

CONSTITUTION OF THE PUYALLUP ATHLETIC LEAGUE

Article I - NAME

The name of this organization shall be PUYALLUP ATHLETIC LEAGUE (PAL).

Article II - OBJECTIVES

The objectives of this organization shall be to promote good fellowship and sportsmanship among the schools of the league; to focus on athletic growth for teams and individual athletes; to foster professional growth of the league members; to direct and supervise the inter-school activities of the league, and to carry out the league's policies as determined by the superintendent, district Athletic Director and the junior high principals.

Article III - MEMBERSHIP

This association shall consist of the principals and/or assistant principals of the junior high schools in the Puyallup Athletic League as well as the District Athletic Director.

Article IV - VOTING

- Section 1 In deciding matters involving junior high problems, each junior high school will be granted one (1) vote.
- Section 2 All decisions shall be determined by a majority vote of qualified voters, provided a quorum of eligible voters is present.
- Section 3 A quorum shall consist of qualified representatives from four out of the seven schools in the league.

Article V - OFFICERS

- Section 1 The officers of the association shall be a president. The president shall perform the customary duties of the office. The president shall be elected at the last regular meeting in the spring.
- Section 2 Candidates for president shall be nominated from the group at large. Nominations will occur in the month of April. Vacancies shall be filled by election at the May regular meeting.

Article VI COMMITTEE

- Section 1 The president shall appoint committees as needed.
- Section 2 Athletic event schedules shall be drawn up by the junior high athletic coordinators with the direction and approval of the principals. The Principals'

Association shall have final decision upon all committee action and must approve such action before it becomes a league rule.

Article VII MEETINGS AND DUES

Section 1 The time and place of each meeting shall be determined at the time of the last meeting.

Section 2 Special meetings may be called by the president, when necessary, provided all league members have been notified of the meeting and the subject for consideration.

Section 3 Meetings with other leagues shall be held as needed.

Section 4 Payment of mileage shall not be made from the league fund, but such payments may be made at the discretion of the individual region or school.

Section 5 The amount of the membership dues, if any are to be collected, for league schools shall be determined by a majority vote of the schools at the first regularly scheduled meeting.

Article VIII AFFILIATIONS

Section 1 All school districts associated with the league must be members of the Washington Interscholastic Activities Association and the West Central District (District 3) of W.I.A.A.

Section 2 Members shall be required to adhere to the constitution, rules, and regulations of that league.

Section 3 The league operates under the authority vested in it by the superintendent.

Section 4 The league may organize itself into divisions and delegate responsibilities for administration and supervision of activities of the division.

Section 5 This league shall recognize and support organized groups which carry on recognized activities of this league (such as coaches, directors, etc.). Any policy recommendation proposed by these groups must be approved by the PAL before it becomes a league rule.

Article IX - AMENDMENTS

This constitution may be amended by a majority vote of all member schools.

Article X - PRACTICES

A set of special, up-to-date rules to govern each activity shall be known as practices of the PAL.

Coaches and/or other school groups may recommend changes. Practices may be altered by a majority vote of qualified voters at the stated meeting of the PAL. Amendments are to be submitted to the principals at their April meeting with voting to take place at the May meeting for seasons 1, 2, and 3. The 4th season will be reviewed in October with the voting to take place in November.

Any violation of a practice by member schools will be resolved between the schools involved. If a suitable solution to the problem cannot be resolved, then the matter will be referred to the league principals. Such action may include a letter of censure from the league.

Article XI - STATEMENT OF PHILOSOPHY, PARTICIPATION AND SPORTSMANSHIP

The superintendent and junior high principals, recognizing the need for a common philosophy and a mutual understanding, established these principles for the guidance of the Puyallup Athletic League:

1. The superintendent has the responsibility for establishing policies governing league activities.
2. The PAL has the responsibility for administering the affairs of the league in accordance with established policies.
3. A systematic procedure shall be established for the development of policies and practices.
4. The PAL constitution sets the league policies and practices.

The schools in the Puyallup Athletic League promote and foster a spirit of athletic participation and sportsmanship in each of our athletic programs. We believe that athletics is a privilege for student-athletes and we strive to make our athletic experiences both positive and competitive for our athletes, parents, students, and coaches.

To that end, we have established policies as a league which emphasize sportsmanship in all ways during our athletic contests, both home and away. Our sportsmanship creed is:

The ability to accept victory without bragging, defeat without complaint, and to treat your opponents with fairness and courtesy.

All of our coaches and athletes are held to a standard of fair play and encouragement for all athletes, and we ask the same of our parents, students, and spectators who attend our athletic events.

Specifically, for sportsmanship we expect:

- Positive, encouraging remarks and cheers which support athletes
- Demonstrating respect, both with words and actions, for officials and coaches
- Applauding good play and performance on both sides of the ball
- Cooperation with officials, coaches, and game management personnel

Specifically, for participation we expect:

- Athletes on 7th grade teams or JV level will participate in all contests if eligible
 - Note: Football's "5th quarter" does not fall under the "participation" expectation
- Playing time for athletes on 8th grade teams or Varsity level may not be equitable

Coaches and players who violate these expectations face league sanctions which may include a loss of coaching and/or playing time or the forfeit of games. Parents, students or other spectators at events will be asked to refrain from negative behavior or be removed from contests and events. Parents and students who are removed or asked to leave may risk not being able to attend any future events.

Thank you for your support of our athletic policies and ideals. Together, we can make the junior high athletic experience a positive and competitive experience for our students and our community.

Article XII -GENERAL POLICIES & RESPONSILITIES OF SCHOOL COODINATORS

1. The Washington Interscholastic Activities Association Handbook shall supersede any policy or practice in this handbook in the event of any conflict; however, the league still has the prerogative of establishing restrictions more stringent than those of the W.I.A.A.
2. Policies pertaining to each recognized activity shall be incorporated in the handbook under the section heading of that activity.

3. Activities after games shall be confined to the host school only and no announcement of the after-game event may be made during the game.
4. Bands shall not perform at games. However, on special occasions, principals, by mutual agreement, may schedule performances.
5. Widespread student visitation among the schools of the league should be discouraged. When student bodies wish to gain information regarding neighboring schools, previous arrangements through the principal's office should be made for a small committee of students to make a planned visitation.
 - a. Inter-school teacher visitations should be arranged through the principal's office.
6. Any correspondence among schools which pertain to student activities should be co-signed by the principal.
7. The schools of the Puyallup Athletic League prohibit noise makers and the discharge of confetti at all athletic contests.
 - Visiting schools will not display signs other than the official school banner.
 - Band instruments may be used only as part of total band performance agreed upon by principals from the schools competing and not as noise makers.
8. Half-time presentations must be discreet, non-offensive to the opposing school, and approved by the principal of the host school.
9. Crowd control is the responsibility of the host team for all athletic events. Member schools are encouraged to stress sportsmanlike conduct on the part of all spectators.
10. Any exception to the above must have specific permission from the Puyallup Athletic League Principals' Association.
11. If a make-up date is not possible before the end of the regular season, the postponed contest will be played on the first playable date during the first week following the end of the regular season. A maximum of two (2) contests may be made up during this extra week. The first contest to be postponed is the first contest to be made up. Athletes who participate in the next sport season will still be required to meet the minimum practice requirement for that sport.

ATHLETIC RESPONSIBILITIES

Football	Edgemont
Volleyball	Kalles
Basketball (Girls)	Ferrucci
Cross Country	Glacier View
Basketball (Boys)	Ferrucci
Soccer	Aylen
Track	Stahl
Wrestling	Ballou

PRE-SEASON COACHES MEETING GUIDELINES

1. School responsible for league sport will host a pre-season and optional post-season meeting of the division coaches.
2. It should be held two (2) to four (4) weeks prior to beginning of season and immediately after.
3. Host school should schedule an evening time and provide for advanced notice of the meeting.
4. The following should be discussed at pre-season meetings:
 - handbook concerns
 - league schedule
 - concern and/or suggestions of coaches
5. The minutes of these meetings should be distributed to the principals, district athletic coordinators and league coaches.
6. The home team is responsible for reporting scores to the coordinating schools the morning following each contest.

Article XIII - ATHLETICS

1. ELIGIBILITY

Attention is called to these sections of the W.I.A.A. Handbook relating to junior high school student eligibility:

- A. Competition Limits

- B. Student Eligibility Criteria
- C. Age Limits
- D. Student Member of a School
- E. Scholastics
- F. Transferring Students
- G. Previous Semester
- H. Regular Attendance
- I. Physical Examination
- J. Seasons Limitation
- K. Over-Age Junior High Students
- L. Concurrent Student Sport Limitation
- M. Non-School Participation
- N. Amateur Standing
- O. Student Appeals & Hardship Cases

MIDDLE LEVEL SCHOOL SEASON LIMITATIONS

Sport	Length Of Season	Minimum Practice Days Per IndividualContest Limitations.....	
			Team	Individual
Basketball	12 weeks	10	12 + Jamboree	12 + Jamboree Maximum of 4 quarters per day
Cross Country	10 weeks	10	7 Maximum 2 meets per week.	7
Football	12 weeks	12 for individual team. Minimum is 12 practice days.	6 + Jamboree for 7th & 8th grade teams. 7 + Jamboree for 9th 7 + Jamboree for 7 & 8 graders on 9th grade team	Maximum of 4 quarters per week.
Soccer	10 weeks	10	10 + Jamboree	10 + Jamboree Maximum 2 games per week.
Track	12 weeks	10	7 2 per week	7
Volleyball	12 weeks	10	12 + Jamboree for 9th graders; 10 + Jamboree 7th & 8th.	3 contests per week
Wrestling	12 weeks	12	10 + Jamboree	14 Match limitation:

2. **LEAGUE SPORTS**

A. Official recognized interscholastic competitive sports in the Puyallup Athletic League are:

- 1) Boys & Girls Basketball - varsity & junior varsity
- 2) Football - 11-man, tackle - varsity & junior varsity
- 3) Track – Girls and Boys varsity & junior varsity
- 4) Volleyball - varsity & junior varsity
- 5) Wrestling - varsity & junior varsity
- 6) Girls Soccer –varsity & junior varsity
- 7) Girls Cross Country –varsity only

B. Recognized boys’ sports are: football, basketball, wrestling, track.

*Note: Girls may participate in football and wrestling.

C. Recognized girls’ sports are: basketball, track, volleyball, cross country and soccer.

D. Four (4) sports season - the season alignment for the Puyallup Athletic Junior High School League is:

SEASON I	Football, girls’ volleyball, cross country
SEASON II	Wrestling, girls’ basketball
SEASON III	Boys basketball, girls’ soccer
SEASON IV	Girls/boys track

E. Minimum standards for membership on a varsity and junior varsity team:

- 1) The league defines a varsity team as being composed of eighth and/or seventh graders.
- 2) Junior varsity is defined as a team composed of seventh graders.
- 3) Placement of seventh grade athletes on a varsity team is permitted subject to the following restrictions:
 - Wherever possible, and in the sports of football, volleyball, basketball and soccer, schools shall field varsity teams comprised solely of eighth graders, and junior varsity teams comprised solely of seventh graders.
 - Placement of a 7th grader on varsity teams becomes final after the second game of the season.
 - Where no stand-alone program exists, it is assumed that varsity teams may be comprised of a mixture of grade levels.
- 4) The following minimum trigger numbers may apply for playing athletes “up” a grade level in the following sports:
 - a. Schools wishing to implement these triggers must first notify the PAL president and league athletic director in writing (email is acceptable). This notice must include the number of athletes currently turning out for the sport and the recruitment plan to be used to add more athletes at the desired grade level.

- b. If an athlete is moved up to another grade level's team, that athlete may not take a starting position unless a team may not be fielded without doing so.
- c. Moving athletes up a grade level in anticipation of ineligibility issues is not permitted. Teams which fall below the trigger number in a sport due to academic ineligibility may not bring students up a grade level unless it is necessary to do so in order to field a complete team.

Football: 22

Volleyball: 12

Basketball: 10

Soccer: 14 - (*See soccer guidelines in the individual soccer rules.)

F. The League shall be comprised of the following schools:

Aylen

Ballou

Edgemont

Ferrucci

Glacier View

Kalles

Stahl

3. **SCHEDULING**

A. Games will be scheduled within the league.

B. Ties for team championships will not be played off.

C. Formation of athletic schedules shall be the responsibility of the athletic coordinators and coaches. All schedules for the following year will be presented to the PAL at the April meeting. Approval will be voted on at the May meeting.

D. Inter-school activities shall be scheduled during non-school hours insofar as possible.

4. **TROPHIES AND AWARDS**

A. Award certificates may be given at the discretion of each school.

B. Puyallup Athletic League junior high athletic awards may be standard block letters of four (4) to six (6) inches in height.

C. Team trophies shall be purchased by the school winning the championship.

5. **CONTEST START TIMES**

- A. The suggested time for team arrival is thirty (30) minutes before the scheduled contest. Variations due to transportation problems should be worked out between principals.

Game starting times:

Football	3:30	Soccer	3:00
Volleyball	3:30	Wrestling	3:30
Cross Country	3:00	Track	3:20 (running events)
Basketball (G&B)	3:30	Track	3:00 (field events)

- B. Visiting teams are required to dress at home.
- C. Visiting teams should go directly to the area assigned by the home school's administration.
- D. Schools may schedule earlier times by mutual agreement assuming officials can be arranged.

6. **CONTEST OFFICIALS**

- A. Association officials will be used as follows:

Basketball	- 2 minimum	Volleyball	- 1 minimum
Football	- 3 minimum	Wrestling	- 1 minimum (for varsity & jv matches)
Soccer	- 1 minimum		

- B. Non-association adult officials may be used for sport contests other than wrestling when association officials are not available.
- C. It is the home team's responsibility to provide the official adult timer(s) and scorekeeper(s) for all varsity events. If the visiting team desires to provide an assistant timer, prior arrangements must be made.
- D. Officials' fees will be shared equally by participating schools for basketball jamboree, pre-conference and conference meets in wrestling and track.

7. **TOWELS**

Each participating team shall furnish its' own towels.

8. **CHEERLEADERS, PEP GROUPS, SPECTATORS**

- A. Student spectators will not be dismissed prior to regular school dismissal to attend away events.
- B. Rooter buses are prohibited.
- C. Cheerleaders are not permitted by the Puyallup Athletic League.
- D. When athletes are being spectators, they are to remain near the field or gym and not loiter about the school.

9. **ADMISSION**

Admission prices are to be established by the Puyallup Athletic League.

10. **COACHES RESPONSIBILITY**

The coach is responsible for maintaining the role of teacher and for including behavior and ideals that are in harmony with good citizenship, fair play, and courtesy. Coaches shall understand and abide by all rules and/or their intent.

11. **SPORT COORDINATORS**

At the first league meeting, sport coordinators will be appointed for each sport. Home teams will call assigned coordinating school (school secretary) with scores in the morning of the day following the contest. The coordinating school will compile and distribute results with standings. Problems and disputes will be directed to the principal of the coordinating school.

12. **TURNOUTS DURING VACATION PERIODS**

Non-mandatory, organized turnouts may be held during Christmas vacation (for basketball and wrestling) and spring vacation (track) at the prerogative of the building principal.

- Team members shall not be placed under any pressure to participate in these practices. Member schools are responsible for notifying athletes of this policy.

13. **FILMING**

The Puyallup Athletic League will follow the rules on filming as outlined in the Washington Interscholastic Athletic Association Handbook in Sections 21.28 through 21.28.5.

14. **PROTESTS, APPEALS, RULE VIOLATIONS, AND PENALTIES**

- A. Protest procedures:
 - 1) Protests of an official's judgment will not be heard.
 - 2) Protest procedures for each sport as stated in the official rule book for that sport must be followed or protests will not be heard.

- 3) Protests regarding playing conditions, facilities and/or equipment must be filed prior to the start of the contest. Game officials and the opposing coach must be notified at that time.
 - 4) The basis of protest must involve a misapplication or misinterpretation of a rule or a game condition which may have an undue effect upon the outcome of the game or event.
 - 5) The facts and reasons for the protest must be filed with the game officials at the time the incident in question has occurred.
 - 6) The protester must file a written protest, which must include the facts and reasons for the protest, with their athletic coordinator prior to 4:30 p.m. of the next school day. The athletic coordinator of the protesting school will in turn notify the chairperson of the South Puget Sound Athletic Directors. The following action will be taken within five (5) school days:
 - a. The chairperson of the South Puget Sound Athletic Directors shall assign a protest committee.
 - b. The committee will be three (3) athletic coordinators not from protesting school. The protest committee shall investigate and decide on the infraction or ruling and submit their decision in writing to the athletic directors and the PAL principals.
 - c. Should the decision of the protest committee be unsatisfactory to the school submitting the protest, they may invoke the appeal procedures as outlined below.
- B. Appeal Procedures:
- 1) Appeals regarding the protest committee's decision shall be submitted in writing to the president of the PAL within seventy-two (72) hours following the decision of the sports commissioner.
 - 2) There shall be an appeals committee assigned by the president composed of three (3) members of the PAL. The three (3) members shall not be from schools involved in the protest.
 - 3) The appeals committee shall investigate and decide on the infraction or ruling and submit their decision in writing to the PAL.
Their decision shall be final.
- C. Sanctions:
- 1) Reprimand: A written warning to the school notifying the principal of the violation. The school is responsible for the internal resolution of the situation.
 - 2) Probation: A school or activity is placed on trial for a specified time. The league will review the matter at the end of the specified time and advise the school or activity of its' status. As a condition of probationary status, the S.P.S.L. may impose one (1) or more of the following restrictions: Forfeiture of game(s) or season, and/or playoff entry denial.
 - 3) *Suspension: All rights and privileges of that school or activity as a member of the Puyallup Athletic League are withheld until such time as the league principals deem necessary. The league may suspend a school in a particular sport or activity or in all sports and activities.
 - 4) *Expulsion: The school's membership in the Puyallup Athletic League is terminated.

Sanctions will be imposed on schools/teams only after extensive investigation by the athletic directors. Decision of the athletic directors may be appealed to the principals of the Puyallup Athletic League.

Violations other than athletic violations will be directed to the Puyallup Athletic League Principals for action.

Reporting of all violations must be made within five (5) calendar days of the infraction discovery. The following sanctions may apply to the violations noted:

<u>VIOLATION</u>	<u>SANCTION</u>
Regular season game, meet, or match limitation	Forfeiture of contest
Removing a team from competition	Forfeiture of contest
Four-quarter rule violated in basketball	Forfeiture of contest
Two-half rule violated in soccer	Forfeiture of match
No certificated coaching personnel	Forfeiture of contest
Crowd control/sportsmanship violation	Forfeiture of contest
Use of an ineligible player	Forfeiture of contest
Baseball head coach banished	Forfeiture of contest
Filming/videotaping violation	To be determined
Practice regulations violation	To be determined
Out-of-season practice/contest	To be determined
Forfeiture of a PAL contest without prior league approval	To be determined

Appeal Procedure: Appeal of a decision must be made to the Principals of the Puyallup Athletic League within five (5) calendar days following the decision of the Puyallup Athletic League Athletic Coordinators.

* The vote for suspension and expulsion must be two-thirds (2/3) of all member schools.

D. Rule violations & penalties:

1. Reporting rule violations by member schools - When a school becomes aware that a rule has been violated, the offending school principal (or designee) must report the infraction and any action taken by the school in writing within five (5) school days to:
 - a. the superintendent of the offending school,
 - b. the league of school membership for review and action, and
 - c. the appropriate W.I.A.A. District.

Article XIV - SPORTS POLICIES

General Crowd issues and sportsmanship

During athletic contests, the coach shall have the authority to address issues of crowd control with game management. It is incumbent on the home team to see to it that these issues are addressed appropriately. If a coach believes that issues have not been sufficiently addressed or resolved by game management, he or she may appeal to the PAL for a review of the matter. This appeal must follow the process outlined in sub-Section B of Section 14 of this document. Failure to adequately address issues of crowd control and sportsmanship may result in forfeiture of the contest under which the appeal was filed.

1. **BASKETBALL**
Girls Basketball:

- A. The National Federation rules will be followed in girls basketball.
- B. The National Association for Girls' and Womens' Sports Rules and Guidelines will be followed for girls basketball.
- C. The only exception will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines and the Puyallup Athletic League Activity Handbook.
 - 1) Eight (8)-minute quarters shall be played by varsity and junior varsity teams.
 - 2) Jerseys will be light at home and school's colors away. Note: Due to NFHS rule change taking effect in the 2007-2008 season, home teams will be required to wear white jerseys and the visiting team will wear dark jerseys.
 - 3) Two adults shall be at the score table for the varsity contests in charge of the game clock and the scorebook. A minimum of one adult at the score table for the junior varsity contest.
- D. The official game ball will be leather.
- E. WIAA mercy rules will be in effect beginning in the 2010-11 school year.
- F. In addition to the WIAA mercy rules, when the point differential reaches 20 points in the fourth quarter of a game no full court press by the leading team will be allowed, nor will the leading team be allowed to play athletes who were in the starting lineup at the beginning of the game unless they must do so to maintain the proper number of players on the court.

Boys Basketball:

- A. The National Federation rules will be followed in boys basketball.
- B. The only exception will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines, and the Puyallup Athletic League Activity Handbook.
 - 1) Eight (8)-minute quarters shall be played by varsity and junior varsity.
 - 2) Jerseys will be light at home and school's colors away.
- C. The official game ball will be leather.
- E. WIAA mercy rules will be in effect beginning in the 2010-11 school year.
- F. In addition to the WIAA mercy rules, when the point differential reaches 20 points in the fourth quarter of a game no full court press by the leading team will be allowed, nor will the leading team be allowed to play athletes who were in the starting lineup at the beginning of the game unless they must do so to maintain the proper number of players on the court.

2. **FOOTBALL**

- A. The National Federation of State High School Association Football rules shall govern football.
- B. The only exception will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines, and the Puyallup Athletic League Activity Handbook.
 - 1) The official game ball will be the choice of the team, leather or rubber.
 - 2) A fifth quarter may be played by mutual consent of the coaches involved.
 - 3) Ten (10) minute quarters shall be played by varsity teams; eight (8) minute quarters for junior varsity.

- 4) At least one (1) adult will be included on the chain down box crew.
 - 5) Ties - An overtime period will be used to break the tie. The Kansas Plan will be used until the tie is broken with one (1) additional time out. Each possession will start on the ten (10) yard line.
- C. Any game scheduled after the end of daylight savings time shall be moved ahead one-half (1/2) hour to avoid unsafe conditions in the dark.

3. **VOLLEYBALL**

- A. The National Federation Rules shall govern volleyball.
- B. The only exceptions will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines, and the Puyallup Athletic League Activity Handbook.
- 1) Pre-match warm-up: Varsity matches warm-up time is 7/7/2; JV and 7th grade matches will be 5/5/2. The home team will take the floor first.
 - 2) Rally scoring for Varsity and JV matches will be 21-21-21 for all games with no cap. 7th grade rally scoring will be 21-21-21 with no cap.
 - 3) A match will be determined by two (2) out of three (3) games. The third game will be played even if it is not a determining game.
 - 4) Each school shall provide a linesman. The official scorer shall be an adult.
 - 5) Order of play: Varsity match shall be played first followed by the junior varsity for after school matches. The reverse order will be played for evening matches.

4. **WRESTLING**

- A. National Federation Rule of State High School Association wrestling rules shall govern wrestling.
- B. The only exceptions will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines, and the Puyallup Athletic League Activity Handbook.
- 1) All teams in the league must make every attempt to provide exhibition wrestlers for the exhibition match. All wrestling matches must have a qualified association official.
 - 2) All spectators must be off the mat before, during, and following the contest.
 - 3) Adults must be assigned as match timer and scorekeeper.
 - 4) Weight classifications for meets and tournaments shall be 80, 86, 92, 98, 104, 110, 115, 120, 125, 130, 137, 145, 154, 164, 175, 190, 215, 245, 275.
 - 5) Minimum weight for the 80-pound class to be 69 pounds; minimum weight for 86 pound class to be 74 pounds; minimum weight for 215 pound class to be 185 pounds; minimum weight for 245 pound class to be 215 pounds; and the minimum weight for 275 pound class is 245 pounds.
 - 6) Maximum weight for heavyweight to be 275 pounds.
 - 7) To be seeded for a weight in the Varsity Tournament, a minimum of 50% of all matches wrestled during the regular season (JV or Varsity) must be at that weight.

- 8) When only one mat is available, the JV's will wrestle first with 1:00 minute rounds and Varsity second with 1:30 rounds.
- 9) If a referee is late, weigh-ins may be conducted at 3:00 if both coaches are available to weigh-in Varsity wrestlers. Weigh-in is not necessary for JV wrestlers.

5. **TRACK & FIELD**

A. **NATIONAL RULES**

- 1) The current National Federation of State High School Associations Track and Field Rules will govern the sport of Track and Field in the league.

B. **W.I.A.A./P.A.L. RULES**

- 1) The only exceptions to the National Rules will be those rules and regulations that appear in the official Washington Interscholastic Athletic Association Handbook and Guidelines and the Puyallup Athletic League Junior High Activity Handbook.
- 2) This Track & Field Handbook shall be a part of the Puyallup Athletic League Junior High Activity Handbook for principals.
- 3) Major policy Changes to this handbook can only take place by a vote of the junior high school principals. Handbooks should be distributed at the pre-season meeting by the league coordinator.

C. **GENERAL RULES FOR TRACK AND FIELD**

1) **Rules Affecting All Track And Field Meets**

a. **Varsity and Junior Varsity Teams**

- All eighth-grade athletes will be on the Varsity team only.
- Seventh grade athletes will make up the Junior Varsity team.
- In a season, a junior varsity team athlete may be moved up to the varsity team, but after the second meet of the year, then no athlete can be moved back to the junior varsity team.

b. **Event Participation**

- A junior high contestant, either varsity or junior varsity, may participate in a maximum of four (4) track and field events. If an athlete participates in four (4) running events, at least one (1) running event must be a relay.

c. **Varsity/Junior Varsity Running Events**

- Varsity running events will be followed by the junior varsity running events, except where varsity and junior varsity races are/or might be combined.

d. **False Starts**

- The first false start of a running event will be charged to the field (a general warning to all competitors). Any additional false starts will result in an athlete(s) being disqualified from the race.

e. **Uniforms**

- Uniforms must conform with the National Federation of State High School Associations Track and Field Rules.
- Members of a varsity team must wear similar uniforms.
- Members of a junior varsity team must wear similar uniforms.
- Varsity and junior varsity team uniforms shall be dissimilar.

- Exceptions must be cleared by the Meet Director.

f. Judges and Timers

- Judges and timers for scoring places and alternates [four (4) timers] shall be adults for all events.

- The host school shall appoint a home protest judge before the start of each home meet.

- The final resolution of any conflict or protest will be settled by the track coordinator of the league.

g. Results of Meets

- The host school will furnish the visiting school (immediately following the track meet) and other divisional, league schools (via the U.S. Mail, fax, or intra-district mail service, no later than the next school day) the complete and official results of the track and field meet.

2) Rules Affecting Dual Meets

a. Team Entries in Events

- Each school team may enter four (4) entrants in each running event on an eight (8) lane track; three (3) entrants on a six (6) lane track.

- Each school team may enter an unlimited number of entries in the 800m (880yd) and 1600m (Mile) Runs. Some runners may be stacked in lanes.

- Each school team may enter one (1) team entry in the 400m (440yd), 800m (880yd) and 1600m (Mile) Relays.

- Each school team may enter four (4) entrants in each field event.

- Additional entries in events will be allowed if:

1 – Space is available.

2 – Head coaches agree before the track meet begins.

3 – The entrant still conforms with the four (4) event maximum participation rule.

4 – If participants are additional entries, they will not be competing for points, and should be identified to the starter or event judge before the event begins as a non-scoring participant.

b. List an Order of Running Events, Appropriate Event Time and Lane Assigned (See following page)

c. Determining Lane Assignments

- In the first race, the home team will receive the even lanes (2,4,6,8) and the visiting team will receive the odd lanes (1,3,5,7). Teams will alternate lane assignments in every event grouping thereafter.

d. Hurdle Events – Specifications

Boys: 75m (80yd) Intermediate High Hurdles

36" in height

7 total hurdles

Start to first hurdle: 13.0m (42'7-3/4")

Distance between hurdles: 8.5m (27'10-1/2")

Last hurdle to finish: 11.0m (36'1")

Girls: 75m (80yd) Low Hurdles

30" in height

7 total hurdles

Start to first hurdle: 13.0m (42'7-3/4")
 Distance between hurdles: 8.5m (27'10-1/2")
 Last hurdle to finish: 11.0m (36'1")

Boys/ 110m (120yd) Low Hurdles
 Girls: 30" in height
 5 total hurdles
 Start to first hurdle: 18.288m (60')
 Distance between hurdles: 18.288m (60')
 Last hurdle to finish: 18.56m (60'10-3/4")

e. List of Field Events

Boys: High Jump
 Shot Put
 Long Jump
 Triple Jump (Varsity Only)

Girls: High Jump
 Shot Put
 Long Jump
 Triple Jump (Varsity Only)

List & Order of Running Events, Appropriate Event Time & Lane Assigned

			<u>Appropriate</u>	<u>Lane Assignment</u>		
			<u>Event Times</u>	<u>Home</u>	<u>Visitor</u>	
1.	Boys Varsity	75m	Intermediate High Hurdles	3:20	Even	Odd
	Boys JV	75m	Intermediate High Hurdles			
	Girls Varsity	75m	Low Hurdles			
	Girls JV	75m	Low Hurdles			
2.	Boys Varsity	100m	Dash	3:45	Odd	Even
	Girls Varsity	100m	Dash			
	Boys JV	100m	Dash			
	Girls JV	100m	Dash			
3.	Boys Varsity	400m	Dash	4:00	Even	Odd
	Girls Varsity	400m	Dash			
	Boys JV	400m	Dash			
	Girls JV	400m	Dash			
4.	Boys Varsity/JV	1600m	Run	4:15	Odd	Even
	Girls Varsity/JV	1600m	Run (<i>Note: One (1) Turn Stagger Is Used</i>)			
5.	Boys Varsity/JV	400m	(4x100m) Relay	4:35	Even	Odd
	Girls Varsity/JV	400m	(4x100m) Relay			
6.	Boys Varsity	110m	Low Hurdles	4:50	Odd	Even
	Girls Varsity	110m	Low Hurdles			
	Boys JV	110m	Low Hurdles			
	Girls JV	110m	Low Hurdles			

7.	Boys Varsity/JV Girls Varsity/JV	800m 800m	(4x200m) Relay (4x200m) Relay	5:05	Even	Odd
8.	Boys Varsity/JV Girls Varsity/JV	800m 800m	Run Run (<i>Note: One (1) Turn Stagger Is Used</i>)	5:20	Odd	Even
9.	Boys Varsity Girls Varsity Boys JV Girls JV	200m 200m 200m 200m	Dash Dash Dash Dash	5:35	Even	Odd
10.	Boys Varsity* Girls Varsity*	1600m 1600m	(4x400m) Relay (4x400m) Relay	5:50	Odd	Even

*No JV teams except as exhibition [non-scoring]

Note: m = meters

f. Varsity/Junior Varsity Order in the Field Events

High Jump: JV girls, then Varsity girls, then JV boys, then Varsity boys

Shot Put: If one (1) shot put circle – Varsity/JV boys, Varsity/JV girls
If two (2) shot put circles – boys & girls at separate shot put circles.
Four (4) puts, no finals, **Open Pit System (*)** for...
One (1) Shot Put circle: One (1) hour, thirty (30) minutes.
Two (2) Shot Put circles: One (1) hour.
Each individual, legal put in the competition shall be measured.
The host school should provide a 4 kg. shot put for competition.

Long Jump: If one (1) jumping pit – Varsity/JV boys, Varsity/JV girls
If two (2) jumping pits – boys & girls at separate jumping areas.
Four (4) jumps, no finals, **Open Pit System (*)** for...
One (1) jumping pit: Two (2) hours.
Two (2) jumping pits: One (1) hour, thirty (30) minutes.

Triple Jump: Varsity Boys and Girls Only
If one (1) jumping pit – boys and girls together.
If two (2) jumping pits – boys and girls at separate jumping areas.
Four (4) jumps, no finals, **Open Pit System (*)** for...
Same time limits as in the Long Jump.

(*) The **Open Pit System** allows all competitors in a field event to have a certain and reasonable amount of time to complete all their allotted jumps or puts.

g. Starting and Advancement Heights for Jumping Events

Boys High Jump (JV)	4'6" (4'8", 4'10", 5'0", then 1" intervals thereafter)
Boys High Jump (Varsity)	4'8" (4'10", 5'0", 5'1", then 1" intervals thereafter)
Girls High Jump (JV)	3'6" (3'8", 3'10", 4'0", then 1" intervals thereafter)
Girls High Jump (Varsity)	3'8", 3'10", 4'0", 4'1", then 1" intervals thereafter)

3) Rules Affecting the Pre-Conference/Qualifying Track Meet

- a. **Meet(s) Rotation**
 - At the pre-season meeting, coaches from each division (Puget and Sound) will make the final determination for rules affecting the Pre-Conference /Qualifying and Conference/Final track meets.
 - The host school(s) for the meet(s) shall be rotated among the league schools in the division. The Pre-Conference/Qualifying Meet and the Conference/Final Meet may be held at the same site.
 - The Pre-Conference/Qualifying and Conference/Final Meets should be conducted on an eight (8) lane, metric track.
- b. **Teams Involved**
 - Varsity Boys and Girls teams only.
- c. **Meet Divisions**
 - The league may be divided into sub-divisions of the same number of teams, if possible, for purposes of seeding into the Pre-Conference/Qualifying Meet(s).
- d. **Team Entries**
 - Each school team may enter two (2) entries for each individual running event, except for the 800m (880yd) and 1600m (Mile) Runs where three (3) entries per school will be allowed.
 - One (1) relay team per school team per each relay event will be allowed.
 - Each school team may enter three (3) entries in each field event.
- e. **Lane Assignments**
 - Lane assignments will be determined at a coaches' meeting(s) held prior to the Pre-Conference/Qualifying meet(s).
- f. **Field Event Starting & Advancement Heights**
 - Boys High Jump: 4'10" (5'0", 5'2", then 1" intervals thereafter)
 - Girls High Jump: 3'10" (4'0", 4'2", then 1" intervals thereafter)
- g. **Field Event Trials**
 - Each entrant in the Long Jump, Triple Jump and the Shot Put events will have a total of four (4) trials with no finals.
 - The **Open Pit System** will be followed in the Long Jump, Triple Jump and the Shot Put events.
- h. **Even Or Odd Number School Teams**
 - If there is more than one Pre-Conference/Qualifying meet held, either separate or together, then determining which athletes will advance to the Conference/Final Track Meet will be decided by a comparison of the times of each athlete in each heat of each running event run in lanes. The top eight (8) will advance to the Conference/Final Track Meet that is run on an eight-lane track.
- i. **Alternates**
 - Additional times, distances and heights will be recorded so that alternates to the Conference/Final Meet can be determined.
- j. **Relay Teams**
 - Relay teams are automatically seeded into the Conference/Final Meet by their best dual meet times during the season. The first and last names of each member of each relay team plus alternates [up to six (6) names] must be presented in writing to an official of the host school of the Conference /Final Meet **prior to the start** of the Pre-Conference/Qualifying Meet.
- k. **Order of Running Events**
 - The order of the Running Events will be the same (minus JV teams) as for dual meets.
 - The same dual meet order, minus the relay teams, shall be conducted, if all

relay teams are automatically seeded into the Conference/Final Meet. There should be pauses in the Qualifying/Meet for the absence of the relay events.

4) **Rules Affecting Conference/Final Track Meet**

a. **Meet Rotation**

- The site of the meet shall be rotated, if possible, between school districts within the division of the league.
- The host school(s) shall be selected from the school district in the division of the league that is responsible for hosting the meet site on a rotation basis.
- The Conference/Final Meet should be conducted on an eight (8) lane, metric track.
- The host school shall produce and distribute to all coaches involved a time schedule of all running events, to which the meet starter will adhere to during the meet.

b. **Teams Involved**

- Varsity Boys and Girls teams only.

c. **Team Entries**

- At the pre-season meeting, coaches from each division (Puget and Sound) will make the final determinations for rules affecting the Pre-Conference/Qualifying and Conference/Final Track Meets.
- Athletes from the Pre-Conference/Qualifying Meet(s) who have qualified shall compete in the Conference/Final Track Meet.
- Each school team will automatically be allowed to enter one (1) relay team entry in each relay event in the Conference/Final Track Meet.
- Each school team will automatically be allowed to enter three (3) contestants in the 800m (880yd) and 1600m (Mile) Runs in the Conference/Final Track Meet.
- Each School team will automatically be allowed to enter three (3) contestants in each field event in the Conference/Final Track Meet.
- **If one (1) Pre-Conference/Qualifying Meet:** After comparing all times, the top eight (8) fastest contestants in all running events that are run in lanes will qualify to go on to the Conference/Final Track Meet.
- **If two (2) Pre-Conference/Qualifying Meets or Heats:** After comparing all times, the top eight (8) fastest contestants from all heats in all running events that are run in lanes will qualify to go on to the Conference/Final Track Meet.
- **If three (3) or more Pre-Conference/Qualifying Meets or Heats:** After comparing all times from all the preliminary heats, the top eight (8) fastest contestants in all running events that are run in lanes will qualify to go on to the Conference/Final Track Meet.
- There will be at least one (1) alternate selected for each running event that is run in lanes for the Conference/Final Track Meet.
- If there is a different number of teams at the two (2) Pre-Conference/Qualifying Meets, then the procedures outlined on Page 20 (#3, h.) will apply.

d. **Lane Assignments**

- Officials from the school(s) that hosted the Pre-Conference/Qualifying Meet(s) and from the school hosting the Conference/Final Meet shall meet together after the Pre-Conference/Qualifying Meet(s) to determine the lane and flight assignments for all athletes qualifying for the Conference/Final Meet.

- Lane assignments for all running events will be determined by Pre-Conference/Qualifying Meet times and/or places, except for relay teams that are automatically seeded into the Conference/Final Meet using official times from dual meet competition handed in by the coaches at the Pre-Conference/Qualifying Meet(s).
- e. Field Event Starting and Advancement Heights**
 - The High Jump advancement heights will be the same as in the Pre-Conference/Qualifying Meet(s).
- f. Field Event Trials**
 - In the Long Jump, Triple Jump, and Shot Put events, each competitor shall be allowed four (4) trials. There will be no finals.
 - The **Open Pit System** will be followed in the Long Jump, Triple Jump and the Shot Put events. See page 19 (#2, f.). Time limits for these field events will be established by the host school(s) before the start of the meet.
- g. Order of Running Events**
 - The order of the running events will be the same (minus the JV teams) as established for dual meets.
- h. Place Ribbons**
 - Next year's host school will be responsible for the purchase of place ribbons and supply workers to stuff ribbon envelopes for the Conference/Final Track Meet. The cost of the ribbons will be underwritten by that school's ASB fund.
- i. Meet Results**
 - The host school(s) will be responsible to furnish the complete and official results of the Conference/Final Track Meet to all head coaches of each participating school at the conclusion of the meet, or by the next school day.

Important Reminders for Coaches

You are encouraged to:

1. Put this handbook into a 3-ring binder to be used during the track season.
2. Keep copies of the current National Federation of State high School Associations Track and Field Rules and WIAA Rules in the same binder. (Source for these yearly materials: Building Principal or Athletic Coordinator).
3. Provide visiting coaches with a handout showing the layout of your track and field areas and restroom facilities and stating any other information pertinent to the smooth operation of the track & field meet.
4. Remember that all times from the meet running events must be **“rounded up” to the nearest 1/10th of a second** when being recorded on the official meet results sheet(s). (Example: 10.42 would be rounded up to 10.5)
5. Remember that in announcing running and/or Field events via some type of Public Address system, the following should apply:
 - FIRST CALL.....Fifteen (15) minutes before the event is to begin
 - SECOND CALL.....Ten (10) minutes before the event is to begin
 - THIRD CALL.....Five (5) minutes before the event is to begin

**Junior High Track & Field
Handbook Rule Change Request Form
(Puyallup Athletic League)**

Directions: Fill out the appropriate section below and submit this form to your building principal or athletic coordinator who will forward a copy for review and appropriate consideration in a timely manner. Please fill out a separate request form for each change, addition or deletion.

CHANGE

*Current Rule Identification: _____

Current Rule Wording: _____

Proposed Rule Wording: _____

Reasoning for the Change: _____

ADDITION (New)

*New Rule Location/Identification: _____

New Rule Wording: _____

Reasoning for the New Rule: _____

DELETION

*Current Rule Identification: _____

Current Rule Wording: _____

Reasoning to Delete: _____

***Examples of Rule Identification/Location:**

Page 15, Section C, Number 1) b. **Event Participation**

Or, Page 18, **List & Order of Running...Lane Assigned**, #10 [1600m (4x400m) Relay]

Or, Page 21, Section C, Number 4) d. **Lane Assignments**

IMPORTANT REMINDERS FOR COACHES

You are encouraged to:

1. Put this handbook in a three (3) ring binder to be used during the track season.
2. Keep copies of the current National Federation of State High School Associations Track and Field Rules and WIAA Rules in the same binder. (Both can be acquired from your school building principal.)
3. Provide visiting coaches with a handout showing the layout of your track and field and restroom facilities and stating any other information pertinent to the smooth operation of the Meet.
4. Remember that all times from running events must be rounded “up” to the nearest 1/10th of a second when being recorded on the official meet results sheet(s). (Example - 10.42 will be recorded as 10.5)
5. Remember that in announcing running and/or field events via some type of PA system, that the following should apply:

FIRST CALL Fifteen (15) minutes before the event is to begin

SECOND CALL Ten (10) minutes before the event is to begin

LAST CALL Five (5) minutes before the event is to begin

10. **SOCCER**

A. The National Federation of State High School Association Soccer rules shall govern soccer.

B. The only exception will be those rules and regulations that appear in the official W.I.A.A. Handbook and Guidelines, and the Puyallup Athletic League Activity Handbook.

1. The official game ball will be a #5 leather ball or approved stitched ball. The rubber or molded ball is not acceptable.
2. Thirty (30) minute halves shall be played by varsity teams.
3. Officials: The host school shall provide an association referee. Two (2) linesmen are optional.
4. Ties will not be played off.
5. If a player is red carded, the carded player will not play in the next game.
6. Player equipment:

Jerseys and stockings of opposing teams shall be of contrasting colors and in the event of a similarity of color, the home team shall wear white or light shirts and stockings and the visitors shall wear dark shirts and stockings.

* It is mandatory that all players wear shin guards under their stockings.

PAL Soccer Move up guidelines:

1. Thirteen Athletes is the cut-off number (If you have 13 - 8th graders who are eligible and healthy, you may not move 7th graders up. You cannot "Cut" 8th graders to bring up 7th graders.).
2. You may bring up enough athletes to get you to 13, but no more. (If you have 11 athletes for the first contest, and you know you will gain 2 or more athletes for later contests due to the minimum practices requirement, coaches are allowed to bring up 7th graders at their discretion to get to 13).

3. Once a 7th grader has been moved up, they are to remain on the varsity team for the remainder of the season, unless they request to be moved back down to their grade level team once other 8th graders may become eligible or healthy enough to play.
4. If injury or sickness causes 8th grade numbers to drop below 13, you can move up 7th graders to reach 13 on a game by game basis.
5. If you tend to have low numbers on 7th grade, you can move 8th graders down as needed.

HANDBOOK RULE CHANGE REQUEST FORM

Directions: Fill out the appropriate section below and submit to your building principal who will forward a copy to the review committee for appropriate consideration. Fill out a separate request form for each change, addition or deletion.

CHANGE

* Current Rule Identification: _____
 Current Rule Wording: _____

 Proposed Rule Wording: _____

 Your reasoning: _____

ADDITION

* Current Rule Identification: _____

 Current Rule Wording: _____

 Proposed Rule Wording: _____

 Your reasoning: _____

DELETION

* Current Rule Identification: _____
 Current Rule Wording: _____

Proposed Rule Wording: _____

Your reasoning: _____

*EXAMPLE: Page 1, Section III, Part A, 1.A.