



# 2024-2025 & 2025-2026 SEASON DATES

Washington Interscholastic Activities Association

## WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES

\*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2024-2025		2025-2026	
	START DATE	END DATE	START DATE	END DATE
<b>FALL</b>				
<a href="#">FOOTBALL</a>	AUG 21	DEC 7	AUG 20	DEC 6
<a href="#">CROSS COUNTRY (BOYS &amp; GIRLS)</a>	AUG 26	NOV 9	AUG 25	NOV 8
<a href="#">GOLF (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 26	NOV 16	AUG 25	NOV 15
<a href="#">SOCCER (GIRLS, 1B/2B BOYS)</a>	AUG 26	NOV 23	AUG 25	NOV 22
<a href="#">SOFTBALL (SLOWPITCH)</a>	AUG 26	OCT 26	AUG 25	OCT 25
<a href="#">SWIMMING &amp; DIVING (GIRLS)</a>	AUG 26	NOV 16	AUG 25	NOV 15
<a href="#">TENNIS (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 26	NOV 16	AUG 25	NOV 15
<a href="#">VOLLEYBALL</a>	AUG 26	NOV 14, 16 OR 23	AUG 25	NOV 13, 15 OR 22
<b>WINTER</b>				
<a href="#">BOWLING (GIRLS)</a>	NOV 4	FEB 8	NOV 3	FEB 7
<a href="#">CHEERLEADING</a>	NOV 4	JAN 25	NOV 3	JAN 24
<a href="#">GYMNASTICS</a>	NOV 11	FEB 22	NOV 10	FEB 21
<a href="#">BASKETBALL (BOYS &amp; GIRLS)</a>	NOV 18	MAR 8	NOV 17	MAR 7
<a href="#">DANCE/DRILL</a>	NOV 18	MAR 29	NOV 17	MAR 28
<a href="#">SWIMMING &amp; DIVING (BOYS)</a>	NOV 18	FEB 22	NOV 17	FEB 21
<a href="#">WRESTLING (BOYS &amp; GIRLS)</a>	NOV 18	FEB 22	NOV 17	FEB 21
<b>SPRING</b>				
<a href="#">BASEBALL</a>	MAR 3	MAY 31	MAR 2	MAY 30
<a href="#">SOFTBALL (FASTPITCH)</a>	MAR 3	MAY 24	MAR 2	MAY 23
<a href="#">GOLF (BOYS &amp; GIRLS)</a>	MAR 3	MAY 21	MAR 2	MAY 20
<a href="#">SOCCER (1A-4A BOYS)</a>	MAR 3	MAY 31	MAR 2	MAY 30
<a href="#">TENNIS (BOYS &amp; GIRLS)</a>	MAR 3	MAY 24	MAR 2	MAY 23
<a href="#">TRACK &amp; FIELD (BOYS &amp; GIRLS)</a>	MAR 3	MAY 31	MAR 2	MAY 30

# FALL

<b>FOOTBALL</b>		
	<b>2024-25</b>	<b>2025-26</b>
<b>HIGH SCHOOL</b>		
<b>1ST PRACTICE</b>	AUG 21, 2024	AUG 20, 2025
<b>MINIMUM PRACTICE DAYS</b>	12	12
<b>50% RULE DATE</b>	OCT 7, 2024	OCT 6, 2025
<b>MAXIMUM CONTESTS (REGULAR SEASON)</b>	10 + JAMBOREE	10 + JAMBOREE
<b>SEASON END</b>	DEC 7, 2024	DEC 6, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
<b>TOTAL SEASON LENGTH INCLUDING PRACTICES</b>	12 WEEKS	12 WEEKS
<b>MINIMUM PRACTICE DAYS</b>	12	12
<b>MAXIMUM CONTESTS: 7TH/8TH</b>	6 + JAMBOREE	6 + JAMBOREE
<b>MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM</b>	7 + JAMBOREE	7 + JAMBOREE
<b>MAXIMUM CONTESTS: 9TH</b>	7 + JAMBOREE	7 + JAMBOREE

<b>CROSS COUNTRY (BOYS &amp; GIRLS)</b>		
	<b>2024-25</b>	<b>2025-26</b>
<b>HIGH SCHOOL</b>		
<b>1ST PRACTICE</b>	AUG 26, 2024	AUG 25, 2025
<b>MINIMUM PRACTICE DAYS</b>	7	7
<b>50% RULE DATE</b>	SEP 30, 2024	SEP 29, 2025
<b>MAXIMUM CONTESTS (REGULAR SEASON)</b>	10 + JAMBOREE	10 + JAMBOREE
<b>SEASON END</b>	NOV 9, 2024	NOV 8, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
<b>TOTAL SEASON LENGTH INCLUDING PRACTICES</b>	12 WEEKS	12 WEEKS
<b>MINIMUM PRACTICE DAYS</b>	8	8
<b>MAXIMUM CONTESTS</b>	7 + JAMBOREE	7 + JAMBOREE

**GOLF (BOYS & GIRLS) \*ALTERNATE SEASON\***

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	SEP 30, 2024	SEP 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 16, 2024	NOV 15, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**SOCCER (GIRLS, 1B/2B BOYS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	OCT 7, 2024	OCT 6, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 23, 2024	NOV 22, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**SOFTBALL (SLOWPITCH)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 30, 2024	SEP 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 26, 2024	OCT 25, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 30, 2024	SEP 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 16, 2024	NOV 15, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**TENNIS (BOYS & GIRLS) \*ALTERNATE SEASON\***

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 30, 2024	SEP 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 16, 2024	NOV 15, 2025
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**VOLLEYBALL**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 26, 2024	AUG 25, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 30, 2024	SEP 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 14, 2024 (1B, 2B) NOV 16, 2024 (1A, 2A) NOV 23, 2024 (3A, 4A)	NOV 13, 2025 (1B, 2B) NOV 15, 2025 (1A, 2A) NOV 22, 2025 (3A, 4A)
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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

<b>BOWLING (GIRLS)</b>		
	<b>2024-25</b>	<b>2025-26</b>
<b>HIGH SCHOOL</b>		
<b>1ST PRACTICE</b>	NOV 4, 2024	NOV 3, 2025
<b>MINIMUM PRACTICE DAYS</b>	0	0
<b>50% RULE DATE</b>	DEC 9, 2024	DEC 8, 2025
<b>MAXIMUM CONTESTS (REGULAR SEASON)</b>	18 + JAMBOREE	18 + JAMBOREE
<b>SEASON END</b>	FEB 8, 2025	FEB 7, 2026

<b>CHEERLEADING</b>		
	<b>2024-25</b>	<b>2025-26</b>
<b>HIGH SCHOOL</b>		
<b>1ST PRACTICE</b>	NOV 4, 2024	NOV 3, 2025
<b>MINIMUM PRACTICE DAYS</b>	7	7
<b>50% RULE DATE</b>	DEC 9, 2024	DEC 8, 2025
<b>MAXIMUM CONTESTS (REGULAR SEASON)</b>	10	10
<b>SEASON END</b>	JAN 25, 2025	JAN 24, 2026

<b>GYMNASTICS</b>		
	<b>2024-25</b>	<b>2025-26</b>
<b>HIGH SCHOOL</b>		
<b>1ST PRACTICE</b>	NOV 11, 2024	NOV 10, 2025
<b>MINIMUM PRACTICE DAYS</b>	15	15
<b>50% RULE DATE</b>	DEC 30, 2024	DEC 29, 2025
<b>MAXIMUM CONTESTS (REGULAR SEASON)</b>	10 + JAMBOREE	10 + JAMBOREE
<b>SEASON END</b>	FEB 22, 2025	FEB 21, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
<b>TOTAL SEASON LENGTH INCLUDING PRACTICES</b>	12 WEEKS	12 WEEKS
<b>MINIMUM PRACTICE DAYS</b>	8	8
<b>MAXIMUM CONTESTS</b>	10 + JAMBOREE	10 + JAMBOREE

**BASKETBALL (BOYS & GIRLS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 18, 2024	NOV 17, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 6, 2025	JAN 5, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAR 8, 2025	MAR 7, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 18, 2024	NOV 17, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 20, 2025	JAN 19, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MAR 29, 2025	MAR 28, 2026

**SWIMMING & DIVING (BOYS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 18, 2024	NOV 17, 2025
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 30, 2024	DEC 29, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEB 22, 2025	FEB 21, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

## WRESTLING (BOYS & GIRLS)

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 18, 2024	NOV 17, 2025
MINIMUM PRACTICE DAYS	9	9
50% RULE DATE	DEC. 23, 2024	DEC. 22, 2025
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 22, 2025	FEB 21, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

# SPRING

## BASEBALL

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 31, 2025	MAY 30, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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

**SOFTBALL (FASTPITCH)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 24, 2025	MAY 23, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 21, 2025	MAY 20, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

**SOCCER (1A-4A BOYS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 31, 2025	MAY 30, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE



**TENNIS (BOYS & GIRLS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	MAY 24, 2025	MAY 23, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**TRACK & FIELD (BOYS & GIRLS)**

	2024-25	2025-26
<b>HIGH SCHOOL</b>		
1ST PRACTICE	MAR 3, 2025	MAR 2, 2026
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 7, 2025	APR 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 31, 2025	MAY 30, 2026
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE