



2021-2022 & 2022-2023 SEASON DATES

Washington Interscholastic Activities Association

[WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES](#)

*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2021-2022		2022-2023	
	START DATE	END DATE	START DATE	END DATE
FALL				
FOOTBALL	AUG 18	DEC 4	AUG 17	DEC 3
CROSS COUNTRY (BOYS & GIRLS)	AUG 23	NOV 6	AUG 22	NOV 5
GOLF (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 23	MAY 25	AUG 22	MAY 24
SOCCER (GIRLS, 1B/2B BOYS)	AUG 23	NOV 20	AUG 22	NOV 19
SOFTBALL (SLOWPITCH)	AUG 23	OCT 30	AUG 22	OCT 29
SWIMMING & DIVING (GIRLS)	AUG 23	NOV 13	AUG 22	NOV 12
TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 23	MAY 28	AUG 22	MAY 27
VOLLEYBALL	AUG 23	NOV 13 OR 20	AUG 22	NOV 12 OR 19
WINTER				
BOWLING (GIRLS)	NOV 1	FEB 5	OCT 31	FEB 4
CHEERLEADING	NOV 1	FEB 5	OCT 31	FEB 4
GYMNASTICS	NOV 8	FEB 26	NOV 7	FEB 25
BASKETBALL (BOYS & GIRLS)	NOV 15	MAR 5	NOV 14	MAR 4
DANCE/DRILL	NOV 15	MAR 26	NOV 14	MAR 25
SWIMMING & DIVING (BOYS)	NOV 15	FEB 19	NOV 14	FEB 18
WRESTLING (BOYS & GIRLS)	NOV 15	FEB 19	NOV 14	FEB 18
SPRING				
BASEBALL	FEB 28	MAY 28	FEB 27	MAY 27
SOFTBALL (FASTPITCH)	FEB 28	MAY 28	FEB 27	MAY 27
GOLF (BOYS & GIRLS)	FEB 28	MAY 25	FEB 27	MAY 24
SOCCER (1A-4A BOYS)	FEB 28	MAY 28	FEB 27	MAY 27
TENNIS (BOYS & GIRLS)	FEB 28	MAY 28	FEB 27	MAY 27
TRACK & FIELD (BOYS & GIRLS)	FEB 28	MAY 28	FEB 27	MAY 27

FALL

FOOTBALL		
	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 18, 2021	AUG 17, 2022
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	OCT 11, 2021	OCT 12, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DECEMBER 4, 2021	DECEMBER 3, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	12	12
MAXIMUM CONTESTS: 7TH/8TH	6 + JAMBOREE	6 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	7 + JAMBOREE	7 + JAMBOREE

CROSS COUNTRY (BOYS & GIRLS)		
	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 27, 2021	SEP 26, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 6, 2021	NOV 5, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

GOLF (BOYS & GIRLS) *ALTERNATE SEASON*

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 25, 2022	MAY 24, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (GIRLS, 1B/2B BOYS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 20, 2021	NOV 19, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

SOFTBALL (SLOWPITCH)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 27, 2021	SEP 26, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 30, 2021	OCT 29, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

SWIMMING & DIVING (GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 13, 2021	NOV 12, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

VOLLEYBALL

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	AUG 23, 2021	AUG 22, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 4, 2021	OCT 3, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	11/13 OR 11/20	11/12 OR 11/19
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

WINTER

BOWLING (GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOV 1, 2021	OCT 31, 2022
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DECEMBER 20, 2021	DECEMBER 19, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	FEBRUARY 5, 2022	FEBRUARY 4, 2023

CHEERLEADING

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 1, 2021	OCTOBER 31, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	DECEMBER 20, 2021	DECEMBER 19, 2022
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEBRUARY 5, 2022	FEBRUARY 4, 2023

GYMNASTICS

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 8, 2021	NOVEMBER 7, 2022
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEBRUARY 26, 2022	FEBRUARY 25, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

BASKETBALL (BOYS & GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 10, 2022	JANUARY 9, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MARCH 5, 2022	MARCH 4, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	12 + JAMBOREE	12 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

DANCE/DRILL

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 17, 2022	JANUARY 16, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MARCH 26, 2022	MARCH 25, 2023

SWIMMING & DIVING (BOYS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEBRUARY 19, 2022	FEBRUARY 18, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

WRESTLING (BOYS & GIRLS)		
	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	NOVEMBER 15, 2021	NOVEMBER 14, 2022
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	JANUARY 3, 2022	JANUARY 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEBRUARY 19, 2022	FEBRUARY 18, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

SPRING

BASEBALL		
	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	8 + JAMBOREE	8 + JAMBOREE

SOFTBALL (FASTPITCH)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

GOLF (BOYS & GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 25, 2022	MAY 24, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (1A-4A BOYS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TENNIS (BOYS & GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2022
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TRACK & FIELD (BOYS & GIRLS)

	2021-2022	2022-2023
HIGH SCHOOL		
1ST PRACTICE	FEBRUARY 28, 2022	FEBRUARY 27, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APRIL 11, 2022	APRIL 10, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 28, 2022	MAY 27, 2023
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE