



Regulations And Rules Governing Interscholastic Athletics Activities

Senior High Schools

West Central District III

Washington Interscholastic Activities Association

Narrows League

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Narrows League DIRECTORY



BELLARMINE PREP

Colors: Blue & White
Mascot: Lions
2300 South Washington,
Tacoma 98405
Phone: 253-752-7701
FAX: 253-761-3505
Principal: Chris Gavin
gavinc@bellarmineprep.org
Admin. Asst.:
Judy Torgerson
torgersonj@bellarmineprep.org
Athletic Director: Ed Ploof
ploofe@bellarmineprep.org
Phone: 253-756-3847
FAX: 253-756-3887

CAPITAL

Colors: Cardinal and gold
Mascot: Cougar
2707 Conger Ave. S.W.
Olympia 98502
(360) 596-8000
FAX: (360) 596-8001
Principal: Chris Woods
cwoods@osd.wednet.edu
Office Professional:
Amy Dreesbach
Phone: 360-596-8010
adreesbach@osd.wednet.edu
Athletic Director:
Steve Bellande
sbellande@osd.wednet.edu
Phone: 360-596-8070

CENTRAL KITSAP

Colors: Orange & Black
Mascot: Cougar
PO Box 8 3 (700 NW
Anderson Hill Rd)
Silverdale 98383
Phone: 360-662-2400
FAX: 360-662-2401
Principal: Steve Coons
stephenc@cksd.wednet.edu
Office Mgr.: Liz Shaub
Phone: 360-662-2402
Email: lizs@cksd.wednet.edu
Athletic Director:
Bill Baxter
Email: billb@cksd.wednet.edu
Phone: 360-662-2541
FAX: 360-662-2511

GIG HARBOR

Colors: Navy-Columbia-White
Mascot: Tides
5101 Rosedale Street,
Gig Harbor 98335-1899
Phone: 253-530-1400
FAX: 253-530-1420
Principal: Ted Strong
Strongt@psd401.net
Admin. Asst.:
Bunky Janovich
Phone: 253-530-1405
janovicht@peninsula.wednet.edu
Athletic Director:
Dale Johnson
Phone: 253-530-1407
johnsondh@peninsula.wednet.edu

HENRY FOSS

Colors: Green-Gold-White
Mascot: Falcon
2112 S. Tyler St. Tacoma 98405
Phone: 253-571-7300
FAX: 253-571-7466
Principal: Bonnie McGuire
bmcquire@tacoma.k12.wa.us
Principal's Secretary:
Sharon Allison
Phone 253-571-7310
Athletic Director:
Tom Burmester
tburmes@tacoma.k12.wa.us
Phone: 253-571-7425
FAX: 253-571-7456

LINCOLN

Colors: Black & Gold
Mascot: Abes
701 S. 37th
Tacoma 98418
Phone: 253-571-6680
FAX: 253-571-6789
Principal: Patrick Erwin
perwin@tacoma.k12.wa.us
Principal: Greg Eisnagle
geisnau@tacoma.k12.wa.us
Phone: 253-571-6661
Athletic Director:
Char Davenport
cdavenport@tacoma.k12.wa.us
Phone: 253-571-6644
FAX: 253-571-6643

MT TAHOMA

Colors: Red-White-Gold
Mascot: Thunderbirds
4634 South 74th Street,
Tacoma 98409
Phone: 253-571-3804
FAX: 253-571-3801
Principal: Kevin Kannier
kkannie@tacoma.k12.wa.us
Athletic Director:
Karen Mulkey
kmulkey@tacoma.k12.wa.us
Phone: 253-571-3840
FAX: 253-571-3841

OLYMPIA

Colors: Blue & White
Mascot: Bears
1302 North Street,
Olympia 98501
Phone: 360-596-7000
FAX: 360-596-7001
Principal: Matt Grant
mgrant@osd.wednet.edu
Admin. Asst. Marilyn Seeley
mseeley@osd.wednet.edu
Phone: 360-596-7010
Athletic Director:
John Amidon
jamidon@osd.wednet.edu
Phone: 360-596-7028
Fax: 360-596-7001

SHELTON

Colors: Red & Black
Mascot: Highclimber
3737 N. Shelton Springs Rd.,
Shelton 98584
Phone: 360-426-4471
FAX: 360-427-6141
Email:
wberndtson@sheltonschools.org
Principal: Wanda Berndtson
Offc Manager: Jamie Dobson
Phone: 360-432-2130
Athletic Director:
Jim Judson
jjudson@sheltonschools.org
Phone: 360-432-2147
Fax: 360-427-6141

SOUTH KITSAP

Colors: Maroon-White-Gold
Mascot: Wolves
425 Mitchell Avenue,
Port Orchard 98366
Phone: 360-874-5600
FAX: 360-874-5892
Principal: Jerry Holsten
holsten@skitsap.wednet.edu
Admin. Asst.: Rosa Buss
Phone: 360-874-5602
buss@skitsap.wednet.edu
Athletic Director: Ed Santos
santosjr@skitsap.wednet.edu
Phone 360-874-5736

STADIUM

Colors: Blue & Gold
Mascot: Tigers
111 North E Street
Tacoma 98403
Phone: 253-571-3100
FAX: 253-571-3101
Principal: Gail Barnum
gbarnum@tacoma.k12.wa.us
Office Coord: Arlene Dennett
Phone: 253-571-3102
Athletic Director:
James Catalinich
Email: jcatali@tacoma.k12.wa.us
Phone: 253-571-5262
FAX: 253-571-5243

TIMBERLINE

Colors: Green-Gold
Mascot: Blazers
6120 Mullen Rd SE
Lacey 98503
Phone: 360-412-4860
Fax: 360-412-4879
Principal: Dave Lehnis
dlehnis@nthurston.k12.wa.us
Admin. Asst: Dena Ferris
Phone: 360-412-4862
dferris@nthurston.k12.wa.us
Athletic Director: Pat Geiger
pgeiger@nthurston.k12.wa.us
Phone: 360-412-4870

Narrows League DIRECTORY



WILSON

Colors: Red-White-Blue
Mascot: Rams
1202 North Orchard,
Tacoma 98406
Phone: 253-571-6000
FAX: 253-571-6162

Principal: Dan Besett
dbesett@tacoma.k12.wa.us

Admin. Asst.:
Jeannette Chantler
jchantl@tacoma.k12.wa.us
Phone: 253-571-6100

Athletic Director:
John Portenier
jporten@tacoma.k12.wa.us
Phone: 253-571-6069
FAX: 253-571-6069

YELM

Colors: Red and Black
Mascot: Tornado
1315 Yelm AVE W
Yelm 98597
Phone: (360) 458-7747
Fax: (360) 458-6198

Principal: Brian Wharton
bwharton@ycs.wednet.edu

Office Professional:
Kari Polzin
Phone: (360) 458-6212
kpolzin@ycs.wednet.edu

Athletic Director:
Thad Nelson
tnelson@ycs.wednet.edu
Phone: (360) 458-6208

TACOMASCHOOLDIST.

Jennifer Kubista,
Director Athletics & Activities
P.O. Box 13357 - CAB, Room 302
Tacoma, WA 98401-1357
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CENTRAL KITSAP SCHOOL DISTRICT

John Cervinsky,
District Athletic Director
P.O. Box 8
9210 Silverdale Way NW
Silverdale, WA 98383-0008
JohnC@CKSD.wednet.edu
Phone (360) 662-1605 - office

NORTH THURSTON PUBLIC SCHOOLS

Rich Yelenich,
District Athletic Director
ryelenich@nthurston.k12.wa.us
Silverdale, WA 98383-0008
Phone (360) 412-4884 - office

OLYMPIA SCHOOL DISTRICT

Jeff Carpenter,
Director of Health, Fitness &
Athletics
113 Legion Way
Olympia, WA 98501
jcarpent@osd.wednet.edu
Phone (360) 596-8544 - office

Executive Secretary
Narrows League
Steve Reischman
P.O. Box 324
Manchester, WA 98353
reischman21@msn.com

Narrows League

CONSTITUTION



Article I - NAME

The name of this organization shall be the Narrows League.

Article II - PURPOSE OR OBJECT

1. To approve, develop and direct interscholastic activities for students of member schools and to insure their protection against exploitation by special interest groups.
2. To stress an appreciation of the cultural values and the skills involved in all activities.
3. To promote a balance of academic, social athletic and other co-curricular experiences which meet the generally accepted aims of American Education.

Article III - MEMBERSHIP

Membership in this association shall consist of the senior high schools: Bellamine Prep, Central Kitsap, Henry Foss, Gig Harbor, Lincoln, Mount Tahoma, Olympia, Shelton, South Kitsap, Stadium, and Wilson, *Capital, Timberline and Yelm.*

Article IV - PROGRAM

This organization shall maintain and conduct a program of interscholastic amateur sports competition and promote and preserve a wholesome atmosphere of sportsmanship among its member schools.

Article V - LEGISLATION

Section 1

Officers: The offices will consist of a President (Narrows League Principal), Chairman (Athletic Director from the president's school), and Secretary/Treasurer. The Chairman will act as the league athletic directors' chairperson.

Section 2

Origin: Rules and regulations for the conduct of the affairs of this association, and its bylaws shall originate either (a) as a proposal or recommendations made by a majority vote of the athletic directors of the member schools and ratified by a majority of the principals or their designate, of the member schools; or (b) from direct action of the principals, a majority concurring. Voting at these meetings shall be by schools each school casting one vote.

Principals'/Athletic Directors' Meetings

Athletic directors' meetings will be held the first and third Tuesday's of each month or as agreed upon by the membership. Principals meet every other month beginning in September. The president may call special principals' meeting or the chairman may call special athletic directors' meetings, provided that all member schools have been notified of the meeting and of the subject for consideration.

ARTICLE VI--PROTESTS, SANCTIONS & APPEALS

Section 1--Protests

1. Protests of an official's judgment will NOT be heard.
2. Protests regarding playing conditions, facilities, and/or equipment must be filed prior to the start of the contest. Game officials and opposing coach must be notified at that time.

Exception: A protest may be filed at a later date if the protest involves the eligibility of a participant.
3. The basis of the protest must involve a misapplication or misinterpretation of rule or a game condition which may have an undue or unfair effect upon the outcome of the game or event.
4. Protests of an official's judgment will not be heard. Game protests must meet the following requirements to be heard:
 - A. When a coach feels that there has been a mis-interpretation or misapplication of a rule, the coach shall notify the game officials following the incident in question and prior to the resumption of action that the remainder of the contest is being played under protest.
 - B. The protest must be noted in the official scorebook when applicable.
 - C. Following the contest the school principal or superintendent shall officially lodge the protest, in writing, with the game management. The written protest shall contain the facts, including the specific rule in question. The principal/designee must contact the WIAA office to verify the misapplication or misinterpretation of the rule prior to contacting the league.
 - D. For state playoff contests refer to the protest procedures in the Bound for State Regulations.

Narrows League CONSTITUTION



5. The protestor must file a written protest, which must include the facts and reasons for the protests, with his/her athletic director within twenty-four (24) hours (one business day). The athletic director will notify his/her building principal, who if he/she agrees will notify the Narrows League athletic directors' chairperson by the next school day. Copies of the written protest will be forwarded by the protesting school to the Narrows League Athletic Directors and they will meet within five (5) school days to make a ruling.
6. It is the responsibility of the team(s) (schools) involved to provide all necessary information for the athletic directors to make a ruling. The chairman is authorized to direct the involved schools to provide specific information.
7. Should the decision of the athletic directors be unsatisfactory to a school involved in the protest it may invoke the appeal procedures as outlined.

Section 2 --Violations/Self Reports

1. League expectations are that all participants know and comply with Narrows League and Washington Interscholastic Activities Association (WIAA) policies and practices. All violations and the corrective action taken shall be reported in writing to the Narrows League athletic directors.
2. Enforcement will be the responsibility of the individual school and/or district. Full report of the action(s) taken will be submitted in writing to the Narrows League.
3. The athletic directors will determine whether or not the action or sanctions, if any, taken by the individual school or district are appropriate.
4. The athletic directors may accept the action or sanction(s) of the individual school or district, or they may impose additional or alternative sanctions.
5. The athletic directors will submit their decision to the individual school or district and the Narrows League Principals' President.

Section 3 - Sanctions

1. Team Sanctions

- A. Probation (team or school) is defined as being given official notice that the League will impose one of the other sanctions should a school fail to correct Narrows League or WIAA violations or implement Narrows League recommendations.
- B. Restriction - As a condition of probationary status, the Narrows League Athletic Directors may take action that would restrict team participation in League, WIAA District, or state level activities.

- C. Forfeit game(s) or contest(s).
- D. Declaration of ineligibility for league championship.
- E. Declaration of ineligibility for post-season competition.
- F. Expulsion from League.

2. Individual Sanctions

- A. Probation can be imposed upon athletic personnel of the individual League member schools. As a condition of probationary status the individual school or League may impose restriction should the individual fail to correct Narrows League or WIAA violations or implement Narrows League recommendations.
- B. Restriction - As a condition of probationary status, the Narrows League Athletic Directors may take action that would restrict individual athletic personnel from participation in League, WIAA District, or state level activities.

Section 4--Appeals

1. Any appeal of the decision of the Narrows League athletic directors'
2. The appeal will be heard at the next scheduled meeting of the Narrows League Principals or after consulting with the athletic directors' chairperson, a special meeting may be called.
3. A written decision by the Narrows League Principals' will be provided to the appealing school within five (5) school days of the appeal hearing.
4. Any appeal of the Narrows League Principals' decision should follow the procedures as defined in the Washington Interscholastic Activities Association (WIAA) Handbook.

ARTICLE VII--AMENDMENTS

Section 1--Constitutional Amendments

1. A proposal to amend this constitution may originate either from majority vote of the Narrows League Principals' or from a majority vote of the Narrows League Athletic Directors'. In either case, the League, at its next regular meeting following the introduction of such a proposal, shall act upon it. A two-thirds (2/3) majority of the Narrows League principals, or Designees, shall be necessary for its ratification. Each school will cast one vote.
2. Amendments shall become effective immediately or at the discretion of the principals.

Narrows League BYLAWS



GENERAL PROVISIONS

ARTICLE I--DUES

The amount of the membership dues for Narrows League schools for the ensuing year, shall be determined by a majority vote of the schools at their first meeting of the year. New members to the league will be charged a fee using the following table in addition to the yearly dues.

1. Never been a member: \$750
2. Previous member, away from NL for more than 8 years.
75% of yearly fee.
3. Previous member, away from NL for 5 to 7 years
50% of yearly fee.
4. Previous member, away from NL for 1 to 4 years.
25% of the yearly fee.

ARTICLE II--PASSES

1. The Narrows League Secretary will print and issue passes, each of which entitles two (2) supervisors to attend any activity at which a member is host.
2. Each high school shall receive seventy-five (75) supervisory passes for school personnel. Passes will be used primarily for school supervision and scouting by coaches.
3. League passes will not be honored at league tournaments and playoffs.

ARTICLE III--PERMANENT PASSES

1. Those eligible for permanent passes will be the high school coaches, principals, and athletic directors as well as district athletic directors and superintendents who have worked a minimum of ten (10) years in such positions in the Narrows League and who have retired from education.
2. Narrows League passes shall be distributed by the League Secretary.
3. Nominations for the honor of having a permanent pass are to be made and granted by the principals and Athletic Directors of the Narrows League.

ARTICLE IV--OTHER PASSES

1. Activity Card--The price is established by each school and is for students only. It will admit bearer to all of his/her school's home athletic contest and for a reduced or free admission to away contest.
2. Cheerleaders--Cheerleaders and song leaders in uniform will be admitted free to athletic contests in which their school is participation.

ARTICLE V--TICKETS AND ADMISSIONS

1. Playing squads and managers shall be admitted to contests on coaches' authorization.
2. Prices for Narrows League contests shall be reviewed annually by the League principals/athletic directors and published on cards for distribution to schools.
3. The Narrows League schools will honor each other's golden age senior citizen cards for free admission to Narrows League athletic events, both home and away.

ARTICLE VI--ELIGIBILITY OF PARTICIPANTS

1. In matters of eligibility, the League will abide by the Washington Interscholastic Activities Association (WIAA) regulation current in the handbook and each school district's supplementary requirements.
2. Each school of this organization is responsible for the eligibility of its own students involved in the interscholastic athletic program. Schools have responsibility to report possible eligibility infractions or violations of association rules and regulations to the principal of the school involved at the earliest possible date for his/her investigation and response to the notifying school.
3. Eligibility lists shall be maintained on file by each principal and or Athletic Director of the Narrows League schools.

ARTICLE VII--CODE OF ETHICS/STUDENT CONDUCT

Code of ethics

The Narrows League is committed to a strong athletic program for all of its students. A fundamental aspect of this strength lies within the values taught and stressed in that program. All schools have a duty to instruct responsible behavior and sportsmanship to all persons connected with interscholastic sports activities.

Schools are further charged with the responsibility of establishing procedures to ensure that these values are taught. While the schools have less control over spectators, each school is to be held accountable for informing the spectators of these values and their adherence to them.

Narrows League

BYLAWS



Student Conduct

1. Bands may perform at home games. Bands will not perform at away games except by special invitation. Good sportsmanship, by all, is our goal. Bands can contribute to that goals by adhering to the following:
 - A. Bands are to play only during time-outs, dead ball situations, and between periods, but continue to take part throughout the entire contest.
 - B. Band instruments, including drums, are to be used for playing music and not as noisemakers.
 - C. If amplifiers are used, they must be at a level so that announcers and cheerleaders can perform their responsibilities. Game management is authorized to control the volume.
2. The schools of the Narrows League prohibit noisemakers and the discharge of confetti at all athletic contests.
 - A. Cheerleaders are allowed to use megaphones in an organized cheer for outdoor contests only.
 - B. School banners and welcome signs are the only signs permitted at events. Other signs permitted only if approved by Athletic Director and/or gym supervisor.
 - C. Student body must keep their shirts on during all contests.
3. Half-time presentations must be discreet and non-offensive to the opposing school.
4. Tunnel consisting of cheerleaders, drill/dance teams and bands only are allowed at Narrows League football games.
5. Visiting student rooting sections will be designated by the home management staff at all league contests.

Use of Music at NL Athletic Events

Only the home school may have a band or amplified music at regular Narrows League athletic events. Both home and visiting bands may perform at playoff games. Amplified recorded music is not allowed by either team if played at a neutral site.

ARTICLE VIII--CODE OF ETHICS/CONDUCT VIOLATIONS INVOLVING SCHOOLS/STUDENTS

Individual Behavior

1. Individuals who verbally or symbolically express fighting words, abusive language, prurient language, racist language, or language that

demeans an opponent, their culture or diversity, at an interscholastic activity shall be immediately removed from the facility by home team game management after appropriate consultation with visiting team's supervisor.

2. An individual who is removed a second time for the aforementioned conduct during any season from an interscholastic activity shall be banned for the remainder of that next season in all sports. However, there are behaviors that are so offensive that an offending student will be banned for the remainder of the season after a singular event. This includes, but is not limited to sexual and racist remarks.
3. Individual schools may impose additional disciplinary procedures pursuant to their own student codes of conduct if the offending person is a student.

Group Behavior

1. Game management has a duty and must make a reasonable effort to stop groups from continuing to verbally or symbolically express fighting words, abusive language, prurient language, racist language that demeans an opponent, their culture or diversity. A reasonable effort includes a member of game management correcting the group; a public address announcement; removal of an individual or individuals; game stoppage; or ending the contest. It is recognized, however, that some behaviors are so offensive that as a result an offending group may be removed and banned for the remainder of the season after a singular incident. (A group is defined as two or more persons gathered together and forming a recognizable unit, cluster or aggregation.)
2. Furthermore, failure to put forth a reasonable effort to stop the aforementioned behavior may result in a warning, a reprimand, or the negligent school being placed on probation by decision of the Narrows League Principals in consultation with the Narrows League Athletic Directors.
3. If there is a **second** group violation, the Narrows League shall have the offending school forfeit said game as well as any consequences outlined in the probationary letter. This is authorized under WIAA regulation 27.5.2.
4. If there is a **third** group violation in a two year period, the Narrows League shall have the offending school forfeit said season as well as any consequences outlined in the probationary letter.

Narrows League

BYLAWS



Process

The Narrows League shall follow the process described in WIAA Rule 27.2.0:

1. Schools have the responsibility to report possible school violations in writing to the principal or designee of the school involved at the earliest possible date for the principals' investigation and response to the notifying school.
2. The principal of the school involved in the alleged violation shall reply to the notifying school within five (5) school business days of the investigation.
3. Copies of the investigating report excluding student names, including action taken, shall be sent to the League as well as notifying the school's principal, and copies to the principal involved.
4. After five (5) school business days of receipt of the notice of the alleged violation and conferring with the school involved, the league president or designee will decide if the matter is appropriately settled or should call the league principals together to hear the matter further. The league principals' decision is final and binding. Appeals at the point would be made to the WIAA.

ARTICLE IX--AWARDS

1. A standard four to six inch block letter shall be the official award for Narrows League athletic activities in the League schools. All other activities letter awards must be of some other design and/or dimensions.
2. A standard Narrows League trophy or plaque, purchased by the League, will be awarded to the League champion or co-champions.
3. Team trophies may be awarded at invitational and subdistrict events that involve Narrows League members and include four or more teams.
4. Ribbons may be awarded at non-qualifier meets, invitational, conference, and subdistrict meets or matches.
5. Only Narrows League schools are eligible for the League championship (trophy) in League activities. Non-member schools may be permitted to compete in the League schedule against member schools, but they are ineligible for League championships or awards.
6. An "ALL SPORTS TROPHY", for 3A & 4A, will be awarded by the league at the end of the year. Points will be based on schools overall league standing. Each school will be awarded points based upon their finish in the 3A or 4A division of the league. Each sport must have a majority of the schools participating and those schools not participating will have a score of zero (0) for that sport.

For those sports using the divisional format a "blended" league standing will be used. Only divisional games will count. In case of ties, teams will split points.

7. At the end of each season, each school may nominate one *senior* male and one *senior* female to be considered for the "Narrows League Scholar athlete Award." A selection committee will be determined by the Narrows League Principals.

ARTICLE X--REGULATIONS FOR CONTROL AND ADDITION OF SPORTS/ACTIVITIES

1. Sports activities recognized by the Washington Interscholastic Activities Association will be considered for possible inclusion as Narrows League authorized activities.
2. Narrows League schools are member of the Washington Interscholastic Activities Association.
 - A. All sports must conform to Washington Interscholastic Activities Association rules and regulations.
 - B. When a majority of Narrows League schools participates in a particular sport, that sport shall become an authorized League activity. Individual schools shall join the Narrows League and conform to its schedules and regulations.
3. When considering new Narrows League sports activities, the League recommends no more than on (1) new activity should be added in each school year.

ARTICLE XI--AUTHORIZED SPORTS

Authorized Narrows League sports include:

Baseball	Boys
Basketball	Boys/Girls
Bowling	Girls
Cross Country	Boys/Girls
Golf	Boys/Girls
Football	Boys
Soccer	Boys/Girls
Fastpitch	Girls
Swimming	Boys/Girls
Tennis	Boys/Girls
Track	Boys/Girls
Volleyball	Girls
Wrestling	Boys & Girls

Narrows League

PRACTICES



Scheduled Contests

1. Narrows League varsity contests may not be changed by competing schools once schedules are finalized unless mutually agreed upon by both schools and cleared with the building athletic director. In the event both schools don't agree, the requesting school may submit the request to the League Chairman for immediate review. The Chairman will poll the League Secretary and Sport's commissioner. Other Athletic Directors may be contacted in the event of unavailability or to prevent a conflict of interest. A request for change of a scheduled contest may also be requested at a regularly scheduled AD meeting or be appealed to the Principals.

2. If a school cannot begin their season at the Narrows League starting date, the school forfeits the contest or contests that were missed. Unless the opposing school mutually agrees to reschedule the game(s).

Make Up Games

1. All make-up games must be completed prior to the end of the regular Narrows League schedule.
2. The sports commissioners will be empowered to schedule League contests after the season if unforeseen circumstances warrants this actions.

Officials

1. The selection of officials should be made from the local assigning organizations and shall follow WIAA regulations when applicable.
2. Exceptions to this rule can be found under individual sports.

Sports Commissioners

1. The athletic directors shall appoint a commissioner for each sport to interpret Narrows League rules, settle tie playoff sites and times as needed, and direct rescheduling of make-up games. Interpretations of the commissioner shall not change or alter handbook rules.
2. The commissioner of designee for each sports is to be in attendance or available by phone at all Narrows League playoffs and tournaments involving the sport for which he/she is responsible. A participating coach may be a meet manager, but may not be the designee.

POST SEASON TOURNAMENTS AND PLAYOFFS

Criteria for Settling Ties

1. League championship determination
 - a. League record - ties are broken by head to head
 - b. If head to head doesn't break the tie, teams will be declared co-champions
2. Post season entry and seeding will be determined by the following:
 - a. League standings
 - b. head to head competition
 - c. Sports specific tiebreaker
 - d. Playoff at a neutral site

A playoff is required to break ties in the event the tie eliminates a team from:

- Post season play
- A WCD bye or double elimination round
- An opportunity to host WCD 1st round contest

Financing League Playoffs/Tournaments & Revenue Distribution:

1. Schools hosting Narrows League playoffs or League tournaments shall send a financial statement to the Narrows League secretary. Expenses incurred shall come from gate receipts and/or entry fees. Any deficit will be paid by the Narrows League or prorated among the member schools. All profits are remitted to the Narrows League treasury.

All-League Teams

All-league teams will be selected at a post season meeting of the coaches, unless, otherwise noted in the SOP's.





SPORTSMANSHIP STATEMENT

We the participants of the Narrows League will demonstrate excellence in school spirit and pride. This will be accomplished through good leadership, integrity, and respect. By showing commitment, desire to motivate, passion for the game, and fair play, we will strive to be positive role models in our school and communities. Home or away, win or lose, play hard, play fair, have fun, but remember that it is a game.

By the Students of the Narrows League



Narrows League

BASEBALL



Contest Rules

Except where otherwise indicated the contest rules developed by the National Federation of State High School Associations (NFHS) shall apply.

Jamboree

A baseball jamboree is an abbreviated contest during which no more than six (6) innings per team and/or six (6) innings per player may be played.

Invitational Tournaments

Each game played in an invitational tournament must count toward the team and individual participant contest limitations.

Player Limitation

Starting a contest shall count as one of the twenty (20) contests allowed for an individual, except as specified as follows:

Pitcher Limitation

When a pitcher pitches four (4) innings or more in a contest which began and ended on the same day, the pitcher shall not pitch again until two (2) calendar days (Monday-Thursday, Tuesday-Friday, Wednesday-Saturday, Thursday-Monday, Friday-Monday, Saturday-Tuesday) have elapsed.

One (1) pitch constitutes an inning.

The same rule applies to play-offs as well as to regular season play, and to tied and suspended games.

Called/Suspended Contest

Any contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time according to the Narrows League Regulation regarding the rescheduling of Postponed Games. The lineup and batting order of each team will remain exactly the same as the lineup and batting order when the contest was suspended.

Game Ending Procedures

National Federation Rule 4-3-2, in which the game shall end when the losing team is behind 10 or more runs and has at least five turns at bat, applies during all regular season and post season games.

Length of Games

Single games for varsity, junior varsity, and "C" team squads shall be seven (7) innings in length. Doubleheaders shall consist of seven (7) inning games, except at the "C" and freshman level which will be five (5) innings.

Officials

Registered WOA officials must be used for all Narrows League games.

Postponed Games

1. The home school is responsible for making the decision regarding the postponement of a game on account of inclement weather or unfavorable field conditions and notifies the visiting school by the deadline time of 1:30 p.m.
2. In Tacoma, when a game is to be played on one of the Metropolitan Park fields, the home team will make the decision to postpone up advisement from park officials.
3. Postponed games are to be rescheduled for the **next** available play day for both teams. The only acceptable reasons for deviating from this regulation are if umpires are unavailable, the field is unplayable or unavailable or district transportation is unavailable. If a team has more than one postponed game to make up, the game will be made up in the order that they were postponed. The only exception would be if the opponent had a previously scheduled League game on the next play date. If that situation were to arise, the team attempting the make-up would be free to make up other League game in the order that they were postponed. The home team is responsible to reschedule all postponed games. If this procedure is not followed, and following information gathered by the Narrows League Baseball Commissioner, League Athletic Directors will be convened and a vote on game forfeiture will be taken.
4. Makeup games are to be rescheduled for the same time and site as originally scheduled. (Unless extreme weather conditions or prior scheduling by joint use agency makes this impossible.)
5. League make-ups will take precedent over any scheduled non-league games. It is **strongly advised** that Saturdays be used as make-up dates.

Players Bench

The players bench shall be limited to the coach(es), uniformed players, student managers, and scorer.

Game Ball

The home school shall give the umpire four (4) new official baseballs prior to the start of the game. A game ball is to be made available to both starting pitchers for warmup purposes.

Narrows League BASEBALL



Game Warm-Up

The allowance for pre-game warm-up shall be as follows:

1. Each team will be allowed a ten (10) minute infield practice.
2. Starting time will be dictated by Narrows League schedule and each school's practice game schedule.
3. Home team will occupy third base dugout.
4. Equal batting practice opportunities will be provided for each team prior to the start of the game.
5. All regularly scheduled Narrows League games will be played unless they cannot be made up prior to the league playoffs.

Courtesy Runners

1. At any time the team at bat may use courtesy runners for the pitcher and/or the catcher. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
2. Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
3. A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a substitute for another player in that half inning.
4. The umpire-in-chief shall record courtesy runner participation.
5. A player who violated the courtesy runner rule is considered to be an illegal substitute.

Spring Break Rain-out Make-up Procedures

Games over spring break will be scheduled on Monday and Tuesday of the spring break weeks and unless MUTUALLY AGREEABLE with both coaches, the rescheduling of rainouts will be done outside of spring break on the next available play date according to League SOPS.

Protests

1. Protests of an official's judgment will **NOT** be heard.
2. Protest regarding playing conditions, facilities and/or equipment must be filed prior to the start of the contest. Game officials and opposing coach must be notified at the time.
3. The basis of the protest must involve a misapplication or misinterpretation of rule or a game condition which may have an undue or unfair effect upon the outcome of the game of event.
4. The facts and reason for the protest must be filed with the game officials, management or opposing coach **at the time the incident in question has occurred**. It is advisable the game officials and both head coaches sign the score book and note reason for the protest.
5. The protester must file a written protest, which must include the facts and reason for the protest, which must include the facts and reason for the protest, with their athletic director within twenty-four (24) hours (one business day). The athletic director will notify their building principal, who if they agree will notify the Narrows League athletic director's chairperson by the next school day. Copies of the written protest will be forwarded by the protesting school to the Narrows League Athletic Director and they will meet within five (5) school days to make a ruling.
6. It is the responsibility of the team(s) and/or school(s) involved to provide all necessary information for the athletic directors to make a ruling.
7. Should the decision of the athletic directors be unsatisfactory to a school involved in the protest, it may invoke the appeal procedures as outlined.

Tie Breaking Procedures:

1. Head to Head
2. Power Ranking
3. Playoff Game

Narrows League BASKETBALL



League

The Narrows League shall sponsor a basketball program for boys and girls of varsity and junior varsity. Schools may also enter a boys/ girls team into a freshman league.

Rules

The official rules as published by the National Federation of State High School Athletic Associations, the WIAA, and the Narrows League shall be the official rules for these programs.

Officials

Officials will be registered with the Washington Officials Association and the local association's assigning procedure will be followed.

Game Management

1. The host school's athletic director or paid designee will serve as the game manager.
2. Scorers and timers for the varsity and junior varsity games will be responsible adults employed by the host school. The Narrows League strongly recommends that adults be used for jv games; but, if unavailable, students may be used.
3. The public address announcer and thirty-second clock operator will be adults, if available; otherwise responsible students employed by the host school. Announcements other than those directly involving the game must be approved by the game manager.
4. Junior varsity games will start at 5:15 p.m.; varsity games twenty minutes after the end of the junior varsity game, but never before 7:00 p.m. Sophomore and freshman league games will be scheduled at a mutually agreeable time for the schools involved.
5. Twenty minutes of warm-up time will be allotted prior to the start of the game, and will include only those members of the squad involved.
6. For the varsity game, teams will be introduced immediately following the twenty-minute warm-up. The National Anthem will be played by the host school band. If a band is not present, the Pledge of Allegiance and Narrows League Sportsmanship statement will be led by the PA announcer.
7. The game ball be a top-grade leather ball supplied by the home team.
8. Half time will be ten minutes long and pre-game warm-up rules apply.
9. Game management will approve half time entertainment and notify the visiting school at least one day in advance if special half time activities will extend the normal half time period.

10. Home team and visiting team rooting sections should be marked.

11. The home team will provide a dressing room with lockers, shower, facility, and writing surface for the visiting team.

12. Only players in uniform will be allowed on the court from the time the junior varsity pregame war-up commences to the completion of the daily schedule.

Playoff Procedure / Tie Breaker Procedure

1. Narrows League Basketball Tie-Breaker Criteria -
 - a. Overall Record
 - b. Head to Head - (split or swept)- Note- in the case of multiple team ties, #B applies - how they did against each other - if, for example, three teams tied and split, #1 is the next line of order to sort it out.

Narrows League



Narrows League

BOWLING



League Rules

Follow the United States Bowling Congress Rules Book for High Schools (exception in baker format the head coach will determine the line-up)

Matches

Start time 3:00pm, there will be a 10 minute practice time prior to the start.

Competition

Only coaches are allowed in the bowling settee area during competition and coaching by those coaches are allowed during the match. If there are multiple coaches you must notify the opposing coach prior to the match.

Team

A team will consist of no more than 7 eligible bowlers but only 5 bowlers for that team bowl at one time.

Uniforms

It is highly recommended that all jerseys have collars and the name of the school be displayed on the back. All varsity players must be in uniforms. Junior varsity players must be either in uniform or dressed in appropriate school attire. District and State tournaments will require the uniform regulation.

Games

They are scored by adding the total pin fall from each of the 5 players together.

Substitutions

Bowlers may substitute into a game at any time from the team roster of eligible bowlers.

Contests

Contest will consist of two regular games in which total pins for each game will determine the teams score and two bakers. In the baker format teams will follow league play by following the arrows and bowling on alternating lanes. Therefore each bowler will throw two frames during the baker format.

Points Awarded

Regular Game - 2 points
Baker - 1 point
Total match points - 1 point

Home Teams

League statistic sheets are their responsibility to fax/ email to their athletic director, the commissioner and the media.

Criteria to settle ties at the end of regular season matches:

1. Overall League Record
2. Winner of their head to head competition.
3. The total pin count for the season in the first two matches of the regular season league contests.
4. One game roll-off to determine the winner.

All-league Selections

To qualify the bowlers must have bowled 20 varsity games. In the 4A Classification the top 12 bowlers will constitute all-league consideration. In the 3A classification the top 10 bowlers will be given all-league consideration. From those selections First team, second team and honorable mention will be determined.

Narrows League Tournament: The amount 4A and 3A Seeds will be determined by West Central District. Top two seeds in both the 4A and 3A will be determined by regular season play. The remaining seed(s) will be determined by the Narrows league tournament as well as the top 10 bowlers from non-qualifying teams.

District: West-Central/Pac 9/Independent

1. Competition: 3 games of bowling and 4 games of baker, total pin count determines the order of finish.
2. Top 4 advance to state.

State

Eight (8) team state tournament:

Competition: 3 games of bowling and 4 games of baker, total pin count at the conclusion of the games determines the Additional District seeds as well as the top 10 ten bowlers from non-qualifying teams.



Narrows League

CROSS COUNTRY



Rules:

1. Nation Federation State High School Association of Track & Field shall govern Cross Country
2. Additional WIAA Special Rules shall also govern Cross Country (WIAA Handbook)

League Rules:

1. League meets are non-counting
2. League championship will be determined at the Narrows League varsity Championship Meet.

League Meet Schedule:

RACE TIMES

1:00pm	Coaches Meeting
1:30pm	Boys Combined Junior Varsity
2:10pm	Girls 3A Varsity
2:45pm	Girls 4A Varsity
3:25pm	Boys 3A Varsity
4:00pm	Boys 4A Varsity
4:30pm	Girls Combined Junior Varsity

ASAP after last race ---- AWARDS

3. League championship will include a junior varsity championship race for the remaining runners.
4. Ribbons will be awarded for each championship race.
5. Meet entry is on Athletic.net

Race Order:

1. League Meets will begin at 3:45 p.m.
2. The race order will be determined by the coaches at their Fall meeting.

All League Team:

1. The All League Team will be the top seven finishers at the League meet.
2. Second Team All League will be finishers 8 through 14 at the League meet.

Narrows League

FOOTBALL



Rules

1. The National Federation of State High School Association Football Rules shall govern football.
2. Special regulations regarding football are printed in the WIAA handbook.
3. Additional regulations are set forth by the Narrows League.

Game Site Management

1. The host school's athletic director or designee will serve as the game manager.
2. Game management, after consultation with the visiting team, will determine who is allowed sideline access.
3. Game management has the authority to remove any spectator from either the home or visitor sideline area.

Officials

1. Officials will be registered with the WOA and the local association's assigning procedure will be followed.
2. Five (5) officials will work varsity Narrows League contest and a minimum of two (2) officials will work JV and/or freshman contests.

Additional Procedures

1. Varsity games will start at 7:00 p.m. unless it involves a double-header or both schools mutually agree to change the start time. A minimum of twenty (20) minutes will be allowed for warm-up between games in double-header or tie breaker. The twenty (20) minutes will commence once the teams take the field, not at the immediate end of the preceding game.
2. It is the responsibility of the home school to have a physician or qualified medical personnel in attendance at all football games.
3. Each school will provide its own game balls for each contest.
4. Each school is required to have five (5) up-to-date copies of its roster available at all varsity games.
5. The Narrows League shall utilize the WIAA approved tie-breaking plan.
6. JV and Freshman games will consist of four (4) ten (10) minute quarters unless both schools mutually agree to play twelve (12) minute quarters.

7. Both teams must vacate the field for half-time marching bands unless permission has been granted by game management.

Use of the Press Box

1. The press box is for game management, the media, and the home and visiting coaching staff.
2. Schools filming games for scouting purposes may use press box space if it is available and approved by game management. Scouts cannot expect to have power available for filming.

Headphones

Each team is responsible for supplying its own coaches' communication network. If team A's headphones fail to work, team B does not have to forfeit the use of their communication.

Filming

The use of end zone cameras at a visiting site must be approved by the home site game management.

If approved, the visiting team must provide the home team with a copy of the game tape.

All filming for scouting purposes must be taken from a sideline angle. End zone filming for scouting is prohibited.

Tie-Breaker Criteria

I. If all the teams tied have played each other during the regular season.

A. Two-way tie-breaker criteria

1. Head to head

B. Three (or more) way tiebreaker criteria

1. Best record among the teams tied

2. Point Differential among the teams tied

a. Add all points scored against each other

b. Add all points given up against each other

c. Subtract (b) from (a)

d. Point spread is limited to 14 points

e. Example:

Team A 7 - 1

Team B 7 - 1

Team C 7 - 1

Team A - 7 Team B - 6

Team A - 14 Team C - 20

Team A scored 21 points

Team A gave up 26 points

-5

Narrows League

FOOTBALL



Team B - 6 Team A - 7
 Team B - 19 Team C - 14
 Team B scored 25 points
 Team B gave up 21 points
 + 4

Team C - 20 Team A - 14
 Team C - 14 Team B - 19
 Team C scored 34 points
 Team C gave up 33 points
 + 1

Ranking:
 #1 Team B
 Team C and Team A:
 -refer back to head to head.

3. Power Ranking System (tied teams vs. 1st place team, 2nd place team, etc.....)
 - a. All teams must have played each other in order for power ranking to be used.
4. If teams are still tied, there will be a mini playoff.

II. If the teams tied did not play each other

A. Two or more teams tied

1. Power Ranking (see I.B.3)
2. Point differential
 - a. Take highest ranked common opponent and use the format outlined in (I.B.2)

B. Example:

Team A 5-3
 Team B 5-3
 Team C 5-3
 (Highest ranked common opponent is second place team.)
 Team A lost 14-21 (-7)
 Team B lost 35-7 (-28/-14)
 Team C lost 17-21 (-4)

Ranking:
 Team C
 Team A and Team B - refer back to head to head, if possible,
 if not, Team A is second, Team C is third

III.. If teams are still tied, there will be a mini playoff.



Narrows League

GOLF



Rules

The rules of USGA shall be the official rules of Narrows League Golf except where local rules are in effect at individual golf courses.

Scoring of Matches

- Each match shall consist of nine (9) holes.
- The team with the greater combined points of the top five of the six players that day shall be declared the winning team. Points will count as follows:

Boys		Girls	
Bogey	1 point	Triple Bogey	1 point
Par	2 points	Double Bogey	2 points
Birdie	3 points	Bogey	3 points
Eagle	5 points	Par	4 points
Hole in One	7 points	Birdie	5 points
Double Eagle	8 points	Eagle	7 points
		Hole in One	8 points
		Double Eagle	9 points

- Ties will be broken by the sixth player. If the match remains tied after this, it will be recorded as a tie.

Length of Matches

All matches prior to April 15th will be 9 holes unless both teams mutually agree to play 18 holes. All matches from April 15th to the end of the season will be 18 holes unless both teams mutually agree to play 9 holes.

Team Membership

- Golf teams are officially made up of six members.
- Players will be designated as numbers 1, 2, 3, 4, 5 and 6 according to ability.
- Each school's number 1 member is to play against the other school's number 1; 2 versus 2, 3 versus 3; etc.

Starting Times

Starting times for the first groups may be no earlier than 2:15 p.m. and no later than 3:30 p.m. Starting times and dates may be controlled by golf courses.

League Championship

- The League Championship will be determined solely on duel-match record. Division champions will play off in a duel match for the Narrows League Championship on the Monday prior to the League medalist tournament at the tournament site. If there is a three-way tie

for a division championship, the league duel meet champion will be determined on the first day of the medalist tournament.

- A league medalist tournament will be held to determine the Narrows League representatives to the state tournament. It will be a two day 36 hole stroke play tournament. The cut for the second day will be determined by choosing the number of allocations (plus ties).
- This tournament will be held on a neutral course(s) and will have a 36 hole stroke play format. A tournament champion will be determined by the following format:

*Round One: Total the five (5) best stroke play scores of the six (6) competitors.

*Round Two: Total the two (2) best scores of the 2nd round qualifiers.

*The team score is determined by adding the round one total to the round two total.

Rules Violations

Rules violations on the course must be called by players only. The only time a coach may penalize a player is for a serious breach of etiquette. The penalty for this is disqualifications (see rule 33-7)

Any violation or potential violation of the rules must be brought to the offending players' attention before the alleged violator completes the hole on which the violation takes place and before teeing off on the next hole. Notification of any rule infraction must be brought to the immediate attention of the entire group. If players are unsure of the proper ruling, the player shall play a second ball under the *doubt as to procedure rule* (see rule 3.3). If there is a dispute on whether or not a violation took place, the entire group must confer, reach a consensus, and assess any penalty before play begins on the next hole.

Disputes regarding doubt as to procedure will be settled by the Rules Committee. For duel matches, the Rules Committee will consist of both coaches and a representative from the home course's professional staff. For the League Tournament the Rules Committee will consist of the Tournament director, two league coaches, and a representative of the course's professional staff

If a violation is not called by a player prior to the alleged violator teeing off on the next hole, no penalty will be assessed. If the alleged penalty offers on the final hole of play, no penalty can be assessed by a fellow competitor after the scorecard is signed.

Conduct of Players

- Players of the respective teams of the Narrows League shall conduct themselves in a manner compatible with the recognized standards of good sportsmanship, citizenship, and good golf etiquette.

Narrows League

GOLF



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2. Each coach is responsible for the conduct of his/her players at all times. Coaches will be allowed to coach their players on the course during the match. Coaches may only communicate with their player after he/she holes his/her putt and before he/she tees off on the next hole. Remember, only the designated coach can communicate with the players. The institution of this new rule and increasingly crowded courses means coaches will not be allowed to play during matches.
 3. All players will follow the specific dress code of their opponent's home course. Failure to do so will lead to immediate disqualification.
 4. *Use of electronic measuring devices is prohibited in Narrows League contests. (rule 14.3)*

Narrows League

FASTPITCH



Rules

The official rules of the National Federation of State High school Association shall be the official rules for all fastpitch contests of the Narrows League.

Officials

1. Registered WOA officials must be used for all Narrows League games.
2. Schools will use officials from their local association (2 varsity; 1 jv, and 1 "c"/frosh).

Game Ball

The 12" Baden 2BSFPYLQXUM ball is the league's recommended ball for varsity play. If the specific ball is not available, the home team will provide one which is of equal quality. It will be agreed upon by the coaches and umpires.

Schedule

1. Varsity & jv games will be played on Mondays, Wednesdays, and Fridays. "C"/frosh team games will be played on Tuesdays and Thursdays.
2. No games will be scheduled for Good Friday.
3. There will be games the Monday of spring break, unless all schools have the same spring break. If both athletic directors agree, games during spring break may be rescheduled.
4. A jamboree/tournament may be held prior to the first league game.
5. Games will start at 3:30 p.m.

Length of Game

1. All single varsity league games will be scheduled for seven innings in length. JV and "c"/frosh games will be seven innings or 1.5 hours, whichever occurs first.
2. If a team is ahead by 10 or more runs after five innings, the game will be called.
3. Tie games will be decided by a tie-breaker. Teams will start each at bat after the seventh (7th) inning with the last out of the previous inning on second base.

Postponed Games

1. The home team will call in case of bad weather or field conditions which will postpone the game. Calls should be made by 12:00 noon if possible.

2. Make-up games will be played on the next available day which does not disrupt the league schedule. Make-up games will be played in the order in which they occurred. The athletic director will be the contact person for rescheduling.

Suspended Contest

1. A Narrows League contest called by the umpire before it can be considered a regulation game according to NFHS rules shall be a suspended contest and will be continued at a later time. The contest shall continue from the point of suspension. The lineup, innings pitched, batting order of each team, and pitch count will remain exactly the same as when the contest was suspended.

Game Warm Up

1. The home team should take infield and outfield first, for a maximum of ten (10) minutes.
2. Teams may conduct batting practice prior to 3:00 on the day of the game. This includes both live and machine pitching.

Designated Hitter / Re-Entry Rule

1. Varsity--The designated hitter and re-entry rules will be in effect.
2. The "extra hitter" (EH) rule will be in effect for games below varsity level.
3. If both coaches mutually agree, free defensive substitutions will be allowed and the entire line-up will be allowed to bat the "c"/frosh and jv games. An inning will end at 3 outs or 5 runs, whichever comes first. The "injury rule" will be waived.

Protest Procedures

All protests shall be made in accordance with National Federation/WIAA/ and Narrows League protest procedures.



Narrows League SOCCER



Rules

The National Federation Edition of Soccer Rules with Washington Interscholastic Activities Association (WIAA) approved FIFA modifications will govern play in the Narrows Soccer League.

Officials

1. Registered WOA Officials must be used for all Narrows League matches.
2. Schools will use officials from their local association.

Length of Game

1. Games will consist of two halves of forty minutes each.
2. A minimum of 10 minutes for warm-up will be provided.

Game Ball

A hand stitched leather ball will be used in all league and playoff games.

Criteria for Determining League Standings

1. A divisional win will count for 3 points.
2. A divisional tie will count for 1 point.
3. No points will be awarded to a team for a loss.

Criteria for Breaking Ties in the League Standings/Post Season Seeding

1. Head to head results within the division.
2. Goal differential from common opponents within the division. (3 goal maximum)
3. A playoff game if the preceding requirement does not resolve the tie.

All League Consideration

1. A red card disqualifies a player from All League team recognition

Reporting Scores

Please report all scores to the News Tribune because it is the regional newspaper.

253-597-8680 - Do not leave voice mail

1-800-388-8742 ext. 8680

253-597-8360 (FAX) Call confirm

E-mail: preps@mail.tribnet.com

Narrows League Tourney

There will be no Narrows League Tourney for the 2010 - 2011 school term.

Uniforms

Each school will provide its players with jerseys of the same color that contrast with the opponents' jerseys. Home team shall wear white or light shirt and socks and the visiting team shall wear dark shirts and socks. Goalie must wear a jersey that contrasts with his own team. Black is recommended.



Narrows League

SWIMMING



Rules

National Federation Swimming and Diving Rule Book will be the official rules unless there are current exceptions approved by the Washington Interscholastic Activities Association (WIAA).

Entries

All entries in swimming and diving will be prepared according to National Federation Rules.

Rules

The host team will provide:

- a. Meet management and all officials. A minimum of two timers shall be provided per lane.
- b. Will provide a copy of official meet results on completion of the meet.

Visiting Team

The visiting team will provide their own towels and safeguard valuables of their athletes.

Requirements:

- a. In a dual meet with 2 heats, heat two should have two varsity swimmers
- b. In dual meets up to three junior varsity divers may dive a maximum of three dives
- c. Jr. Varsity swimmers may enter 50 & 100 yard events after varsity heats of 50 freestyle (event #4) & 100 freestyle (event #7).

Junior Varsity Heats:

- a. First heats are crawl.
- b. Non-crawl swimmers will swim after crawl heats.
- c. Coaches MUST notify the referee of the number of non-crawl swimmers prior to the start of the event.
- d. Only 50's and 100's are allowed for junior varsity events.
Exception: Additional events beyond 50 freestyle and 100 freestyle may be swum if mutually agreed upon by both coaches one week prior to their scheduled meet.
- e. Non-crawl 50 yard and 100 yard junior varsity events are allowed within the rules of their respective events. i.e. Backstroke may start in the water.

Divisional Meet:

- a. The rules for conduct of the meet will be National Federation rules as amended by the Narrows League for this specific meet.
Times achieved during this meet will be eligible for District Qualification.
Note: If you are entered in any individual event in districts you are not eligible for the divisional meet.
- b. There are no team limits on the number of entries in each event.
- c. Each individual is limited to 2 individual events and 2 relays or 1 individual event and 3 relays.
- d. All entries must have an entry time for seeding purposes. Entries with no time will not be entered.
- e. There will be two flights (Gold & Silver)
--Each event will be divided in half, by seed time; with each half (flight) having its own awards: 1st - 6th place.



Narrows League

TENNIS



Regular Season Rules:

The rules of the United States Tennis Association (USTA) will be the official rules of the Narrows League.

General Provisions

1. Starting time will be no earlier than 3:00 p.m. Starting time may be later depending on travel.
2. The home team will furnish tennis balls for each match and score cards for each match.
3. Varsity league contests will consist of 5 matches; 2 singles and 3 doubles. Junior varsity contests will consist of a pro-set (winner of 8 games) Coaches may allow JV contests to be a full match.
4. Each player will participate in only one match (five matches with eight players). The host school will determine the order in which matches are played.
5. All varsity competition in a match will take place at the same location. JV matches may be played at a different site.
6. Each coach is responsible for having an updated singles and double ladder. Position on the ladder should be determined by challenges only. A player who is lowered for disciplinary reasons may not be placed below varsity level.
7. As determined by your most recent ladder, in singles your best player not playing doubles must play as number one singles. Second best player, not playing doubles, will play as number two singles.
8. As determined by your most recent ladder, your best doubles team, not playing singles, must play number one doubles. Your next best doubles team will play number two, and your third best doubles team will play number three.

Pre Match

1. Upon arrival coaches will exchange line-ups before courts are assigned.
2. Players will be introduced to each other in a pre-match format organized by the host coach.
3. A "coach" is defined as an individual authorized by the school and will be introduced as a coach to all participants at the beginning of the match.

4. Matches will be preceded by a ten minute warm-up to include serves. Coaches will monitor warm-ups and get matches started in a timely manner.

Match

1. After the first serve of a match, a change cannot be made due to injury. If a player cannot continue play, they will retire the match.
2. If a contest is stopped because of weather, those matches in progress cannot make player substitutions when the match is rescheduled. If a match was not under way (with the first serve), substitutions may be made when the match is rescheduled.
3. When a postponed match is resumed, play will continue with the same score at the time of the postponement.
4. Coaching is permitted only during the ninety (90) second change-over during a set and during the break between the 1st and 2nd set: **not to exceed 2 minutes.**
5. Coaches may not enter the playing area to instruct their players except between sets. An exception could be a medical emergency.
6. A maximum of ten (10) minutes may be taken between the 2nd and 3rd set at which time the player is allowed to leave the court.
7. A 7 point tie break will be used to decide sets should they reach 6-6.
8. More than two completed sets may be required to finish a match. If darkness is affecting visibility, with both coaches agreeing, a 3rd may be determined by one of the following means.
 - A. 3rd set is played with no-ads
 - B. Imposing a 10 minute time limit. If a player is ahead by 2 games the match is over
 - C. Playing a 7 point tie break. (*USTA Handbook of Rules now calls a called 12 pt. tiebreak a 7 point tiebreak*)
9. Coaches, players and spectators will refrain from addressing players during competition except for positive encouragement and will remain silent when the ball is in play.
10. If a player has a problem with spectators or an opponent during a match, the problem will be reported to the coach. Both coaches will resolve the problem jointly.
11. If a player requests a line judge, the line judge will be a person acceptable to both coaches.

Narrows League

TENNIS



Post Season:

1. A Narrows League Tournament at the end of the season will determine Narrows entries to the district tournament.
2. There will be a seeding meeting at which coaches will present league (or division) win-loss records to design a 16- bracket tournament. If extra teams are entered, they will play off in preliminary matches before the tournament begins.

Tournament:

1. Players may be entered in either singles or doubles. Players will not enter in both. Coaches will determine if their players will enter singles or doubles.
2. Number of matches-rounds per day (with no rain delays)
1st day -
3A: 32 matches will be completed in singles and doubles (no preliminary matches)
4A: 48 matches will be completed in singles and doubles (including preliminary matches)
2nd day -
3A: 24 matches will be completed in singles and doubles
4A: 24 matches will be completed in singles and doubles.
3. Rain delays cause adjustments in days that matches are played. The following weekday *may* be used to complete matches.
4. Pre-match warm-up time, to include serves will be ten minutes.
5. Time between matches will be a maximum of thirty (30) minutes if continuing to the next round.
6. There will be a 2 minute break between the 1st and 2nd sets. There will be a ten (10) minute break between the 2nd and 3rd sets. Coaching may take place at the end of each set.
7. Should players request a line judge, the line judge will be a person acceptable to both coaches.
8. Sportsmanship is expected of all players. A universal warning will be given at the beginning of the tournament and will apply to all players and coaches whether they are present or not. Any language or behavior deemed unacceptable will result in one point, game, match penalty system, by the tournament director/designee, to the team's coach who will immediately relay the penalty to the player(s).
9. If an injury occurs during a match, USTA Rules will be implemented. Players have 15 minutes for a "medical condition" delay with 3 minutes permissible for treatment of injury. Cramps (but not general

fatigue) are considered to be a treatable medical condition.

10. After the brackets are drawn, a coach may make a player substitution due to injury or illness. No substitutions will be made after the tournament begins.

Tournament General Information

1. Each team must provide one can of balls per entry for each day of the tournament an entry plays. These are given to the tournament director at the beginning of the tournament. Two new balls will be used for each match.
2. Coaches will help to notify the tournament director when courts are cleared and are to help get players on/off the courts expediently.
3. Players must check in with the tournament director to pick up balls before going to the assigned court. At the end of the match, the winner must report to the tournament director with the score and return the balls.
4. In the case of a dispute, a settlement will be reached by a group of three (3) pre-selected coaches, who will act as impartial judges with their decision being final.

6/4/2010

Narrows League

TRACK & FIELD



Start Times

Meets will start at 3:30. Times may be altered if mutually agreed upon by participating schools. When visiting schools know they will be late, they will contact the host school with an estimated time of arrival. The meet will not start until all teams arrive.

Order of Events

The order of events will be determined at the pre-season league coaches meeting using entries posted on Athletic.net.

Field Events

Warm-ups--The head official must be on site before warm-ups may begin.

Check-in--Only the athletes participating in the event may check themselves in. Check in must occur prior to the start of the event.

Uniforms--Athletes must be in official uniform.

Jumping and throwing events

Qualifying for Finals--
Everyone will get 3 attempts to qualify for the finals.

Finals--Dual meet: Top 4 get 3 more attempts.
Triangular Meet: Top 5 go to finals
Placement of finals will be at the discretion of the host school.
A 4 jump with no finals format may be used if necessary due to jumping facilities.

Junior Varsity--Competitors will participate in an open pit format after the varsity competitions are complete.

Pole Vault/High Jump:

Warm-ups--Athletes must be allowed to warm up with a bar or bungee in place for HJ and PV.

PV opening heights--Girls 6'00", Boys 8'00". Both are allowed to compete together.

Coaches Box (PV)--The host school will define the pole vault coaches' box.

Lane assignments for varsity running events:

Triangle meets: If running one heat, lane assignments will be made on a rotating basis. Each team will have 2 events where they are only allowed 2 varsity and the other 2 schools get 3.

Scoring:

Varsity athletes will be designated as varsity at the beginning of that event.

Scoring will be as follows:

Dual meet: 5-3-1 and 5-0 for relays

Triangular meet: 5-3-2-1 and 5-3 for relays.

Four-way meets

Per WIAA rule, counting contests is done per each individual athlete. If schools choose to score a meet as double duals, it will count as ONLY ONE contest.

Reporting of Scoring/Results:

Scores: Host school will provide scored results within 24 hrs. Visiting schools are asked to assist by providing a scorekeeper to keep track of those results.

Qualifiers: When reporting times, please post on Athletic.net

Non-Qualifiers: An athlete NOT meeting the qualifying standard in any individual event is eligible for participation at the Last Chance Qualifier Meet. Members of relay teams may participate in the Last Chance Qualifier, IF they have not met an individual qualifying standard.

Hand-held timing: Per NFHS rule 3.9.4, all Hand-held times will have 0.24 added to the time in order to compare to electronic timing systems.

Championships:

The Narrows League Championship Meet determines the league champion in both 3A & 4A divisions

Post-season meeting:

A post-season meeting will be scheduled for the Thursday following the state track meet.

Narrows League

TRACK & FIELD



Track Narrows League Championship

It is the desire of the track and field coaches of the Narrows League to make the Narrows League Track and Field Meet a showcase for the athletes who have qualified for this meet.

The coaches will act at the games committee. If there is a separate organizational committee their power is limited to adjusting schedules for the betterment of this meet due to facility limitations.

League Meet Entry

Please enter all athletes that have meet the league qualifying standards on athletic.net.

Seeding Meeting

A seeding meeting will be held the Monday prior to the League Meet.

Scratches

Scratches can be made after the seeding meeting and up to the League Meet coaches meeting. Scratches occurring after the start of the coaches meeting will constitute removal of the athlete from his/her remaining events.

If an athlete is scratched, an alternate will be put in their place. After alternates are entered, the event will be reseeded.

Pre-Meet Meeting

A coaches meeting will be held 1 hour, 15 minutes prior to the start of the first event

Rules and Expectations

On all issues each school will get 2 votes (one for boys, and one for girls).

Coaches will not be expected to officiate events or run the timing/seeding systems for the meet. The Narrows league shall provide qualified individuals for that purpose.

National Federation rules will be followed in all events, except where superseded by this syllabus. Coaches and athletes will be responsible for knowing and adhering to the rules.

Two fully automatic timing will be used as the primary timing system. Pryo Tech system used as back up.

The schedule of events, especially in the distances, should mirror the days of the District and state meets.

The Jury of Appeals will comprise of five (5) knowledgeable Track and Field people nominated by the coaches. Those people will have no other duties during the meet. They will be expected to attend the seeding meeting prior to the meet. The Jury of Appeals will be the final say for all protests and appeal. Topics will not be passed on the coaches for a vote.

Narrows League

VOLLEYBALL



Official Rules

National Federation rules for volleyball are official unless otherwise specified in these by laws or in the bylaws of the Washington Interscholastic Activities Association.

Match Limitations

Each school shall be allowed the Washington Interscholastic Activities Association (WIAA) allotted number of matches, exclusive of League play-offs and district and state tournaments. Best of three out of five games equals one match at the varsity level; two out of three at sub-varsity levels. Sub varsity will play all three games.

Scoring

Rally scoring will be used. In varsity matches, 25 points constitutes the win in the first four games and 15 points in the final game. In sub-varsity matches, the first two games will be 25 points and the third 15. In all games there will be no cap, and a team must win by 2.

Officials

For League varsity matches two Washington Officials Association officials will be used. There must be at least one association official present before a match may be started.

Scorers

The official scorers for League matches must be qualified individuals. The home team is responsible for providing the scorer as well as a separate qualified individual for tracking the libero.

Match Ball

For League matches, an official whiteleather ball is to be used. The home team is responsible for furnishing match balls.

Pre-Match Warm-up

Official warm-up will consist to ten minutes of shared time, followed by 7-7-2 with home team first. Official warm-up time will not be compromised. Every effort will be made to start the match at its schedule time. Varsity matches shall not begin prior to published start times.

Line Judges

Line judges shall be qualified adults. Should qualified adults not be available, qualified high school students from the home school shall be used. The visiting team shall have the option of providing a judge.

The Libero Player

The libero player is allowed in all levels of play. The libero must wear a uniform different color from the rest of the team. The libero needs to be designated before each game in the match, and may change from one game to the next.

League Championship

League Championship will be determined by standings. The tie-breaking procedure will be used in the event of a tie.

Tie-Breaking Procedure

The following procedure shall be used to determine rank in division should there be a tie. If the first procedure on the list does not break the tie, advance to the next, and so forth:

1. Overall match record.
2. Head to head competition.
3. Percentage of points won in matches played among tied teams (total points won/total points played).
4. Percentage of total games won.
5. Percentage of total points won.
6. Coin flip.

Post Season Play

Seeding for post season play will be determined by an end of season League tournament.

Narrows League

WRESTLING



Starting Times

Junior varsity matches will start at 6:00 p.m. and varsity matches will start no sooner than 7:00 p.m., or no later than 7:30 p.m.. The home team coaches need to notify away coach of a change in weigh-in time one day in advance. In the event matches need to be rescheduled, the home team will work with the visiting team as to a mutually agreeable revised date and if weigh in and or match times need to be changed. In the case of tri-matches, (three schools) or double duals, (four schools), participating at one venue, the school(s) traveling the farthest will wrestle their match(es) first.

Bench Conduct

All member teams, wrestlers, coaches, and school administrators will follow National Federation Wrestling Rules and WIAA Rules regarding bench conduct. The conduct of the wrestlers and coaches will exemplify good sportsmanship at all times.

Grade Check--All Schools (For Narrows League Qualifying Tournament & Sub Regional Seeding)

It will be the responsibility of the head coach and the athletic director to check the current grades of their wrestlers for the Narrows League Qualifying Tournament and for the seeding into the sub-regional tournament prior to the seeding meeting if the semester grades have not been printed. Each coach will be required to bring these documents to the seeding meeting. NO wrestlers will be seeded without a grade check.

Post-Season Participation Standards

The Narrows League Qualifying tournament is a post-season event.

All wrestlers must meet WIAA weigh-in criteria and participations standards prior to the start of the post-season. Any wrestlers who compete in the Junior Varsity qualifying tournament that do not meet these standards will be disqualified from the Narrows League tournament.

Each school will be allowed to enter one wrestler into the Junior Varsity qualifying tournament at each weight classification.

Each school is required to submit a JV roster to the Narrows league tournament director by 1:00 p.m. one day prior to the Qualifying Tournament. Schools will be allowed to make changes to their line-up prior to the date of the weigh-in of the qualifying tournament.

Bracket

A 16-person, double-elimination bracket, scoring six places will be used in the league tournament for 4A and a 12 person for 3A.

Entries

Each school is entitled to enter one varsity participant into each weight classification. A minimum of five entries will be designated to wrestlers from the qualifying tournament. Each wrestler must meet all eligibility requirements and standards set by the WIAA.

Narrows League Seeding Criteria

All declared varsity wrestlers and qualifying wrestlers would be seeded into the bracket at the coaches meeting. It is possible for one school to have the #1 and #2 seeded wrestlers in the bracket. A school's declared varsity wrestler must be seeded higher than a school's qualifying wrestler.

Criteria will be limited to varsity match competition records only in the 16 regular season outings (except head-to-head results in a league junior varsity dual meet). The criteria categories are not in a priority order or exclusive to the following list):

- Overall varsity season record.
- Overall varsity league record.
- Head-to-head results in varsity or junior varsity league dual matches.
- Previous season(s) state tournament placing.
- Previous season(s) regional tournament placing.
- Previous season(s) league tournament placing.
- Placing at current season Qualifying Tournament.
- Hardships, injuries, eligibility issues may also be presented in the seeding process.

* A season record at a particular weight class may not be used to determine a wrestler's seed.

Only the head coach from each school will vote in a coach's consensus. Coaches' consensus may be called at anytime to resolve conflicts. Coaches

Narrows League

WRESTLING



involved in a seeding conflict may not vote in the coaches' consensus. The head coach may present any pertinent facts to the coaching body for consideration. Other head coaches whose wrestlers are affected by the petition may make a factual rebuttal prior to the vote. A head coach or a league representative may also call for a coach's consensus to resolve any seeding or tournament issues that do not involve their wrestlers. All head coaches will be involved in these votes. A coin toss will break any ties.

Seeding Process

The tournament bracketing will begin at 103 and continue through 285. The league director will determine a random order for schools to declare their varsity wrestlers.

Example for 4A

103: Stadium, Bellarmine, Central Kitsap, Olympia, South Kitsap, Gig Harbor, Mt. Tahoma, Shelton.

112: Bellarmine, Central Kitsap, Olympia, South Kitsap, Gig Harbor, Mt. Tahoma, Shelton, Stadium.

119: Central Kitsap, Olympia, South Kitsap, Gig Harbor, Mt. Tahoma, Shelton, Stadium, Bellarmine. (The rotation continues through each weight class)

The varsity wrestlers will be declared in random order followed by the top five qualifying wrestlers at each weight class. If one or more schools do not declare a varsity wrestler, additional qualifying wrestlers (if available) will be seeded into the bracket until the bracket is full.

If there are any vacant spots after all varsity and qualifying wrestlers are seeded into the bracket, a bye will be placed in the vacant spots.

After the bracket has been finalized at the coaches meeting and one of the top six seeded wrestlers is withdrawn from the tournament prior to the start of the tournament, the bracket will roll to fill in the top six seeds. In the event that there is an uneven bracket or unbalanced half brackets, the bracket will be balanced by the tournament director with a coach's consensus.

Substitutions

Any change to a school's roster must be made to the league's tournament director 24 hours prior to the start of wrestling on the first day of competition (5:00 pm). This communication must be made directly to the tournament director via fax, e-mail, text or phone call. It is the responsibility of the school to confirm the tournament director has received the roster changes.

If a school declares that their varsity wrestler will not be able to compete 24 hours in advance of the first day of competition they will have two options to replacing their varsity wrestler 1) a new wrestler who did not participate in the qualifying tournament and is not seeded at a different weight class in the tournament may enter the tournament. 2) Elect not to replace the varsity wrestler and create a bye in the bracket (which may be filled by an available alternate qualifying wrestler).

If the varsity wrestler was a top six seed, the bracket will roll and the substitute wrestler will take the first open spot in the bracket. A coach's consensus may be called to approve any amended bracket. An amended bracket will not be re-amended to separate teammates in the bracket.

If the school declares their qualifying wrestler is not able to compete 24 hours prior to start of the tournament they can replace their qualifying wrestler with another wrestler if no other alternate qualifying wrestlers are available. The new qualifying wrestler will take the place of the withdrawn qualifying wrestler unless the qualifying wrestler is a top six seed. The substitute will not be eligible if they participated in the qualifying tournament or were seeded in the tournament at a different weight class.

If a wrestler does not make weight or is ruled ineligible by the officials for any reason (skin, hair, etc.) that wrestler will be ineligible to compete in the tournament. If the wrestler was overweight they will not be eligible to wrestle at a higher weight class, regardless if there are available spots in the bracket. Their school cannot replace any wrestler who is disqualified at the weigh-in.

If a varsity wrestler is withdrawn or disqualified from the tournament after the 24-hour period, the school's qualifying wrestler will not move to the varsity spot in the bracket. If the varsity wrestler is a top six seed, the bracket will roll and a bye will be placed at the # 7 seed. If the wrestler is withdrawn or disqualified from the tournament after the 24-hour period there will be no replacement and a bye will be placed in the vacant spot in the bracket unless the qualifying wrestler is a top six seed. Available alternate qualifying wrestlers will be eligible to fill any vacancies from wrestlers withdrawn after the 24-hour period.

Once a wrestler is seeded into the bracket at the coaches meeting they are not allowed to be withdrawn and moved to another weight class or replace another wrestler in another weight class, or switch spots with the varsity and qualifying wrestlers.

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A wrestler who is declared ineligible or withdrawn by their school prior to the 24- hour rule may be reinstated back into the tournament if they are declared eligible by their school and the league's tournament director is notified 24 hours prior to the start of the tournament. The bracket will revert back to the original bracket prior to the change.

Junior Varsity wrestlers will be placed into the bracket by their coaching staff, based on the wrestlers finish in the qualifying tournament. Junior varsity wrestlers can be placed in any open spot in the bracket, except where a bye is in place. The top six JV wrestlers are automatically eligible for the league tournament. If additional spots are open after all varsity wrestlers are seeded and the top six junior varsity wrestlers have been placed, the remaining junior varsity wrestlers from the qualifying tournament will be entered. The criteria to determine the 7th, 8th, etc. place wrestlers will be:

1. Team points earned by the individual in the tournament based on advancement points, pins, forfeits, defaults, technical falls, decisions, etc. (no official team score will be kept).
2. Head-to-head competition in the tournament.
3. Coin-toss or random draw by the league tournament director.

Schools must submit a final roster to the league tournament director, 24 hours in advance of the weigh-in of the league tournament. No changes to a team roster can be made after this deadline.

Only wrestlers who weigh-in and enter the Narrows League qualifying tournament are eligible to enter as a school's junior Varsity entry into the league tournament. However, a wrestler who participated in the Narrows League qualifying tournament is eligible to participate in the league tournament as a varsity wrestler. If a Junior Varsity wrestler enters the league tournament as the varsity wrestler the school will not be able to substitute junior varsity wrestler. Junior Varsity wrestlers who compete in the qualifying tournament will only be eligible to participate in the league tournament at the weight class they competed in, plus the next highest weight class. (Example: Wrestler A weighs in a 118 lb. they are only eligible to enter the Narrows League tournament at either 119 or 125). Substitutions for junior varsity wrestlers are not allowed.

Any changes to a team's varsity entry from the seeding meeting will be entered into the tournament by the league's tournament director and certified by a coaches' consensus.

The league tournament will wrestle to the allotted number of regional berths including the possibility of alternates. The four wrestlers who tie for 9th place will be considered as alternates for the regional tournament.

Narrows League







TOURNAMENT DIRECTORS

Job Description

1. Organize event time schedule.
2. Arrange for needed equipment to be at the site.
3. Arrange for help needed to conduct event in an efficient manner.
4. Make certain officials have been contacted.
5. Order awards and arrange for awards presentation.
6. Prepare publicity releases and informational bulletins as needed.
7. Assist in preparing program.
8. Make every effort to conduct a smooth running event and be available to coaches and participants.
9. Make certain adequate medical coverage has been obtained; e.g. trainer, doctor, ambulance, etc.
10. Report all final results to the press and the Washington Interscholastic Activities Association (WIAA) office when indicated.
11. Financial account at the end of the event.
12. Meet with Narrows League Athletic Director Chairperson, or Secretary/Treasurer to determine duties in which the meet director needs assistance. Oversee the printing of programs and other materials as well as moving equipment and other support services.
13. It is the duty of the meet director to go over these items and make sure all contingencies are covered.
14. Appoint games committee.
15. Meet with Narrows League athletic director chairman, after the event, to review the operation and make recommendations for the future.
16. Stipends for meet and tournament directorships will vary with the time demands of the event.
17. Ahead coach, assistant coach and volunteer coach "shall not" be the commissioner of said sport.



WIAA SPORT SEASONS



Year	Fall			Winter			Spring		
	Sport	Start	End	Sport	Start	End	Sport	Start	End
2010-2011	XC	8/23	11/6	CH	11/1	1/22	GO	2/28	5/25
	VB/ SW	8/23	11/13	BO	11/1	2/5	BA+	2/28	5/28
	SOC	8/23	11/20	GY	11/8	2/19			
	FB	8/18	12/4	SW/WR	11/15	2/19			
				BB	11/15	3/5			
			D/D	11/15	3/26				
2011-2012	XC	8/22	11/5	CH	10/31	1/21	GO	2/27	5/23
	VB/ SW	8/22	11/12	BO	10/31	2/4	BA+	2/27	5/26
	SOC	8/22	11/19	GY	11/7	2/18			
	FB	8/17	12/3	SW/WR	11/14	2/18			
				BB	11/14	3/3			
			D/D	11/14	3/24				
2012-2013	XC	8/20	11/3	CH	10/29	1/19	GO	2/25	5/23
	VB/ SW	8/20	11/10	BO	10/29	2/2	BA+	2/25	5/25
	SOC	8/20	11/17	GY	11/5	2/16			
	FB	8/15	12/1	SW/WR	11/12	2/16			
				BB	11/12	3/2			
			D/D	11/12	3/23				
2013-2014	XC	8/26	11/9	CH	11/4	1/25	GO	3/3	5/29
	VB/ SW	8/26	11/16	BO	11/4	2/8	BA+	3/3	5/31
	SOC	8/26	11/23	GY	11/11	2/22			
	FB	8/21	12/7	SW/WR	11/18	2/22			
				BB	11/18	3/8			
			D/D	11/18	3/29				
2014-2015	XC	8/25	11/8	CH	11/3	1/24	GO	3/2	5/28
	VB/ SW	8/25	11/15	BO	11/3	2/7	BA+	3/2	5/30
	SOC	8/25	11/22	GY	11/10	2/14			
	FB	8/20	12/6	SW/WR	11/17	2/14			
				BB	11/17	3/7			
			D/D	11/17	3/21				
2015-2016	XC	8/24	11/7	CH	11/2	1/23	GO	3/1	5/25
	VB/ SW	8/24	11/14	BO	11/2	2/6	BA+	3/1	5/28
	SOC	8/24	11/21	GY	11/9	2/20			
	FB	8/19	12/5	SW/WR	11/16	2/20			
				BB	11/16	3/5			
			D/D	11/16	3/26				
2016-2017	XC	8/22	11/5	CH	11/1	1/21	GO	2/27	5/25
	VB/ SW	8/22	11/12	BO	11/1	2/4	BA+	2/27	5/27
	SOC	8/22	11/19	GY	11/7	2/18			
	FB	8/17	12/3	SW/WR	11/14	2/18			
				BB	11/14	3/4			
			D/D	11/14	3/25				



Narrows League

