

YAKIMA VALLEY  
GOLD LEAGUE  
HANDBOOK  
2022-2023

Revised June 3rd, 2022

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Gold League Member Schools:

Cle Elum – Roslyn, Goldendale, Highland, Kittitas, Mabton, St. Joseph Marquette, Riverside Christian, Christ the Teacher, Sunnyside Christian, Union Gap, Mt. Adams

## **GOLD LEAGUE MISSION**

Our mission is to provide an opportunity for students to develop their natural skills in sports.

We believe that the emphasis should be on **participation and skill development** in interscholastic competition.

### **OBJECTIVES**

- A. Promote and contribute to the goals of the total educational program.
- B. Teach the student athlete the value of achievement as a product of hard work.
- C. Teach the student athlete the value of competition in relationship to modern societal demands.
- D. Promote good citizenship, sportsmanship and respect for rules and authority among players, coaches, parents and spectators.
- E. Assist the student athlete in recognizing his/her self worth and at the same time understand and appreciate the importance of teamwork and group unity.

**CONSTITUTION**  
**YAKIMA VALLEY GOLD LEAGUE**

**ARTICLE I - NAME**

The name of this organization is the Yakima Valley Gold League

**ARTICLE II - PURPOSE**

The purpose of this organization is to provide appropriate extracurricular activities for the member schools.

**ARTICLE III - MEMBERSHIP AND DUES**

Any school which includes pupil's grades 6, 7 and 8 may become a member of this organization.

Dues to be paid by October 15th. Annual dues will be assessed at Fall Meeting, as needed.

**ARTICLE IV - OFFICERS**

Section 1. The officers are president, vice-president and secretary and/or treasurer.

Section 2. The term of the officers is for one year.

Section 3. The officers shall be elected at the last spring meeting each year.

Section 4. The officers will take office immediately following election.

Section 5. The officers have the responsibility to administrate, formulate, and guide the work of the association, and League Ejection Report.

Section 6. In case of a vacancy, the membership shall elect another member to fill the vacancy until the next annual election.

**ARTICLE V - THE DUTIES OF OFFICERS**

Section 1. President: the president shall preside at all meetings, appoint appropriate committees and shall delegate appropriate responsibilities.

Section 2. Vice-President: the vice-president will assume duties of the presidency in the absence of the president. Responsible for Sportsmanship Awards.

Section 3. Secretary: is responsible for recording all meetings and correspondence.

Section 4. Treasurer: is responsible for disbursements of all funds.

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**ARTICLE VI - MEETINGS AND QUORUM**

Section 1. The association will meet at least five times a year.

**ARTICLE VII - AMENDMENTS**

Section 1. Any article of this constitution may be amended by two-thirds vote of the members present.

**ARTICLE VIII - ATHLETICS**

Section 1. All participating schools will be members of the Washington State Interscholastic Activities Association.

Section 2. All athletic rules and regulations governing this league will follow the guidelines as listed in the WIAA Handbook.

Section 3. League schedules will be made by the assigned school and approved by the Athletic Directors and/or Principals of the Gold League schools.

Section 4. A contest may be canceled by a Principal, or designee any time the transporting of students should become hazardous due to weather conditions, lack of registered officials, or any other valid reason. Notification should be given by phone as early as possible to the affected school.

Section 5. League appeal procedure for WIAA Ejection Policy - forms are at the end of the handbook.

**ARTICLE IX - ELIGIBILITY AND AGE LIMITS**

Section 1. A middle school student shall not have reached his/her fifteenth birthday prior to June of the previous school year.

**ARTICLE X - FOUR SEASON YEAR**

The interscholastic athletic calendar will be divided into four seasons. A sport turnout must not start until the first day of a sports season.

FALL SPORTS SEASON - FOOTBALL, VOLLEYBALL

WINTER I SPORTS SEASON – BOYS BASKETBALL

WINTER II SPORTS SEASON - GIRLS BASKETBALL & WRESTLING

SPRING SPORTS SEASON - BASEBALL, TRACK, SOFTBALL (Fast Pitch)

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## **YAKIMA VALLEY GOLD LEAGUE**

### **OTHER ITEMS**

1. Each sport has a list of specific rules/guidelines that have been agreed upon by the league members.
2. All must play rule is recommended by the league.
3. If a team does not show 30 minutes after the scheduled game time, the game is forfeited.
4. Coaches and athletic directors or principals are responsible for providing proper supervision of their students at all contests.
5. Schedules must be completed on Arbiter no later than one week prior to the first contest of the season.
6. If an athlete or coach is ejected from a contest we will follow WIAA Rule 18.27.0.
7. Changes in competition dates/ times after the schedule has been approved are the responsibility of the school requesting the change (by mutual agreement). Notification must be made early enough to have bus schedules adjusted.
8. Member schools should confirm game non-participation by phone or e-mail at least one day prior to event (all schools involved).
9. Member schools shall not have cheerleaders.
10. Member schools will not charge admission to activities. Allow the host school of a jamboree or culminating tournament the ability to charge a minimal admission fee to recoup the cost of facility.
11. Registered officials of the Washington Officials Association should be provided in all cases possible. In cases where this is not possible, competent adults shall be obtained that have met the WIAA requirements under 21.5.0.
12. Teams should not arrive until 45 minutes prior to game time.
13. Schools will place those athletes with the highest ability on the A Team.
14. Combine and stack games whenever possible.

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## **FOOTBALL**

1. Total season, including practices, is 12 weeks. Minimum number of practice days per individual is 12. Team practices minimum is 12. Regular season game limit is 6.
2. The season start date will be in accord with WIAA Handbook 35.61.0 guidelines.
3. Jamborees are permitted as long as each participating team plays a maximum of two 10 minute quarters. Individuals must have 8 practices before any jamboree.
4. A football participant shall be eligible to compete in up to eight (8) quarters of play during any three-day period of the football season. A team shall be allowed one (1) week during the season to play two (2) contests.
5. A and B teams play no more than 8 minute quarters. The A game is played first.
6. Ties will be played using the Kansas Tie-breaker (WIAA, 35.69.0).
7. First three days of practice will be held without shoulder pads.
8. Game time: 4:00 PM unless otherwise noted.
9. At least one registered official for all football games.
10. A coach will be allowed on the field at all times during as mutually agreed upon by coaches.
11. Time outs: 3 per half.
12. WIAA and National Federation rules apply
  - a. WIAA 35.3.3 - Following the first contest (jamboree or game) participants are limited to two (2) days per week (not counting contests) of thud or live drills.

Definition of levels of contact:

Thud - Drill is run at assigned speed through the moment of contact; no pre-determined "winner". Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.

Live Action - Drill is run in game-like conditions and players may be taken to the ground.

13. Intermediate ball is required.
14. PAT: Kicking-2 points, run/pass-1 point.
15. Running clock at 30 point differential in second half.

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## VOLLEYBALL

1. Starting time will be 4:00 PM unless otherwise noted. Starting time will be 3:30 when 3 matches are played at the same site.
2. Order of competition is C, B, A with extra games labeled as C for scheduling.
3. Warm-up procedures: Fifteen minutes before the beginning of the first match, a coin flip will determine the first team to warm up. The winner of the coin flip will get five minutes on the court alone, then the other team gets five minutes on the court alone. After these two sessions, both teams will be allowed on the court for two minutes (5-5-2).
4. One registered official is required for all matches.
5. Substitution procedure: The substitute must report to the court and then wait for the official to admit her to the game. The coach reports the substitution to the scorekeeper.
6. Players can play only one match per night, three matches per week. Matches will be best 2 out of 3, but all three will be played.
7. Players can play in a maximum of 3 sets per day across any level as necessary. (Example: 2 sets A team, 1 set B team)
8. Home team is responsible for providing a good game ball.
9. Spike lines need to be painted or taped onto the floor.
10. Height of the net for volleyball will be the official height (7' 4-1/8").
11. WIAA and Federation guidelines apply. All 3 games will be played to 25 points (no cap).
12. League will use rally scoring and line up sheet.
13. Teams may use Libero, but they are responsible for tracking.
14. A 6 ft. step in line (marked with tape on the floor) for "B" & "C" level only.
15. When crossover games B vs C or A vs B, SOP's for lowest level shall be used.
16. Teams may mutually agree to a 5 set B/C match. (3 B first, followed by 2 C).

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## **GIRLS AND BOYS BASKETBALL**

1. Starting time: 4:00 PM. Starting time will be 3:30 when 3 games are played at the same site. Total season includes 12 weeks. Minimum number of practice days per player is 8. Regular season game limit is 10 plus a jamboree.
2. Order of competition is C, B, A.
3. Player participation limits:
  - a) Athletes can play 40 quarters in a year with a 10 game season, but no more than 4 quarters in a day.
  - b) There shall be no more than three games per week per squad.
4. All quarters for all games on a night when there are three games will be 7 minutes. When there are less than three games the quarters will be 8 minutes.
5. It is recommended adults keep the home scorebook. Scorekeepers should sit at the scorer's table.
6. Anyone at the scorer's table shall remain neutral and refrain from fan or coaching behavior and act as a contest worker only.
7. If coaches have an issue with the score or clock, they should talk to the official. (not the scorekeeper or clock operator)
8. At least one registered official for basketball games. See page 4 number 9.
9. Defenses:
  - a) Full court press/half court trap is not allowed if pressing team is ahead by twenty or more points.
  - b) Pressing team must drop behind the top of the 3 point line until the ball has crossed half court.
  - c) Full court press/half court trap not allowed at C level or below.
10. WIAA and National Federation rules apply.
11. Pre-game warm-up will be 10 minutes in length for all games. Halftime will be 5 minutes.
12. 4 minute overtime with addition of 1 time-out per overtime. (By National Federation Rule Book)
13. No shot clock will be used
14. Running clock when up by 30 points in the second half.

15. When crossover games B vs C or A vs B, SOP's for lowest level shall be used.

16. A fifth (5<sup>th</sup>) quarter may be played following the regular contest. The 5<sup>th</sup> quarter is for players who were not starters and played in two (2) quarters or less in the regular contest (WIAA- 30.65.9).

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## **WRESTLING**

1. Minimum number of practices: 8
2. Maximum number of wrestling dates: 10 plus a jamboree
3. Maximum number of individual matches: 22
4. No more than 2 matches per week per team and/no more than 4 matches per individual wrestler per week. (44.65.1)
5. The Washington Wrestling Weight Management Program will be followed. (WIAA 44.6.0)
6. Our weight classifications will follow WIAA recommendations. The weights are: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 147, 157, 167, 177, 187, and unlimited (over 187). To wrestle in the unlimited classification a wrestler must weigh at least 187 lb., and unlimited wrestlers must be within 30 lb. Minimum weight for 70 lb. is 64 lb.
7. Starting time for all matches unless noted: 4:00 P.M.
8. A registered official will be used for all matches.
9. A participant can wrestle only one weight division higher than his/her actual weight.
10. A wrestler must wait 45 minutes between matches.
11. There shall be a maximum of three one and one-half (1 1/2) minute rounds (90 seconds).
12. WIAA and National Federation rules apply.
13. End of the year tournament will have ribbons awarded if applicable.  
(provided by the league)
14. Weigh-in will take place after practice. Submit name, weight and skill level to host school by 9:00 P.M., 2 days prior to the match (ex. Tues. for a Thurs. match).  
Preferably on an Excel Spreadsheet.
15. Ties are determined by first points scored starting in the neutral position.

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## **TRACK**

1. Each school will have a Boy's and Girl's Track Team. No division by grade. Each school will be allowed 8 entries and 2 relay teams in each running event. High jump also has an 8 person limit for boys and girls.
2. Track meets begin at 4:00 PM unless otherwise noted. Coaches meeting will commence thirty minutes prior to start of meet. Contestants will be entered on Athletic.net by 6:00 P.M. on the night prior to the event. Only scratches will be allowed for athletes after official entries have been submitted. No added entries will be allowed.

### **The order of Running events**

1. 100 m Hurdles = first event of all meets. Boys' hurdles will be run first at all meets. 10 hurdles. 'Start' to first hurdles is 13m or 42'8" - between hurdles = 8.5 m or 27'10" - last hurdles to finish line is 10.5 m or 34'5-1/2". Boys hurdles will be 33" and Girls hurdles will be 30".

100 m Dash

1600 m Run

400 m Relay 4 X 1

400 m Run

800 m Run

200 m Dash

800 m Medley Relay (100,100, 200, 400)

### **In the Field Events all contestants will be allowed 3 attempts**

High jump- Boys = 4' and Girls 3'8", and the bar will be raised at 2" increments. (If the bar falls it is a missed jump. It does not matter if the jumper is off the pit or not.)

Long jump Triple Jump Discus – we use the girl's high school discus.

Shot put (boys = 8 lb., girls = 6 lb.) Javelin = 800 gram, 72".

### **Ribbon Meet**

1. Ribbons will be awarded for 1st to 8th place.
2. Only league schools are allowed to compete at the Ribbon Meet.
3. 3 attempts will be allowed in all the field events.
4. Each school will be allowed only (8) contestants per event, track as well as field, with a

limit of two relay teams per event.

5. Each school will be responsible for providing two adults to help with the competition, upon request by the host school.
6. To be entered in an event in the Ribbon Meet, a contestant must have competed in that event in at least one meet prior. The exception would be for a relay team.

### **Rules**

1. WIAA and National Federation rules apply.
2. No team score will be kept.
3. False starts: first one charged to the field, second charged to the contestant and disqualified.
4. Athletes can participate in four events, but not more than three track events or three field events. (64.64.1, Page 85 WIAA). Track participants are allowed to run only two races 400 meters & over.

### **Procedures**

#### Field

1. Schools should have a top cover mat for their high jump pits for safety issues.
2. The high jump bar should be reset and centered on each standard for each jumper. If the bar has been hit during a jump, it may be closer to falling for the next jumper.
3. The Boy's and Girl's High Jump bar should not be raised from opening height until all contestants have had an opportunity. Field events should stay open until one of the following conditions are met:
  - a. All signed in athletes have completed all attempts.
  - b. There are no boys at a specific field event area and the boys running events have started.
  - c. There are no girls at a specific field event area and the boys running events have completed.

4. A High Jump attempt ends when one of the following conditions are met;
  - a. The person(s) in charge of the event touches the bar to center it for the next jumper.
  - b. The next jumper is called to be up.
5. A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar shall not be a fault and is considered a successful attempt (Rule 7-2-11).
6. Shot Put: A legal put shall be made from the shoulder, with one hand only - (Rule 6-5-8).
7. In jumping events all marks and run throughs are completed prior to the start of competition. Event manager may allow later run throughs as special circumstances arise. 15 minute warning will be announced prior to starting competition.
8. Order of jumping events:  
If two pits: Pit 1- Boys LJ, Girls TJ      Pit 2- Boys TJ Girls LJ  
If one pit:  
Boys LJ  
Girls TJ  
Boys TJ  
Girls LJ

#### Running

1. Running events will begin at 5:00PM.

## **BASEBALL**

1. Single games start at 4:00, double headers start at 3:30.
2. At least one (1) association umpire is to be used.
3. Each team will be allowed 10 minutes of infield practice, with the visiting team taking infield first. If the visiting team has not arrived by 20 min. prior to game time, the home team must take infield first.
4. If a team is ahead by 10 runs at the end of the fifth inning, or any subsequent innings, the team leading will be declared the winner.
5. All players shall be in the lineup and will bat prior to any player batting a second time. Single game format only.
6. Substitution rule: Unlimited substitution is allowed for every position (a player may re-enter a game more than once).
7. Middle Level Pitching Limitations:  
The pitching limitation rule is based upon the number of pitches thrown during a Calendar day with a maximum of 80 pitches in a calendar day. At the beginning of the at bat, if the pitch count is less than 80, a pitcher will be allowed to finish the at bat.  
  
Pitches Required Rest:  
61 - 80 3 calendar days  
41 - 60 2 calendar days  
21 - 40 1 calendar day  
1 - 20 0 days
8. Game Length:
  - a) Each game will be scheduled for 7 innings. No new inning shall start 1 3/4 hours after start time. Ties are allowed. Drop dead at 2 hour time limit.
  - b) Double Header Games: B team will play first, A team will play second.
9. Field dimensions: Pitcher rubber to plate - 54'6" Bases - 80'. High school dimensions are also acceptable.
10. Metal cleats on baseball shoes are allowed.

11. WIAA and National Federation rules apply.
12. There will be no hitting practice allowed on the infield prior to the game by either team. No hitting in the cage prior to or during the game.
13. Any half-inning ends after 5 runs or 3 outs. Only 5 runs shall be scored in the official score book per inning.
14. If a team is ahead by 10 or more runs they are not allowed to steal to advance to the next base. If at any time the teams score is below 10 runs, they are allowed to steal.

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## **FASTPITCH SOFTBALL**

1. Single games start at 4:00, double headers start at 3:30.
2. There will be no hitting practice allowed on the infield prior to the game by either team.  
No hitting in the cage prior to or during the game.
3. At least one (1) association umpire is to be used.
4. Each team will be allowed ten (10) minutes of infield practice, with the visiting team taking infield first. If the visiting team has not arrived by 20 min. prior to game time, the home team must take infield first.
5. All players shall be in the lineup and will bat prior to any player batting a second time.  
Single game format only.
6. If one team is ahead by ten (10) runs at the end of the fifth inning or any subsequent inning, the team leading will be declared the winner.
7. Game Length:
  - a) Each game will be scheduled for 7 innings. No new inning shall start 1 3/4 hours after start time. Ties are allowed. Drop dead at 2 hour time limit.
  - b) Double Header Games: B team will play first, A team will play second.
8. Batters are required to wear a helmet with a mask attached.
9. Metal cleats are allowed.
10. The league softball shall be a 12" Federation-approved fastpitch ball. One new ball will be furnished by the home team for each game.
11. Unlimited substitution is allowed for every position (a player may re-enter a game more than once).
12. The pitching rubber will be 40' from home plate. Bases will be 60' for fastpitch. High school dimensions are also acceptable.
13. Any half-inning ends after 5 runs or 3 outs. Only 5 runs shall be scored in the official score book per inning.
14. WIAA and National Federation rules apply.
15. If a team is ahead by 10 or more runs they are not allowed to steal to advance to the next base. If at any time the teams score is below 10 runs, they are allowed to steal.

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## GOLD LEAGUE APPEAL PROCEDURE FOR WIAA EJECTION POLICY

1. All Ejections will be handled per the WIAA website.