2007-2008
SPORT GUIDELINES & REGULATIONS

PIONEER BEARS
FOOTHILLS FALCONS
ORCHARD BULLDOGS
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Wenatchee School District
Middle School Athletic Program
Philosophy, Goals & Objectives

Philosophy

Participation, performance and competition within the middle school athletic program will focus on the opportunity for students to perform and develop skills to the best of their abilities.

The philosophy will direct program structure and outcomes in the following areas:

A. Provide the opportunity for as many students as possible to participate and enjoy their involvement in a sport activity.

B. Provide the beginning level and advanced level participant with appropriate skill development opportunities.

C. Provide the opportunity for all students participating to play at an appropriate level.

Goals & Objectives

A. Participation: Involve as many students as possible by providing teams as needed within the sports program. The emphasis will be to promote the socialization needs of the participants and to increase their enjoyment of the activity.

B. Skill Development: Provide a coordinated instructional sequence for the introduction of basic and advanced skills. Emphasis will be placed on the mastery learning of skills in order to prepare students for their next level of involvement.

C. Performance Opportunities: Participants will play at an appropriate competition level through jamborees, tournaments and a league schedule.

D. Psychological Development: Promote character attributes related to self-discipline, responsibility, work ethic, goal setting and the self-worth of each individual.
Middle School Athletic Council

MEMBERSHIP:
One administrator (Principal/Vice Principal) (3)
Athletic Coordinator from each school (3)
One coach from each school (3)
District Athletic Director

RESPONSIBILITIES:

1. Evaluate the athletic program on a continual basis in the areas of student participation, coaching personnel, facilities, budget, officials, transportation and league schedules.

2. Control and regulate the program by developing policies and procedures consistent with overall district philosophy.

3. Act as an advisory council to the District Athletic Director, who will make recommendations as needed to the Superintendent of Schools.
GENERAL GUIDELINES

STUDENT ELIGIBILITY

A. Eligibility Lists: An eligibility list for each interscholastic sport shall be on file in the office of each building. Students grades 6, 7, 8 will be eligible to participate after completing the following: Physical Exam, Medical Insurance, Safety Guidelines, Athletic Code, Permission Slip, and/or grade check. (6/02)

B. Scholastic: (1) In-district Program. To be eligible, a student must be passing in five classes. (2) League Program. In order to be eligible to be on a travel team in the middle school league, the student must be passing all classes. (6/04)

Probationary status may be assigned at the building level until such time as satisfactory academic progress is established by the student for either program. (6/02)

C. Age Limits: A student shall not have reached his/her 15th birthday prior to June 1 of the previous school year.

D. Appeal Process: Appeals for 7th and 8th graders related to student eligibility guidelines must be made to the District Athletic Director. Appeals will be heard by a committee represented by members from each school within the athletic council.

E. Home Schooled Students: Home schooled athletes must be registered with the Wenatchee School District. They must participate in the school within the school boundaries they reside in. (5/06)

F. Students will not be allowed to participate if they have not cleared during the first (10) ten school days of the season. An appeal for an exception may be made with a building administrator. (6/98)

G. Practice: Practice and/or games will take place five days per week. At no time will practice be held immediately following a contest. There will be no practice on Saturdays, Sundays or during school vacation in any sport. (6/05) Cancellations or changes to the practice schedule must be cleared through the building principal and/or the Athletic Coordinator. 6th grade practices will run between 45 and 75 minutes in length. 7th and 8th grade practices will be between 1 1/2 - 2 hours in length. (5/06)

H. Schedules: Final schedules for each sport at each level will be approved the second week of each season by the athletic coordinators and copies distributed immediately to all coaches, buildings and district athletic office.

I. Schedule Changes: Following the adoption of the league schedule, the schedule may only be changed by the school athletic coordinators.

To determine whether to cancel a contest or change a scheduled contest, the home schools’ Athletic Coordinator/Administrator would communicate with the other schools’ Athletic Coordinator(s)/Administrator(s). Once the decision to cancel is determined, the home schools’ Athletic Coordinator/Administrator would contact:

a. Transportation
b. Officials
c. The High School Athletic Office
d. Maintenance and Operations if necessary

Each Coordinator/Administrator should contact their school office in order for an announcement to be made to students and staff. (6/04)
# SCHOOL PRACTICE SITES

<table>
<thead>
<tr>
<th>Season</th>
<th>Activity</th>
<th>Foothills</th>
<th>Orchard</th>
<th>Pioneer</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fall</strong></td>
<td>Football 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>PMS Football Field</td>
</tr>
<tr>
<td></td>
<td>Flag Football 6th grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Columbia</td>
</tr>
<tr>
<td></td>
<td>Volleyball 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>PMS</td>
</tr>
<tr>
<td></td>
<td>Volleyball 6th grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Level III - Mission View</td>
</tr>
<tr>
<td></td>
<td>Cross Country 6/7/8</td>
<td>WHS</td>
<td>WHS</td>
<td>WHS</td>
</tr>
<tr>
<td></td>
<td>Tennis 7/8 grade</td>
<td>WHS</td>
<td>WHS</td>
<td>WHS</td>
</tr>
<tr>
<td><strong>Winter I</strong></td>
<td>Boys Basketball 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>PMS</td>
</tr>
<tr>
<td></td>
<td>Boys Basketball 6th grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Level III - Mission View</td>
</tr>
<tr>
<td><strong>Winter II</strong></td>
<td>Girls Basketball 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>PMS</td>
</tr>
<tr>
<td></td>
<td>Girls Basketball 6th grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Level III - Mission View</td>
</tr>
<tr>
<td><strong>Winter III</strong></td>
<td>Wrestling 6/7/8 grade</td>
<td>FMS-Aux. Gym</td>
<td>OMS</td>
<td>PMS</td>
</tr>
<tr>
<td></td>
<td>Girls Swimming 6/7/8 grade</td>
<td>WHS</td>
<td>WHS</td>
<td>WHS</td>
</tr>
<tr>
<td><strong>Spring I</strong></td>
<td>Boys Swimming 6/7/8 grade</td>
<td>WHS</td>
<td>WHS</td>
<td>WHS</td>
</tr>
<tr>
<td></td>
<td>Fastpitch 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Triangle</td>
</tr>
<tr>
<td></td>
<td>Track 6/7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Triangle</td>
</tr>
<tr>
<td><strong>Spring 2</strong></td>
<td>Boys Soccer 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Triangle</td>
</tr>
<tr>
<td></td>
<td>Girls Soccer 7/8 grade</td>
<td>FMS</td>
<td>OMS</td>
<td>Triangle</td>
</tr>
</tbody>
</table>

Practices for 6th grade volleyball and basketball will be from 6:45 - 7:45 am at home sites. All other practices are after school between 3 and 5 pm unless otherwise noted.

Revised 6/06
ATHLETIC PROGRAM GUIDELINES AND DEFINITION

A. All Will Play: Squads will be limited by size and every player suited up will play. Players must be substituted periodically throughout the game.

B. Competition Levels: Athletic teams at each school will be formed into a maximum of three levels plus the sixth grade program. Level Three will consist of the remaining players placed on unlimited balanced teams. (6/98)

C. Movement between levels is permitted when a participant has been misassigned based on the selection criteria and in the case of injury, extended illness or when a student has problems in citizenship, attitude and work ethic.

D. Level Selections: All players will practice together for the first week. The coaches will make the selection of players based on the following criteria: Skill level, knowledge of the sport, coachability, work ethic and citizenship. (6/04)

E. Starting Times: The basic start times for athletic contests will be 4:00 pm unless playing themselves at home sites. (6/00)

F. A pool of in-district officials will be used for in-district contests. In-district officials will record their time and submit a time sheet to the athletic office immediately following the season. (6/04)

G. Video Taping: Video taping by school or parent will be allowed. Video taped practices or contests cannot be exchanged between schools.

H. Spirit Teams: No league schools are permitted cheerleaders or drill teams at any league contest. Half-time routines need to be approved by building principals.

I. Sportsmanship Statement (to be developed)
IN-DISTRICT SPORTS CALENDAR

Season: Fall - 1

September 10 - October 19  Flag Football  6th Grade
September 10 - October 19  Volleyball  6th Grade
September 4 - October 26  Volleyball  7th & 8th Grade Level 3
September 10 - October 19  Tennis  6/7/8
September 4 - October 19  Cross Country  6th Grade

Season: Winter I

October 29 - December 12  Boys’ Basketball  6th Grade
October 29 - December 14  Boys’ Basketball  7th & 8th Grade Level 3

Season: Winter II

January 2 - February 8  Girls’ Basketball  6th Grade
January 2 - February 14  Girls’ Basketball  7th & 8th Grade Level 3

Season: Winter III

January 22 - March 7  Wrestling  6th Grade
February 19 - March 27  Girls’ Swimming  6/7/8th Combined

Season: Spring I

April 7 - May 16  Boys’ Swimming  6/7/8 Combined
April 7 - May 16  Track  6th Grade

Season: Spring II

May 19 - June 13  Boys’ Soccer  7/8 Combined
May 19 - June 13  Girls’ Soccer  7/8 Combined

Proposed 5/07
7TH & 8TH GRADE BOYS’ AND GIRLS’ LEVEL 3 BASKETBALL
STANDARD OPERATING PROCEDURES

Practice Days  Regular Season
Per Individual  Game Limit
8 days  8

1. **Locker Rooms:**
   Locker rooms shall be available 30 minutes prior to game time. *(5-14-86)*

2. **Quarters:**
   All games will have four (4) ten-minute running time quarters except for free throws and time-outs. There will be three one-minute time-outs per game. *(5/06)*

3. **Officials:**
   In-district officials will be used for all games. *(5-14-86)*

4. **Defense:**
   All teams will play man defense once crossing the Center/10-second line. *(5-24-93)*

5. **Presses/Traps:**
   Zone presses and traps are not permitted at this level. Man-to-man presses may only be used during the final two minutes of the game by the team that is losing. *(01-05-04)*
   
   *Note: A first violation (warning) will result if the press rule is not adhered to and subsequent and intentional violations will result in the opposing teams receiving two free throws and possession of the basketball. If the game is tied, no presses will be permitted.*

6. **Basketball Size:**
   The small ball will be used for all Level 3 grade basketball games. *(1-28-87)*

7. **3-Point Shot:** Shots made from behind the "3-point line" will be counted as three points on the scoreboard. *(10-28-87)*

8. **Games ending in a Tie:** In the event of a tie, a 3:00 minute overtime will be played. This will be considered an extension of the 4th quarter, all fouls and time-outs will be carried over. Teams will receive one additional time-out for the overtime. *(11-07-03)*

Revised 5/06
7TH & 8TH GRADE
BOYS’ AND GIRLS’ SOCCER
STANDARD OPERATION PROCEDURES

<table>
<thead>
<tr>
<th>Minimum Number Practice Days Per Individual</th>
<th>Regular Season Game Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 (5/06)</td>
<td>8 (5/96)</td>
</tr>
</tbody>
</table>

SPRING 2 SPORT: Soccer - Girls (6/01)
SPRING 2 SPORT: Soccer - Boys (6/01)

NATIONAL FEDERATION SOCCER RULES WILL APPLY

TEAM SELECTION: 7th and 8th (Combined Teams) Schools are required to develop 2-balanced teams at each level as numbers will allow. (6/05)

NUMBER OF PRACTICES REQUIRED BEFORE SQUADS SELECTED: 3 - 5 (5/96)

INSTRUCTIONAL CLINIC: To be determined by League coaches (5/96)

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 4 (5/06)

NUMBER OF CONTESTS: 8 (6/97) and Jamboree (6/98)

LENGTH OF GAME: Two 35-minute halves, a 5-minute half-time. (6/04)

SUBSTITUTION: National Federation Rules apply.

TIES: Tie scores will not be played off.

Coaches must remain on the sidelines of the field between the 18 yard lines. They may only come on the field to attend an injured player.

OFFICIAL BALL: National Federation Approved Standards - Home team provides three balls for the games. Number 5 soccer ball is the official game ball.

SHOES: Metal cleats prohibited, molded plastic cleats recommended, regular tennis shoes allowed.

GOALIE: Goalie may wear a neutral jersey.

FIELD PREPARATION: The home team is responsible for setting up nets and corner flags for the game.

OFFICIALS: Certified officials will be used when available. Qualified adults and/or students may be used when no certified officials are available. (6/03/03)

Revised 5/06
6TH, 7TH, AND 8TH GRADE
BOYS/GIRLS SWIMMING
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Practice Days</th>
<th>Regular Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Individual</td>
<td>Match Limit</td>
</tr>
<tr>
<td>8</td>
<td>3 meets</td>
</tr>
</tbody>
</table>

ABILITY: Students must be able to swim one lap successfully and safely. (6/05)

WINTER III SPORT: Girls Swimming (6/01)

SPRING I SPORT: Boys Swimming (6/01)

GRADE LEVEL: 6th, 7th & 8th grade

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8

NUMBER OF CONTESTS: 3 meets

MAXIMUM NUMBER OF PLAYERS FOR MEET: N/A

PRACTICE SITE: Wenatchee High School

MEET STARTING TIMES: ALL MEETS START NO LATER THAN 4:00 P.M.

SWIMMING EVENTS: 50 free, 50 fly, 50 back stroke, 50 breast stroke, 100 individual medley, 200 freestyle, 200 medley relay, 200 free relay, 400 free relay.

SWIM MEET MANAGEMENT: Swim coaches will be responsible for obtaining meet personnel and organization of all meets. (6/97)

Revised 5/06
6TH, 7TH, AND 8TH GRADE
BOYS/GIRLS TENNIS
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Practice Days</th>
<th>Regular Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Individual</td>
<td>Match Limit</td>
</tr>
<tr>
<td>8</td>
<td>TBD</td>
</tr>
</tbody>
</table>

FALL SPORT: Tennis Boys/Girls

GRADE LEVEL: 6th, 7th and 8th Co-ed (6/01)

NUMBER OF PRACTICES REQUIRED BEFORE LEVELS SELECTED: 3 - 5 (5/96)

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8

NUMBER OF CONTESTS: To be determined

MAXIMUM NUMBER OF PLAYERS PER LEVEL: TBD

Instructional Format: Introduce basic tennis skills of serve, forehand, backhand, net game and match play strategies.

Match Play Format: Will use boys/girls singles & doubles. Mixed pairs will not be used in match play.

Revised 6/01
1. **Officials:**
At least one certified volleyball official on each court if possible. If no rated officials are available, qualified adults or students may be used in Level 3 games. *(5-14-86)*

2. **Teams:**
Even teams will be developed as numbers will allow. Any exceptions need to be made prior to the contest between the participating schools. *(6/05)*

3. **Warm-up time:**
Warm-up time before each match will be five minutes (both teams participating) and two minutes serving (both teams participating). *(10-19-83)*

4. **Games:**
All volleyball matches will consist of three games regardless of who wins the first two. *(5-14-86)* Rally score will be used with the first two games played to 25 and the third game played to 15. *(5/06)*

5. **Libero Player:**
The High School Rules for the use of the Libero player will be in effect for middle school volleyball. *(6-03-04)*
6TH GRADE
GENERAL CROSS COUNTRY
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Practice Days</th>
<th>Season</th>
<th>Individual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Individual</td>
<td>Meet Limit</td>
<td>Meet Limit</td>
</tr>
<tr>
<td>8</td>
<td>5</td>
<td>5</td>
</tr>
</tbody>
</table>

RULE BOOK - National Federation Track & Field Book applies with league modifications.

FALL SPORT: Cross Country

GRADE LEVEL: 6th (6/01)

NUMBER OF PRACTICES REQUIRED BEFORE SQUADS SELECTED: NA

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8 (6/97)

MINIMUM NUMBER OF PLAYERS PER GAME REQUIRED TO SUIT UP: All may participate

STARTING TIME: All meets start at 4:00 p.m. for Cross Country

COURSE: The course will be determined by the race site. (6/05)
6TH GRADE
BOYS’ AND GIRLS’ BASKETBALL
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Practice Days Per Individual</th>
<th>Regular Season Game Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 days</td>
<td>6</td>
</tr>
</tbody>
</table>

RULE BOOK - National Federation Rule Book applies.

WINTER 1 SPORT: Basketball - Boys

WINTER 2 SPORT: Basketball - Girls

GRADE LEVEL: 6th grade (6/95)

NUMBER OF PRACTICES REQUIRED BEFORE SQUADS SELECTED: 3 - 5 (5/96)

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8

INSTRUCTIONAL CLINICS: To be determined by League coaches. (5/96)

MAXIMUM NUMBER OF PLAYERS PER TEAM: 10

PLAYING TIME: All players who suit up for a game have near equal playing time except for illness or disciplinary reasons. (6/03)

OFFICIAL BALL: The small middle level ball will be used for boys and girls basketball. (6/05)

SIXTH GRADE SPECIAL RULES:

1) No backcourt pressure or zone defenses allowed.

2) Length of Games: There will be 4 quarters, each 10 minutes in length using running time except for time outs, free throws, or injuries. Coaches are allowed three (3) one-minute time outs per game. (5/06)

3) The score will be kept during games. The score will be reset back to zero (0) at the completion of each quarter. (5/07)

Revised 5/07
6TH GRADE
8-MAN FLAG FOOTBALL
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Practice Days</th>
<th>Regular Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per Individual</td>
<td>Game Limit</td>
</tr>
<tr>
<td>5 days</td>
<td>6</td>
</tr>
</tbody>
</table>

FALL SEASON: 6 WEEKS

GRADE LEVEL: 6th

NUMBER OF PRACTICES BEFORE SQUADS ARE SELECTED: 3 - 5 (5/96)

NUMBER OF PRACTICES BEFORE COMPETITION - 5

MAXIMUM NUMBER OF PLAYERS ON A TEAM: 10 - (8 players will play in games)

UNIFORM: Teams must have same color jersey or pull-over vest.

BALL: A junior sized leather or rubber coated football.

PLAYING FIELD: Field dimensions and goals will be dependent upon the school facility.

LENGTH OF GAME: Two 20-minute halves with running clock 5 minutes between halves. Clock will stop for injury and time outs only. (5/06)

TIME OUTS: Each team is allowed 1 time-out per half. (Two minutes in length)

SCORING: Touchdown: 6 points - No point after touchdowns

SUBSTITUTES: Any number of substitutes can be made in between plays or time-outs.

OFFICIALS: Minimum 1 per game.

TIES: Will not be played off.

FOOTBALL FLAGS: Two Velcro attached flags per player. Home team wears red flags and visiting team wears yellow flags.

STARTING THE GAME: Coin flip will determine first possession on the twenty yard line.

GAME RULES

FUMBLED BALL: Fumbled ball at any time is dead and belongs to the team that fumbled the ball at the point of the fumble.

INCOMPLETE PASS: Incomplete pass is a dead ball and ball goes back to original line of scrimmage.

DOWNED BALL: The ball is downed when one flag is detached from the belt or the ball carrier loses a flag.

FLAG GUARD: No stiff arm or hand guard allowed. Ball is dead at the point where the hand guard occurred. (5/07)

NO SPINNING: Ball carriers are not allowed to spin when running to avoid defender. If a runner is called for spinning the ball is dead at the point where the spin occurred.
BLOCKING: Closed forearm blocking only, no extension allowed.

FIRST DOWNS: When the ball is spotted the offense only has to cross the next 20 yard marker to obtain a first down.

PUNT: The team has to declare on fourth down. Punts can be returned or fair catch. If the ball is not caught, then it is dead where it first strikes the ground. (6/98)

PASS RUSH: Defense can only penetrate the line of scrimmage on pass plays after the official three count or when the quarterback leaves the pocket.

PUSHING OUT OF BOUNDS: The defense may not push the ball carrier out of bounds with no attempt to pull the flag. (6/98)

PENALTIES: 5 yard infractions:
- Offside
- Delay of game
- Less than three players on line of scrimmage
- Illegal motion or shift
- Illegal forward pass

10 yard infractions:
- Illegal use of hands
- Illegal block
- Unnecessary roughness
- Unsportsmanlike conduct
- Clipping
- Passing interference
- Pushing out-of-bounds (6/98)
6th GRADE TRACK
STANDARD OPERATING PROCEDURES

Minimum Number Practice Days Per Individual Minimum of Regular Season Meet Limit Individual Meet Limit Meets are scheduled as
8 3 3 facilities will allow

ASSIGNMENT OF MEET RESPONSIBILITIES FOR SPRING 2007 2008 (Including all 6th grade meets and the All City Meet):

**Orchard** Middle School is responsible for timers, judges, exchange zone judges, course clerk, starter, announcers, scorer.

**Pioneer** Middle School is responsible for discus, shot put, and javelin (bring tape measures, clipboards, etc.).

**Foothills** Middle School is responsible for the long jump, triple jump, high jump (bring tape measures, clipboards, WHS will provide rakes.)

Teams are rotated up towards the top and then rotated to bottom. *(6/98)*

1. **Starting Time:** The field events will be open pit starting at 3:30 pm and ending at 4:30 pm. The triple jump will be held from 4:30 to 5:30 pm. The closing times may be changed by the meet director. The running events will begin at 4:00 pm. *(6-20-90)*

2. **Rules:** National Federation Rulebook will be used. Schools need to pay close attention to the rules regarding the proper discus and shot put and abide by them *(5-14-86)*

3. **Hurdle Races:** All hurdle races will be run on the track. *(6/04)*

<table>
<thead>
<tr>
<th>Distance</th>
<th>Of Flights</th>
<th>Distance - Start to First Hurdle</th>
<th>Distance Between Hurdles</th>
<th>Distance Last Hurdle To Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>B &amp; G 100 M LH</td>
<td>10</td>
<td>13 M</td>
<td>8.5 M</td>
<td>10.5 M</td>
</tr>
</tbody>
</table>

4. **Lane Assignments:** In determining lane assignments in a dual or triangular meet, the draw will be made before the first race and will alternate the rest of the meet. If there are more than three teams, the meet manager will draw lanes by event prior to the meet. *(5-14-86)* The host school can pre-draw assignments and extra lanes can be filled on an equitable basis. *(3/94)*

5. **High Jump:** Participants will be eliminated on the second consecutive miss. *(6-8-88)*

**Starting Heights and Height Adjustment**

<table>
<thead>
<tr>
<th>Gender</th>
<th>6th</th>
<th>3 ft. 6 in.</th>
<th>3 ft. 9 in.</th>
<th>4 ft. 0 in.</th>
<th>4 ft. 2 in.</th>
<th>4 ft 4 in.</th>
<th>1 in. thereafter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Girls</strong></td>
<td>6th</td>
<td>3 ft. 6 in.</td>
<td>3 ft. 9 in.</td>
<td>4 ft. 0 in.</td>
<td>4 ft. 2 in.</td>
<td>4 ft 4 in.</td>
<td>1 in. thereafter</td>
</tr>
<tr>
<td><strong>Boys</strong></td>
<td>6th</td>
<td>3 ft. 6 in.</td>
<td>3 ft. 9 in.</td>
<td>4 ft. 0 in.</td>
<td>4 ft. 2 in.</td>
<td>4 ft 4 in.</td>
<td>1 in. thereafter</td>
</tr>
</tbody>
</table>

Revised 5/07
6. **Pole Vault:** Participants will be eliminated on the second consecutive miss. *(5-14-86)*

**Starting Heights and Height Adjustments**

<table>
<thead>
<tr>
<th></th>
<th>Girls</th>
<th></th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>6th</td>
<td>5 ft. 6 inches</td>
<td>6th</td>
<td>6 ft. 0 in.</td>
</tr>
<tr>
<td></td>
<td>5 ft. 9 in.</td>
<td></td>
<td>6 ft. 3 in.</td>
</tr>
<tr>
<td></td>
<td>6 ft. 0 in.</td>
<td></td>
<td>6 ft. 6 in.</td>
</tr>
<tr>
<td></td>
<td>6 ft. 3 in.</td>
<td></td>
<td>7 ft. 0 in</td>
</tr>
<tr>
<td></td>
<td>6 ft. 6 in.</td>
<td></td>
<td>2 in. intervals</td>
</tr>
</tbody>
</table>

7. **Field Events:** The open pit concept will be used with each participant allowed three tries. Exceptions: High jump and pole vault. *(6-8-88)*

   *IF A SCHOOL DOES NOT HAVE A REGULATION PIT, THE EVENT WILL NOT BE RUN.* *(12-19-02)*

8. **Timing:** All eight (8) places will be timed. *(5/06)*

9. **Running Long Jump:** Measurement of jumps will be made from the first break in the sand. *(10-19-83)*

10. **Number of contestants and entries per team:**
    A. In league meets, schools will be allowed unlimited entries in both field and running events. The exception to this is relays where each school will be allowed to enter two (2) relay teams per race.
    
    B. **W.I.A.A. Regulations:** A participant is limited to (2) two contests per week. In any competition a participant may enter a maximum of four (4) events. If four (4) events are entered, the competitor may enter no more than three (3) running events or three (3) field events. *(5/1/01)*

11. **General Guidelines:**
    A. Each field event MUST have an adult supervisor.
    
    B. Field event areas and finish lines are to be clearly marked for safety. It is the coaches' responsibility to keep contestants away from those areas.
    
    C. Everything run on the track will be metric. Field events will be measured in yards, feet, and inches.
    
    D. A legal baton must be used. THERE WILL BE NO TAPING.
    
    E. The shotput will be 6 lbs. for boys and girls.
    
    F. The discus will be 1.0 kg for both boys and girls.
    
    G. On all-weather tracks and runways, 3/16" or 1/4" spikes must be used.
    
    H. There will be no team or grade level scoring. A result sheet will be kept to indicate individual placing by grade level. *(5-14-86)*
    
    I. It shall be clarified that any runner will be disqualified on the first false start in each race. *(11-14-84)*
    
    J. The home school will provide field equipment such as a javelin device, shotput and discus. SCHOOLS ARE NOT TO BRING ABOVE MENTIONED ITEMS WHEN TRAVELING.
K. No starting blocks at any meet. (5-31-90)

L. Wenatchee will have an All City Championship meet in place of the Junior Olympics at the end of the season. (6/02)
   1. For the All City Championships only 3 entries will be allowed in the 50 meter dash for each grade level.
   2. Ribbons will be awarded to place winners.

N. Lane timing is NOT permitted. (3/94)
TRACK ORDER OF EVENTS

GRADE 6

Field Events

Open Pit

3:30-4:30 pm for all except triple jump
(these may be adjusted by meet manager)

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shotput</td>
<td>Shotput</td>
</tr>
<tr>
<td>Discus</td>
<td>Discus</td>
</tr>
<tr>
<td>Long Jump</td>
<td>Long Jump</td>
</tr>
<tr>
<td>High Jump</td>
<td>High Jump</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>Pole Vault</td>
</tr>
<tr>
<td>Javelin Device</td>
<td>Javelin Device</td>
</tr>
</tbody>
</table>

Open Pit

4:30-5:30 pm

Triple Jump Triple Jump

RUNNING EVENTS

4:00 pm

The events are to be run in the order as they appear

100 M Low Hurdles
1600 M Run
800 M Medley Relay - 100, 100, 200, 400
100 M Dash
50 M Dash
400 M Dash
400 M Relay
800 M Run
200 M Dash
800 M Relay
400 M Throwers Relay - this is an optional event and must be made up of individuals not in any other running event.
1600 M Relay

Revised 6/03/04
6TH GRADE
GIRLS’ VOLLEYBALL
STANDARD OPERATING PROCEDURES

Minimum Number  Regular
Practice Days   Season
Per Individual  Match Limit
     8          8 - 1 Tournament or Jamboree

RULE BOOK -National Federation Rule Book applies

FALL SPORT: Volleyball - Girls 6th Grade

GRADE LEVEL: 6th (6/95)

NUMBER OF GAMES: All teams will play a mandatory three game match.

NUMBER OF PRACTICES REQUIRED BEFORE SQUADS SELECTED: 3 - 5 (5/96)

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8

INSTRUCTIONAL CLINICS: To be determined by League coaches. (5/96)

MAXIMUM NUMBER OF PLAYERS PER TEAM: 8

GAME LIMITATIONS: - No player can play more than six games in one week.

WARM-UP PROCEDURE: Home team warms-up prior to arrival of the visiting team. (5/03) Both teams will share the court for 2 minutes serving time prior to the start of the match. (6/98)

GROUND RULES: The home team ground rules shall be verbally presented to the visiting coaches and officials before the match.

SIXTH GRADE VOLLEYBALL

SPECIAL RULES: The home team must provide a game ball.
   a. MATCH PLAY: 3 games will be played using rally score. Games one and two will be played to 25 with the third game played to 15. (5/06)
   b. After 5 continuous serves by an individual you must change servers.
   c. Scoring will be permitted with flip charts only. (6/00)
   e. Coaches will use the following systematic rotation to allow equal opportunity for each athlete to play. (6/05) i.e.:

   D > E > F > H
   ^
   C < B < A < G

   f. Serving will be at the discretion of the coaches and the ability of their girls to serve successfully behind the line. (6/04)

Revised 10/07
6TH GRADE
WRESTLING
STANDARD OPERATING PROCEDURES

<table>
<thead>
<tr>
<th>Minimum Number Practice Days</th>
<th>Regular Season Meet Limit</th>
<th>Individual Match Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>4</td>
<td>TBD</td>
</tr>
</tbody>
</table>

RULE BOOK - National Federation Wrestling Rule Book shall apply with modifications as adopted by the league.

WINTER 3 SPORT: Wrestling

GRADE LEVEL: 6th (6/01)

NUMBER OF PRACTICES REQUIRED BEFORE COMPETITION: 8

INSTRUCTIONAL CLINICS: To be determined by League coaches. (5/96)

NUMBER OF CONTESTS: Up to 4

LENGTH OF MATCHES: There shall be a maximum of three 1 1/2 minute rounds - 90 seconds.

STARTING TIME: All matches will start no later than 4:00 p.m.

WEIGHT CONTROL - WEIGHT DIVISIONS: Follow WIAA Requirements.

WEIGH-IN PROCEDURE: Follow league guidelines on page 34.

MATCH-UP OF WEIGHTS: At each of the matches (duals and tournament) there will be unlimited entries per weight class.

LEAGUE TOURNAMENT: To be determined by the coaching staff.

Revised 6/25/02
NORTH CENTRAL WASHINGTON

MIDDLE SCHOOL

ATHLETIC LEAGUE

PROGRAM GUIDELINES
and
SPORT REGULATIONS

2007-2008

*NOTE: League SOP’s are updated and changed by adoption of the Middle Level League at the completion of each season.
NORTH CENTRAL WASHINGTON MIDDLE SCHOOL ATHLETIC LEAGUE

Guidelines for all Sports

1. Sportsmanship and participation should be the number one goal for all programs. (04-16-04)

2. All contests are to begin as schedules indicate unless arranged differently by the two competing schools. (5-14-86)

3. Each school should show the common courtesy of having someone meet the team upon arrival. (9-16-76)

4. Cheerleaders in uniform may attend out of town contests only with approval of the host school. (5-14-86)

5. Coaches or school officials are responsible to control anyone traveling on a team bus. (9-16-76)

6. League standings will not be kept and no league champion will be declared. (9-16-76)

7. School bands may be at a home game only. (9-16-76)

8. There is no limit to the number of stat keepers, managers or scorekeepers a team may have. However, it is each school’s responsibility to monitor the behavior of these students. (9-19-84)

9. Video taping by a school or parent is permitted. The video should be used for personal viewing or for an educational purpose. No Scouting. (1-30-90)

10. Eligibility lists should be kept on file at each school. It is no longer necessary to send them to the league secretary. Make sure to include grade level, age, and residency.

11. It is permissible to charge at middle level contests with admission set at $2.00 for adults and $1.00 for students. (11-9-92)

12. Host schools are to provide an official timer for every event.

Revised 4/16/04
## INTERSCHOLASTIC SPORTS CALENDAR  2007-2008

<table>
<thead>
<tr>
<th>Season: Fall - 1</th>
<th>Sport</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 4 - October 26</td>
<td>Cross Country</td>
<td>7/8</td>
</tr>
<tr>
<td>September 4 - October 26</td>
<td>Volleyball</td>
<td>7/8</td>
</tr>
<tr>
<td>September 4 - October 26</td>
<td>Football</td>
<td>7/8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Season: Winter I</th>
<th>Sport</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>October 29 - December 14</td>
<td>Boys Basketball</td>
<td>7/8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Season: Winter II</th>
<th>Sport</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2 - February 14</td>
<td>Girls Basketball</td>
<td>7/8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Season: Winter III</th>
<th>Sport</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 22- March 15</td>
<td>Wrestling</td>
<td>7/8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Season: Spring I</th>
<th>Sport</th>
<th>Teams</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 7 - May 16</td>
<td>Fastpitch (Softball)</td>
<td>7/8</td>
</tr>
<tr>
<td>April 7 - May 16</td>
<td>Track</td>
<td>7/8</td>
</tr>
</tbody>
</table>
1. **Locker Rooms:**
   Locker rooms shall be available 30 minutes prior to game time. *(5-14-86)*

2. **Quarters:**
   All games will be eight minute quarters. The JV ("B Squad") game is to be played first with the varsity game to follow. Should this format be changed it must be mutually agreed upon by both coaches. *(5-31-90)*

3. **Uniforms:**
   Light jerseys will be worn at home and dark uniforms will be worn for away contests. Any changes to this rule must be prearranged and agreed upon. *(5-14-86)*

4. **Officials:**
   Certified officials will be used for all games (B-Squad and Varsity). Qualified adults may be used for 7th grade games. *(5-14-86)*

5. **Defense:**
   All teams will play man defense once crossing the Center/10-second line. *(5-24-93)*

6. **Presses/Traps:**
   **8th Grade:** Both boys and girls may press (zone or man-to-man) until one team established a lead of 10 or more points.
   Note: If the team with the lead continues to press after such a lead has been established, a first violation will result in a warning. All subsequent and intentional violations will result in the opposing team receiving two free throws and possession of the basketball.

   **7th Grade:** Zone presses and traps are not permitted at this level. Man-to-man presses may only be used during the final two minutes of the game by the team that is losing. (Once the losing team regains the lead, they may not press.) Note: A first violation (warning) will result if the press rule is not adhered to and subsequent intentional violations will result in the opposing teams receiving two free throws and possession of the basketball. If the game is tied, no presses will be permitted. *(01-05-04)*

7. **Towels:** Each team will provide its own towels. *(5-14-86)*

8. **Basketball Size:**
   The small ball will be used for all 7th and 8th grade basketball games. *(1-28-87)*

9. **3-Point Shot:** Shots made from behind the "3-point line" will be counted as three points on the scoreboard. *(10-28-87)*

10. **Games ending in a Tie:** In the event of a tie, a 3:00 minute overtime will be played. This will be considered an extension of the 4th quarter, all fouls and time-outs will be carried over. Teams will receive one additional time-out for the overtime. *(11-07-03)*

Revised 01/05/04
NCW LEAGUE
CROSS COUNTRY
STANDARD OPERATING PROCEDURES

1. Rules:
   A. The National Federation Track and Field Rules and Regulations.
   B. The WIAA Handbook under Article 55.61.0 of the Rules and Regulations.

2. Starting Times:
   All league meets will be held on Thursday and shall start at 4:30 pm (unless agreed upon by all participating schools).

3. Order of Races:
   A. 7th Grade Girls
   B. 7th Grade Boys
   C. 8th Grade Girls
   D. 8th Grade Boys
   E. To combine races (7th and 8th girls or 7th and 8th boys) it must be agreed upon by all coaches involved in the meet.

4. Contest Format:
   A. Course distance not to exceed 2 miles.
   B. No grade level or team scoring. No points are to be kept for league records.
   C. A result sheet will be kept for individual placing by grade level.
   D. Ribbons will be awarded up to 15 places.

5. League Schedule:
   A. League schedule will be made up in June (for next year), based on league schools willing to host a meet.
   B. Each individual can run in up to 7 meets.
   C. The remainder of the season can be filled by attending Invitationals.

6. Uniforms:
   Contestants shall wear only the uniform authorized by their school. Shoes are required.

Revised 4/17/2000
1. **Points:**
Two points will be awarded for a successful place kick after a touchdown. A successful extra point by any other method shall be awarded one point. *(5-14-86)*

2. **Ties:**
In the event of a tie, a Kansas City Tiebreaker will result. The tie breaker will involve 1 possession for each team at the opponents' 25 yard line. A coin flip will determine the choice of possession. *(04-16-04)*

3. **Locker rooms:**
Locker rooms will be available after the game for shower purposes. *(9-19-84)*

4. **Towels:**
Each team will provide its own towels. *(9-19-84)*

5. **Uniforms:**
Teams will wear dark uniforms at home and white uniforms on the road unless previously arranged between the two schools. *(5-14-86)*

6. **Length of Quarters:**
Seventh and Eighth grade football teams will play 8-minute quarters.
1. **Games:**
   All games are double headers of five innings each. *(5-14-86)*

2. **Fifteen Run Rule:**
   After four full innings, the team which is ahead by 15 or more runs will be declared the winner. *(1-29-96)*

3. **Towels:**
   Each school will provide its own towels.

4. In double header games, no new inning will begin after one hour of play has been completed. The game will end upon completion of the inning in progress. *(4-22-2002)*

5. **Fastpitch rules adopted (11-1-99)**
   - **Ball size:** 12 inch
   - **Bases:** 60 feet between bases
   - **Pitching Mound:** 40 feet from home plate
   - **Players:** Each team will field 9 players
   - **Bats:** ASA Approved
   - **Stealing:**
     - **7th Grade:** Stealing is permitted.
     - **8th Grade:** Stealing is permitted.
     - *When stealing, the runner cannot leave the base until the ball is released from the pitcher’s hand.*
NCW LEAGUE
TRACK
STANDARD OPERATING PROCEDURES

1. **Starting Time:** The field events will be open pit starting at 3:30 pm and ending at 4:30 pm. The triple jump will be held from 4:30 to 5:30 pm. The closing times may be changed by the meet director. The running events will begin at 4:00 pm. (6-20-90)

2. **Rules:** National Federation Rulebook will be used. Schools need to pay close attention to the rules regarding the proper discus and shotput and abide by them. (5-14-86)

3. **Hurdle Races:** All hurdle races will be run on the track.

<table>
<thead>
<tr>
<th>Distance</th>
<th>Number</th>
<th>Distance - First Hurdle</th>
<th>Distance Between Hurdles</th>
<th>Distance Last Hurdle</th>
<th>Distance To Finish</th>
</tr>
</thead>
<tbody>
<tr>
<td>B &amp; G 100 M LH</td>
<td>10</td>
<td>13 M</td>
<td>8.5 M</td>
<td>10.5 M</td>
<td></td>
</tr>
</tbody>
</table>

4. **Lane Assignments:** In determining lane assignments in a dual or triangular meet, the draw will be made before the first race and will alternate the rest of the meet. If there are more than three teams, the meet manager will draw lanes by event prior to the meet. (5-14-86) The host school can pre-draw assignments and extra lanes can be filled on an equitable basis. (3/94)

5. **High Jump:** Participants will be eliminated on the second consecutive miss. (6-8-88)

**Starting Heights and Height Adjustment**

**Girls**
7th/8th 3 ft. 6 in. 3 ft. 9 in. 4 ft. 0 in. 4 ft. 2 in. 4 ft. 4 in. 1 in. thereafter

**Boys**
7th/8th 4 ft. 0 in. 4 ft. 3 in. 4 ft. 6 in. 4 ft. 9 in. 5 ft. 0 in. 5 ft. 2 in. 5 ft. 4 in. 1 in. thereafter

6. **Pole Vault:** Boys and Girls: Participants will be eliminated on the second consecutive miss. (5-14-86)

**Starting Heights and Height Adjustments**

**Girls**
7th/8th 5 ft. 6 inches 5 ft. 9 in. 6 ft. 0 in. 6 ft. 3 in. 6 ft. 6 in. 2 in. intervals

**Boys**
7th/8th 6 ft. 0 in. 6 ft. 3 in. 6 ft. 6 in. 6 ft. 9 in. 7 ft. 0 in. 2 in. intervals

7. **Field Events:** The open pit concept will be used with each participant allowed three tries. Exceptions: High jump and pole vault. (6-8-88)

IF A SCHOOL DOES NOT HAVE A REGULATION PIT, THE EVENT WILL NOT BE RUN. (12/19/02)

8. **Timing:** First place will be timed with a minimum of two watches; second and third will also be timed. In a triangular four places will be timed; in a quadrangular - five places, and six places in the district meet. (5-14-86)
9. **Running Long Jump:** Measurement of jumps will be made from the first break in the sand. *(10-19-83)*

10. **Number of contestants and entries per team:**
    A. In league meets, schools will be allowed unlimited entries in both field and running events. The exception to this is relays where each school will be allowed to enter two (2) relay teams per race.
    
    B. **W.I.A.A. Regulations:** A participant is limited to (2) two contests per week. In any competition a participant may enter a maximum of four (4) events. If four (4) events are entered, the competitor may enter no more than three (3) track events or three (3) field events. *(5/1/2001)*

11. **General Guidelines:**
    A. Each field event MUST have an adult supervisor.
    
    B. Field event areas and finish lines are to be clearly marked for safety. It is the coaches' responsibility to keep contestants away from those areas.
    
    C. Everything run on the track will be metric. Field events will be measured in yards, feet, and inches.
    
    D. A legal baton must be used. THERE WILL BE NO TAPING.
    
    E. The shotput will be 4.0 kg for boys. The shot put will be 6.0 lbs. for girls.
    
    F. The discus will be 1.0 kg for both boys and girls.
    
    G. On all-weather tracks and runways, 3/16" or 1/4" spikes must be used.
    
    H. There will be no team or grade level scoring. A result sheet will be kept to indicate individual placing by grade level. *(5-14-86)*
    
    I. It shall be clarified that any runner will be disqualified on the first false start in each race. *(11-14-84)*
    
    J. The home school will provide field equipment such as javelin device, shotput and discus. 
    
    **SCHOOLS ARE NOT TO BRING ABOVE MENTIONED ITEMS WHEN TRAVELING.**
    
    K. No starting blocks at any meet. *(5-31-90)*
    
    L. Each school will provide its own towels. *(5-14-86)*
    
    M. Prior to the Junior Olympics an entry form should be sent two days in advance to the host school. Changes will be allowed on site. *(5-14-86)* *(Wenatchee will have an All City Championship meet at the end of the season in place of the Junior Olympics.) *(6/02)*
    
    1. For the All City Championships only 3 entries will be allowed in the 50 meter dash for each grade level.
    2. Ribbons will be awarded to place winners.
    
    N. Lane timing is NOT permitted. *(3/94)*
# TRACK ORDER OF EVENTS

## GRADES 7 & 8

### Field Events

Open Pit

3:30-4:30 pm for all except triple jump  
(these may be adjusted by meet manager)

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shotput</td>
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</tr>
<tr>
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<td>Pole Vault</td>
</tr>
<tr>
<td>Javelin Device</td>
<td>Javelin Device</td>
</tr>
</tbody>
</table>

Open Pit

4:30-5:30 pm

Triple Jump

### RUNNING EVENTS

4:00 pm

The events are to be run in the order as they appear

100 M Low Hurdles  
1600 M Run  
800 M Medley Relay - 100, 100, 200, 400  
100 M Dash  
50 M Dash  
400 M Dash  
400 M Relay  
800 M Run  
200 M Dash  
800 M Relay  
400 M Throwers Relay - this is an optional event and must be made up of individuals not in any other running event.  

1600 M Relay

Revised 6/05
NCW LEAGUE
VOLLEYBALL
STANDARD OPERATING PROCEDURES

1. **Officials:**
   At least one certified volleyball official on each court if possible. *(5-14-86)*

2. **Teams:**
   There will be two teams per grade seven and eight. Any exceptions need to be made prior to the contest between the participating schools. *(5-14-86)*

3. **Warm-up time:**
   Warm-up time before each match will be five minutes (both teams participating) and two minutes serving (both teams participating). *(10-19-83)*

4. **Games:**
   All volleyball matches will consist of three games regardless of who wins the first two. *(5-14-86)*

5. **Towels:**
   Each team will provide its own towels. *(5-14-86)*

6. **Libero Player:**
   The High School Rules for the use of the Libero player will be in effect for middle school volleyball. *(6-03-04)*
1. **Weigh-ins:**
   The official weigh-in for wrestlers will take place during practice on the day before the match. It is the responsibility of the guest school to fax a copy of the line-up to the host school by 5:00 pm. Coaches and/or a school official will supervise the weigh-in. The weigh-in form must be signed by an administrator for verification. Any changes in the line-up must be faxed to the host school before 10:00 am on the day of the match.

2. **Team Scores:**
   No team scores will be kept at mix and match meets. *(11-14-84)*

3. **Towels:**
   Each school will provide its own towels. *(5-14-86)*
NORTH CENTRAL WASHINGTON MIDDLE SCHOOL ATHLETIC LEAGUE
MEMBER SCHOOLS

Cashmere Middle School
Jeremy Wheatley Phone: 782-2001
300 Tigner Road Fax: 782-2547
Cashmere, WA 98815 jwheatley@cashmere.wednet.edu

Chelan Middle School
Scott Raab Phone: 682-4073
PO Box 369 Fax: 682-5001
Chelan, WA 98816 Cell: 860-1281
10:00-11:00/1:00-2:00 raabs@chelanschools.org

Chief Moses Junior High
Randy Sandberg Phone: 766-2661 ext. 2163
1517 S. Pioneer Way Fax: 766-2680
Moses Lake, WA 98837 Home: 765-3765
12:30/1:20 rsandborg@mlsd.wednet.edu

Clovis Pointe Intermediate School Phone: 888-1400
Dennis Gibson Fax: 888-1401
1855 SE 4th Street Home:
East Wenatchee, Wa 98802 gibsond@eastmont206.com

Eastmont Junior High Phone: 884-2407
Stacia Hardie Fax: 884-1988
905 8th Street NE Home:
East Wenatchee, WA 98802 hardies@eastmont206.com

Eastmont School District Phone: 884-8733
Dan White, Athletic Director Fax: 884-8805
955 NE 3rd Home: 884-4671
East Wenatchee, WA 98802 whited@eastmont206.com

Foothills Middle School Phone: 664-8961
Arnoldo Martinez Fax: 663-6610
1410 Maple Street Home: 884-0195
Wenatchee, WA 98802 martinez.a@mail.wsd.wednet.edu

Frontier Middle School Phone: 766-2662 ext. 2208
Steven Gjefle Fax: 766-2663
517 W. 3rd St. Home: 765-2577
Moses Lake, WA 98837 sgjefle@mlsd.wednet.edu
1:30 - 2:30
NCW MIDDLE SCHOOL LEAGUE continued. . . 

Icicle River Middle School
Elia Ala'ilima-Daley
Cascade School Dist. AD
10195 Titus Road
Leavenworth, WA 98826
Phone: 548-4042
Cell: 433-1980
Fax: 548-6646
edaley@cascade.wednet.edu

Moses Lake School District
Loren Sandhop, Athletic Director
803 E. Sharon
Moses Lake, WA 98837
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The North Central Washington Middle School Athletic League meets 3-4 times per year.

6/07