any athletic contests.

*Second Violations*

- E-120 SPS sanction;
- Immediate ineligibility for interscholastic competition for one (1) calendar year starting from date of the second violation.
- No reduced athletic eligibility sanction allowed.

Violation:

Possessing, Using, or Being under the Influence of Illegal/Legend Drugs or Controlled Substances

## Consequence:

### *First Violation*

- E-120 SPS Sanction; and
- Immediate ineligibility for interscholastic competition for the remainder of the current sports season. The ineligibility sanction may be reduced under the following conditions:
  - If the student and/or his/her parents/guardian agree that the student will enroll in and complete a SPS approved substance abuse program then the student is eligible for athletic reinstatement after missing 20% of the sports season contests. If less than 20% of the sports season contests remain, the sanction will be carried over into the next sports season or school year. During the 20% exclusion period, the student may continue to practice, but they may not dress for or participate in any athletic contests.

### *Second Violations*

- E-120 SPS sanction;
- Immediate ineligibility for interscholastic competition for one (1) calendar year starting from date of the second violation.
- No reduced athletic eligibility sanction allowed.

## SELF-REFERRAL BY STUDENT ATHLETE

Student athletes may take advantage of a self-referral procedure to seek information, guidance, counseling and assessment in regards to 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 he/she has 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 head coach 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/guardian desires to appeal the loss of athletic eligibility:

- They must appeal the decision within three (3) school days of being given notice of the athletic ineligibility.
- The appeal must be in writing.

Appealing loss of athletic eligibility-administered by the Building Principal;

- Step #1 – Appeal directly to the Coordinator of Athletics.

Appealing loss of athletic eligibility – administered by persons other than Building Principal (i.e. coach or AP);

- Step #1 – Appeal loss of athletic eligibility to Building Principal
- Step #2 – Appeal loss of athletic eligibility to Coordinator 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 12<sup>th</sup> 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 20 regular season games. A 20% sanction would require that a student miss four (4) games. If the student was deemed ineligible after the 10<sup>th</sup> contest, they would be reinstated after missing four (4) games, and could be eligible for game 15. If this happened after the 18<sup>th</sup> 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 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, he/she may be long-term suspended for two (2) months. This long term suspension would likely result in the loss of more than 30% of his/her athletic eligibility.

## TRANSPORTATION

Transportation is not provided by the school district for some athletic turnouts and 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.

Examples of this situation are:

- 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, the athletic program is highly dependent upon transportation by private vehicle. However, there are a number of established policies and guidelines, which are to be followed by the school in the interest of providing safe transportation for students. Among these procedures, when programs utilize private auto transportation, all athletes participating in that program will need to submit a permission slip granting permission to be transported by private vehicle. Please note that student insurance coverage is only in effect when traveling directly to and from events. Student drivers will also need to submit forms indicating that driving requirements are acknowledged and met. If you have any questions, please check with your school to learn particular procedures so you fully understand what is required.

## ATTENDANCE REGULATIONS

- A student must be in attendance at school or at 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 his/her 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.
- Schools districts 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.



## 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 turnout/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:
  - With their own parent, if the parent arranges with the coach, to transport his/her athlete in their own vehicle.
  - In a private vehicle, if the parent sends a written request to the principal/building athletic director prior to departure and the principal/building athletic director gives approval to the coach in charge. This note should also indicate the name of designated driver. (School should use their Authorized Driver form.).
- Athletes will remain with their squad 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.

## COLLEGE RECRUITMENT

In the event you should be contacted personally by a college recruiter, you have an obligation to work through your coach and the school's athletic department. Inform your coach of such contact as soon as possible. This is especially important if it occurs during the time when you are actually involved in active participation. Check with your coach regarding NCAA rules governing recruiting. Rule violations could result in loss of eligibility.

### **NOTE:**

*The NCAA regulations can change on an annual basis. Contact your building guidance counselor, coach, or athletic department for complete and current information.*

# SUMMARY OF RULES FOR WASHINGTON INTERSCHOLASTIC ATHLETIC ASSOCIATION

- **Eligibility Checklist**- Before you participate, you must be eligible. Please review the following checklist with your parents, coach or athletic director. Unchecked boxes may mean you are NOT eligible and will need to verify eligibility with your school. Eligibility questions should be referred to your coach or athletic director:
  - I'm officially enrolled in a WIAA member school.
  - 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 \$300 per sport.
  - I have not been recruited to attend this school.
  - I have had a physical exam within the past 24 months on file at my 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.
  - **ARE YOU ELIGIBLE???**
  
- **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.
  
- **Member School**:
  - A student-athlete must be a regular member of the school he/she represents in order to participate in interscholastic activities
  - A student is a regular member of a school if he/she is enrolled half-time or more.
  - A **Running Start Student-Athlete** is a member of the high school from which he/she accesses the Running Start Program.

- A **Home School Student-Athlete** becomes a member of the school by registering with the school district as a home school student. His/her athletic eligibility is at his/her resident public school.
- An **Alternative School Student-Athlete** attends a full time public/alternative high school without athletics. He/She resides within the service area of that public school and shall participate only at the resident public school in which the student would normally attend, or his/her athletic “school of record”.

○ **Scholarship:**

- School must establish a grade monitoring system to check academic eligibility with periodic grade checks every four (4) to six (6) weeks. See sports season eligibility dates for details.
- A student in regular attendance, who did not meet the academic standard for the previous semester/trimester, shall be on athletic suspension for the first five weeks of the next semester/trimester. The student-athlete shall be ineligible for interscholastic competition during the suspension period.

○ **Previous Semester/Attendance**

- To be eligible during the current semester/trimester, the student-athlete shall have been enrolled as a full time student-athlete during the previous semester/trimester.
- An enrolled student who receives semester/trimester grades will be considered to have been in attendance for that semester/trimester unless he/she is withdrawn from school.

○ **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.

○ **Transfer:**

- After registering with and/or attending a middle level or high school, students changing enrollment to or 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 transferring students. 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 (these requirements and waiver are outlined in the WIAA Official Handbook).
  - This section shall also apply to those students receiving home based instruction.
  - Refer to the WIAA Official Handbook for the status of a private school district.

- A student who is ineligible in a member school may not become immediately eligible at another member school without completing the conditions of ineligibility.

**NOTE:**

For details regarding the transfer guidelines consult the WIAA Official Handbook.

- **Season Limitation:**
  - 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
- **Concurrent Participation** – A student-athlete shall not compete concurrently in more than one (1) interscholastic sport per sport season.
- **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 petition the League Athletic Director for an exception to this regulation provided the petition is made and ruled upon 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.
- **Amateur Standing** – A student-athlete who represents a school in an interscholastic sport must be an amateur in that sport. To protect amateur status a student-athlete 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
- **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 he/she misses 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***

○ **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.

○ **Appeal Process:**

- The WIAA provides a process by which a student-athlete, parent or guardian can appeal to have eligibility reinstated.
- Eligibility appeals are based upon "hardship" conditions beyond the control of the student that do not exist for the general school population
- Your athletic director will provide you with the Student Eligibility Appeals Packet and can assist you with the appeals process.

○ **Hardship:** The WIAA District Eligibility Committee and, the Executive Director are given the authority to make specific exceptions to those student eligibility regulations contained in Article 18 provided such exceptions are based upon hardship conditions that are deemed to have contributed in a significant way to non-compliance with specific regulation(s) which may be appealed.

- Any waiver of student eligibility regulations shall be based upon extenuating circumstances, beyond the student's, or where applicable, the parents' or legal guardian's control, that are deemed to have significantly influenced or contributed to the cause of the student's non-compliance to the eligibility regulation(s) involved. (The following criteria shall be used to determine if a hardship exists):
  - A hardship exists only when some unique circumstances concerning the student's physical or emotional status exist and only when such circumstances are not the result of acts or actions by the student or family unit.
  - The circumstances must be very different from those that exist for the majority or even small minority of students (e.g., usual maturation problems, and academic or athletic deficiencies in a school's curriculum or extracurricular activities do not constitute a hardship.

- There must be no reason to believe that the decision and/or the execution of the decision concerning the student's academic status were for athletic purposes.
- The burden of providing evidence that a hardship exists shall be borne by the student.
- There shall be a direct relationship between the alleged hardship and the student's inability to meet the specific eligibility rule(s).
- Exceptions to student eligibility regulations based upon a hardship shall be subject to the following limitations:
  - Loss of eligibility in itself or an injury in itself that prevents the student from exercising an opportunity to participate are not to be considered hardships. In addition, attending a school that does not offer interscholastic activities is not to be considered a hardship, nor shall it justify extending eligibility beyond the (4) consecutive year period allowed. To grant additional eligibility based upon a hardship, a student must demonstrate that normal progression towards graduation has been interrupted as a result of a long-confining illness, an injury, or a family hardship, in which that interruption prevented the student from graduating in four (4) consecutive years.
  - A hardship exception shall not be granted if there is sufficient evidence to make it reasonable to believe that the non-compliance to the eligibility rule in question was motivated by the student's, parents or school's efforts to gain a desired athletic outcome or to intentionally circumvent a rule, or
  - A hardship exception shall not be granted if the student has had the opportunity for six (6) years after entering or being eligible to enter the seventh grade or four (4) consecutive years after entering or being eligible to enter the ninth grade to participate in interscholastic activities.

## RUNNING START ELIGIBILITY STANDARDS

- "Running Start" students, who participate in club sport programs at the post-secondary institution they attend, forfeit their interscholastic eligibility for the corresponding WIAA sanctioned sport.
  - *Member of the School:* 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.

## WIAA OUT-OF-SEASON REGULATION

- "All member school districts of the Association must comply with the rules as stipulated...These rules shall not be waived by agreement or otherwise." (As a condition of membership, the SCHOOL must comply with the rules and may not waive them).
  - PRACTICE REGULATIONS- School sponsorship or promotion of practice and/or participation in a given sport contest must be restricted to the WIAA designated season for that sport. Several 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. 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.
- Saturday being an allowable practice day.
- Sundays may not be counted toward meeting the minimum practice requirements.
- A nationally recognized holiday is an allowable practice day.
- 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. 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. 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, 17.9.8 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.

○ OUT-OF-SEASON -DEFINITION- Out-of-Season is that time during which paid or volunteer coaches cannot coach present or future squad members.

- HIGH SCHOOL- Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts 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.

○ YEAR ROUND CONDITIONING- A member school may organize and supervise a year-round conditioning program to include weight training, running and exercising provided all of 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 students;
- 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; and
  - Activities are open and advertised to all members of the student body; and
  - Students have a choice of activities; and
  - 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 participant in a school sponsored sport cannot attend any camps or clinics in that sport three (3) weeks prior to the first day of turnouts for that sport if the participant's coach is a clinician/organizer of that camp or clinic
  
- SUMMER ACTIVITIES- For high schools summer is defined as the first day following the WIAA spring tournaments until three weeks prior to the start of fall turnouts for fall sports and as the first day following the WIAA spring tournaments until the first day of the fall turnouts 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.

SEATTLE PUBLIC SCHOOLS NON-DISTRICT SPONSORED  
SUMMER ATHLETIC WORKOUTS

- Summer workout sessions or camps are NOT conducted or sponsored by Seattle Public Schools.
- 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.
  - Inducing or attempting to induce or encourage any prospective student to attend any member school for the purpose of participating in athletics, even when special remuneration or inducement is not given, is a violation.
  - No member school and no one acting on behalf of any member school shall give any speech or give

any slide, film or tape presentation or distribute any written material which states or implies that a member school's athletic program is better than the athletic program of any other member school or that it would be more advantageous for any prospective student-athlete to participate in athletics at that member school as opposed to any other school.

- Member schools shall be responsible for any violations committed by any person associated with the school, including principals, assistant principals, coaches, teachers, any other staff members or students, or any organization having any connection to the school. The member schools shall be responsible for any violation committed by any person acting at the direction of the school.

### ATHLETIC PARTICIPATION FEE

- In 2007-08, the Seattle Public School Board approved an Athletics Sports Participation Fee Policy that will be collected on a per sport basis. The policy will include but is not restricted to the following items:
  - All Participation Fees must be collected when the “Athletic Registration & Physical Form” is turned in.
  - All collected fees will remain in a newly created ASB budget line at the building where the fees were collected and earmarked to support the athletic program.
  - ASB cards MAY be required for athletic participation at the discretion of the building principal.
  - Fee structure is as follows:
    - 1<sup>st</sup> Sport Participation is \$100.00
    - 2<sup>nd</sup> Sport Participation is \$50.00
    - 3<sup>rd</sup> Sport Participation is no charge
    - 1<sup>st</sup> Sport Participation for free & reduced lunch students is \$25.00
    - 2<sup>nd</sup> Sport Participation for free & reduced lunch students is \$12.50
    - 3<sup>rd</sup> Sport Participation for free & reduced lunch students is no charge
  - Refund Policy. Refunds will be provided under the following conditions (refunds must be requested prior to the end of the

sports season):

- Student is cut from the squad by the coach: 100%
- Student quits due to illness or injury prior to 1<sup>st</sup> contest: 100%
- Student quits due to family moving prior to 1<sup>st</sup> contest: 100%

▪ Notes regarding policy:

- *Three sport participants are capped at \$150.00 or \$37.50*
- *Parents/Guardians of students who are unable to afford the participation fee should contact the coach or athletic director at their school and complete the Athletic Participation Fee Waiver Request Form.*
- *Collected Athletic Sports Participation fees do NOT guarantee a spot on the team or ensure equal playing time.*

# **SENIOR HIGH ATHLETIC DESCRIPTIONS**

## *FALL SEASON (September -November)*

### **FOOTBALL**

SPORT LEVELS:	Varsity, JV & Sophomore teams
TIME SCHEDULES:	9 night games for varsity plus involvement in league & state playoffs.
LOCATION OF FACILITIES:	Turnouts at school site. All varsity home games at Memorial Stadium, West Seattle Stadium and school 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 and uniforms provided.

### **CROSS COUNTRY (Boys & Girls)**

SPORT LEVELS:	Varsity boys & girls
TIME SCHEDULES:	One afternoon league meet per week plus varsity involvement in approved invitational, league, district & state meets. 3:30 p.m. starting time for league meets.
LOCATION OF FACILITIES:	At school sites.
SAFETY FACTORS:	Special awareness of endurance factors.
*EQUIPMENT:	Uniforms & equipment provided.

### **GIRLS' SOCCER**

SPORT LEVELS:	Varsity (JV optional)
TIME SCHEDULES:	16 games with 4:00 p.m. starting time for afternoon games and 7:30 pm. For night games (5:30 p.m. and 7:30 p.m. for double headers).
LOCATION OF FACILITIES:	Games at school sites & Memorial Stadium. Turnouts at school sites.
SAFETY FACTORS:	Some contact with special awareness of endurance factors.
*EQUIPMENT:	Equipment & game uniforms provided.

### **GIRLS' VOLLEYBALL**

SPORT LEVELS:	Varsity (JV, sophomore optional)
TIME SCHEDULES:	16 afternoon or evening meets plus league, district & state playoff involvement.
LOCATION OF FACILITIES:	Meets & turnouts at school sites.
SAFETY FACTORS:	Minimal
*EQUIPMENT:	Uniforms & equipment provided

### **GOLF (COED)**

SPORT LEVELS:	Varsity
TIME SCHEDULES:	Afternoon meets plus district & state playoffs.

LOCATION OF FACILITIES: Seattle Public Courses.  
SAFETY FACTORS:: Minimal  
\*EQUIPMENT Furnished by student athlete

**GIRLS' SWIMMING**  
**(4A Only)**

*See description under Winter Season.*

**BOYS' TENNIS (4A Only)**

*See description under Spring Season.*

**BOYS' BASKETBALL**

SPORT LEVELS:	Varsity, JV, (sophomore optional)
TIME SCHEDULES:	20 games plus league, district & state playoffs. Starting Times: JV 5:45 pm; Varsity 7:30 p.m.
LOCATION OF FACILITIES:	Games & turnouts at school sites
SAFETY FACTORS:	Conditioning for limited contact & endurance factors.
*EQUIPMENT:	Uniforms & equipment provided.

**GIRLS' BASKETBALL**

SPORT LEVELS:	Varsity, IV, (sophomore optional)
TIME SCHEDULES:	20 games plus league, district & state playoffs. Starting Times: JV 5:45 p.m.; Varsity 7:30 p.m.
LOCATION OF FACILITIES:	Turnouts & games at school sites.
SAFETY FACTORS :	Conditioning for limited contact & endurance factors.
*EQUIPMENT:	Uniforms & equipment provided.

**WRESTLING**

SPORT LEVELS:	Varsity (JV optional)
TIME SCHEDULE:	16 matches, plus league, region & state meets.
LOCATION OF FACILITIES:	Turnouts & meets at school sites.
SAFETY FACTORS:	Instruction & training for strength, endurance, dangerous and illegal holds, for prevention of head, neck & other serious injuries.
*EQUIPMENT:	Uniforms & equipment provided.

**GIRLS' GYMNASTICS**

SPORT LEVELS:	Varsity (JV optional)
TIME SCHEDULE:	10 evening meets plus league, district & state meets
LOCATION OF FACILITIES:	Turnouts & 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:	Uniforms & equipment provided.

**COED SWIMMING (4A -Boys Only)**

SPORT LEVELS:	Varsity (JV optional)
TIME SCHEDULE:	12 afternoon league meets plus qualifying & state meets.
LOCATION OF FACILITIES:	Seattle Park Department pools.
SAFETY FACTORS:	Coaching personnel trained in Aquatics & Water Safety
*EQUIPMENT:	Uniforms & equipment provided.



SPRING SEASON (March -May)

**BASEBALL**

SPORT LEVELS:	Varsity (JV optional)
TIME SCHEDULE:	20 games plus league, region & state playoffs. Some night games permitted. Afternoon games 3:30 p.m.
LOCATION OF FACILITIES:	At school sites or park department fields
SAFETY FACTORS:	Special awareness of thrown or batted balls, sliding and other contact & swinging bat factors.
*EQUIPMENT:	Uniforms & equipment provided.

**COED TRACK**

SPORT LEVELS:	Varsity (N optional)
TIME SCHEDULES:	10 meets plus league, district and state playoff involvement.
LOCATION OF FACILITIES:	West Seattle Stadium or school sites
SAFETY FACTORS:	Foam rubber pits provided. Instruction & training in safe practices, especially shot put and discus areas, proper falling and endurance factors.
*EQUIPMENT:	Uniforms & equipment provided.

**COED TENNIS (4A -Girls Only)**

SPORT LEVELS:	Varsity (N optional)
TIME SCHEDULES:	16 afternoon meets plus district & state meets.
LOCATION OF FACILITIES:	At school sites or park department sites.
SAFETY FACTORS:	Minimal.
*EQUIPMENT:	Uniforms & equipment provided. Athletes provide own racquets.

**GIRLS' FASTPITCH SOFTBALL**

SPORT LEVELS:	Varsity (N optional)
TIME SCHEDULES:	20 games plus district & state playoffs. Starting time is 4:00 pm
LOCATION OF FACILITIES:	Turnouts & games at school sites.
SAFETY FACTORS:	Special awareness of thrown balls or batted balls, sliding and other contact & swinging bat factors.
*EQUIPMENT:	Uniforms & equipment provided by schools.

**BOYS' SOCCER**

SPORT LEVELS:	Varsity (N optional)
TIME SCHEDULES:	16 games plus district & state playoffs. Starting times: Afternoon 4:00 pm. Night 7:30 pm. (5:30 pm. & 7:30 pm. for double headers).

LOCATION OF FACILITIES: Varsity games at Memorial Stadium, school sites or park department sites.

SAFETY FACTORS: Some contact with special awareness of endurance factors.

\*EQUIPMENT: Equipment & game uniforms provided.

**GIRLS' GOLF (4A Only)** *See description under Fall Sports.*

\*Athletes provide their own shoes, socks, supporters and undershirts.

# MIDDLE SCHOOL ATHLETIC DESCRIPTION

## FALL SEASON (September -November)

### GIRLS' SOCCER

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-8 games per season; practice two days per week.
LOCATION OF FACILITIES:	Games on Saturday at Memorial Stadium, school sites or park facilities. Turnouts at school sites.
TRANSPORTATION:	Provided by parents and ASAP
SAFETY FACTORS:	Condition for limited contact and endurance factors.
*EQUIPMENT:	Equipment provided.

### ULTIMATE FRISBEE (COED)

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-10 matches per season; practice two days/week

## WINTER SEASON (November -March)

### BOYS' BASKETBALL

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-10 games per season; practice two days per week.
LOCATION OF FACILITIES:	Games & turnouts at school sites or park dept. facility
TRANSPORTATION:	Provided by parents and ASAP.
SAFETY FACTORS:	Conditioning for limited contact & endurance factors.
*EQUIPMENT:	Equipment provided.

### GIRLS' BASKETBALL

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-10 games per season; practice two days per week
LOCATION OF FACILITIES:	Games and turnouts at school sites or park dept. facility.
TRANSPORTATION:	Provided by parents and ASAP.
SAFETY FACTORS:	Conditioning for limited contact & endurance factors.
*EQUIPMENT:	Equipment provided.

## SPRING SEASON (March -May)

### COED TRACK

SPORT LEVELS:	Developmental
TIME SCHEDULES:	4-6 meets plus festival; practice two days per week
LOCATION OF FACILITIES:	West Seattle Stadium and school tracks
TRANSPORTATION:	Provided by parents and ASAP.
SAFETY FACTORS:	Conditioning for limited contact and endurance factors.
*EQUIPMENT:	Equipment provide

### BOYS' SOCCER

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-8 games per season; practice two days per week
LOCATION OF FACILITIES:	Games on Saturday at Memorial Stadium, school sites or park facilities. Turnouts at school sites
TRANSPORTATION:	Provided by parents and ASAP.
SAFETY FACTORS:	Condition for limited contact and endurance factors.
*EQUIPMENT:	Equipment provided.

### GIRLS' VOLLEYBALL

SPORT LEVELS:	Developmental
TIME SCHEDULES:	7-10 matches per season; practice two days per week.
LOCATION OF FACILITIES:	Games on Saturday at school sites or park department facilities. Turnouts at school sites.
TRANSPORTATION:	Provided by parents and ASAP.
SAFETY FACTORS:	Condition for limited contact and endurance factors.
*EQUIPMENT:	Equipment provided.

## Seattle Public Schools Equal Opportunity Statement

The Seattle School District is an Equal Employment Opportunity, Affirmative Action Employer. The District both employs individuals and provides Equal Educational Opportunity without regard to race, creed, color, national origin, age, sex, marital status, handicap/disability or sexual orientation.

The District complies with all applicable State and Federal laws and regulations to include but not limited to Title IX, Title VII, Title VI of the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act, the Americans with Disabilities Act, (ADA), RCW 49.60, "The Law Against Discrimination," and RCW 28A.640 "Sex Equality," and covers, but not limited to, all District programs, courses, activities, services, access to facilities, etc.

The Title IX officer and 504 coordinator with overall responsibility for monitoring, auditing, and ensuring compliance with this policy is the Affirmative Action Officer, 2445 Third Ave. S., Seattle, Washington, 98134, (206) 252-0175.

***"EXCELLENCE IN ACADEMICS AND ATHLETICS"***

## NOTES

**Cut and return below section to school with Athletic Packet.**

---

I certify that I have been provided with a copy of the SPS Student Athletic Handbook, that I will carefully review the information contained in the handbook and that I agree to adhere to the policies and procedures set forth therein.

Athlete's Full Printed Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Signature of Athlete: \_\_\_\_\_

Parent/Guardian's Full Printed Name: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_

Date: \_\_\_\_\_

STUDENT ACTIVITIES

AN INTEGRAL PART

OF EDUCATION



SEATTLE  
PUBLIC  
SCHOOLS