

# 2015-16

# Seamount League

# Handbook



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Evergreen ~ Foster ~ Hazen ~ Highline  
Kennedy Catholic ~ Lindbergh ~ Renton ~ Tyee

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08/24/15

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## **CONSTITUTION OF THE SEAMOUNT LEAGUE**

Adopted by Seamount League superintendents in June, 1991. Amended by Seamount League principals, based upon merger with Pierce County League, June 2001. Amended by Seamount League principals based upon dissolution of the Pierce Division of the Seamount League, June 2006. Major revision by Seamount League Athletic Directors, June 2012.

1. **NAME.** The name of this organization shall be the Seamount League.
2. **PURPOSE AND OBJECTIVES.** The purpose of the Seamount League is to provide an association of schools that will foster competitive and cooperative interscholastic activities. The objectives of this league shall be to promote good sportsmanship and fellowship among member schools, to exchange ideas and experiences, to foster professional growth, and to direct and supervise the interscholastic activities of the league.
3. **MEMBERSHIP.** The Seamount League shall consist of 3A and 2A schools voted into the league by a majority vote of member school principals.  
For 2014-16 2A member schools are: Evergreen, Foster, Lindbergh, Renton, Tyee.  
For 2014-16 3A member schools are: Hazen, Highline, Kennedy Catholic.
4. **MEMBERSHIP FEE.** Each school will pay an annual fee of \$400 before September 30. League Fee Catch-Up Agreement. By vote of Athletic Directors and Principals in October 2013, it was agreed that schools would pay \$800 per year for five years to account for years where a fee had not been assessed. The catch-up fee will be paid in 2013, 14, 15, 16, 17 with the league's financial position evaluated in the fall of 2017 to determine a plan going forward.
5. **ENTRY FEE.** An entry fee of \$400, as recommended by athletic directors and approved by principals, will be required of each school entering the league.
6. **NEW MEMBERS.** Admission of new member schools shall be determined by the recommendation of the athletic directors to the principals association. A school applying for membership must submit a request to the Seamount League on or before November 30 of the re-classification year and present to league athletic directors in December or at a later date to be determined.
7. **VOTING.** Voting on all questions concerning league matters, in meetings shall be one vote per building AD/designee simple majority, when a quorum is present. A quorum shall consist of qualified representatives from one half plus one (five of eight) of the schools in the League.
8. **OFFICERS**
  - A. **President.** The president shall be a member school or school district athletic director. The president will be elected at the last regular meeting in the spring for a term beginning August 1 following the election. In the event the president is no longer a member school or school district athletic director, there will be an

election for this position. Potential candidates must have been a member school or school district athletic director for at least one year.

- B. Secretary. The secretary is a member school or school district athletic director. The secretary manages correspondence for the league and takes minutes at all meetings. The secretary manages the league website.
- C. Treasurer. The treasurer manages finances for the league and provides monthly and post-season financial reports to league athletic directors. The treasurer is a member school or school district athletic director.
- D. Scheduler. The scheduler writes team sports schedules for approval by league athletic directors.
- E. Officer Stipends. Monthly stipends paid over ten months as approved by league athletic directors: President, \$75. Secretary: \$75. Treasurer: \$75. Scheduler: \$45.

**9. AMENDMENTS**. This constitution may be amended by a two-thirds vote of voting members. Proposed amendments must be presented at least one meeting before a vote may be taken on the amendment. Amendments approved at the league athletic director level shall be presented to principals for review and final approval. Approved changes shall take effect at the start of the next school year.

**10. ASSOCIATIONS**. There shall be two associations comprising the leadership of the league as follows: Principals' Association and Athletic Directors' Association.

**11. PHILOSOPHY**. To develop programs, policies and procedures that ensure student participants understand the importance of academic success, fair play and good sportsmanship.

**12. GENERAL POLICIES**

- A. The Seamount League will adhere to the rules and regulations of the WIAA.
- B. The WIAA Handbook will supersede any policy or practice in this handbook in the event of any conflict; however, the league maintains the prerogative to establish restrictions more stringent than those of the WIAA.
- C. A league athletic activity is defined as one that is organized on a league-wide basis, involves a league championship, is recognized by WIAA, and involves participation by 50% or more of the league's member schools.
- D. Promote and schedule activities to avoid time out of school.
- E. Commissioners may not be coaching or volunteering in the sport for which they provide oversight.

**13. TIEBREAKER POLICY**. See Appendix for printable copy.

**14. SPORTSMANSHIP PLAN**. See Appendix for printable copy.

**15. AWAY GAME SUPERVISION OF STUDENT ATHLETES**. See Appendix.

**16. MANAGEMENT OF LEAGUE AND/OR SUB-DISTRICT EVENTS**. See Appendix for printable copies of events management procedures. Electronic financial forms are available from the League Treasurer.

## **17. LEAGUE EVENTS PAY SCHEDULE.** See Appendix for printable copy.

## **18. AWARDS**

- A. League Championship Plaque. The Seamount league championship plaque will include "Seamount Champion", sport, year and school name (to be added later/see below) on a blue plate with the Seamount League emblem on the plaque and a sport-specific/gender-specific figurine extending from the plaque. Plaques for all sports will be ordered by the league secretary in August of each year and distributed to the respective commissioner for each sport. The commissioner will make the plaque available for league tournament events or at the post-season meeting for sports without a league tournament. The recipient school will be responsible for engraving their school name on the championship plaque.
- B. Medals and Ribbons for League or Sub-District Events. Medals for individual sports will be presented at league or sub-district events hosted by a Seamount League school as follows: Medals for top two finishers (gold, silver) when three to five schools compete. Medals for top three finishers (gold, silver, bronze) when six to eight schools compete. Ribbons will be presented to remaining qualifiers in accordance with league awards grid. Medals and ribbons for all sports will be ordered by the league secretary in August of each year and distributed to the respective commissioner for each sport. Medals, ribbons and/or other awards may only be presented at post-season events in accordance with the guidelines noted above.
- C. All-League Teams. All-League selections will take place in accordance with guidelines and process stated in each sport's regulations. **Criteria:** See regulations by sport. **Award:** Certificate for First-Team selections. The commissioner for the sport is to secure/distribute the appropriate number of blank certificates for distribution to the coach and/or school AD once the First Team is determined. In the event certificates are not distributed in this manner it is up to the coach to contact his/her AD and secure certificates in advance of his/her awards event.
- D. Athlete of the Year. The Athlete of the Year selection will take place in accordance with guidelines and process stated in each sport's regulations. **Criteria:** See regulations by sport. **Award:** Certificate. The league secretary will distribute seasonally once all award winners have been submitted by each commissioner.
- E. Coach of the Year. The Coach of the Year selection will take place in accordance with guidelines and process stated in each sport's regulations. **Criteria:** See regulations by sport. **Award:** Framed certificate with Coach of the Year, name, school, sport, and year. The league secretary will distribute seasonally once all award winners have been submitted by each commissioner.
- F. Sportsmanship Award by Sport. The Sportsmanship Award by Sport will take place in accordance with guidelines and process stated in each sport's regulations. **Criteria:** See regulations by sport. **Award:** Recognition through League press release.
- G. Annual League Sportsmanship Award. **Criteria:** The school with the most individual Sportsmanship Awards during a given school year. **Award:** Sportsmanship Banner and Rotating Trophy.
- H. All-Academic Award. A varsity participant with a 3.5 or above grade point average will be named "All-Academic". Athletic Directors are responsible for monitoring grades and presenting a certificate to each qualifier. Spring semester grades from the previous school year will be used to determine fall sports recipients. Fall

semester grades will be used to determine winter and spring sports recipients.  
**Award:** Certificate.

## **19. PROTESTS**

- A. Contests can be protested for rule infractions only, not judgment by an official.
- B. Contests with registered officials.
  - 1) The coach is to contact his/her athletic director immediately following the contest and follow school/school district protocol to determine if the protest will be allowed to move forward.
  - 2) If approved at the school/school district level, the procedure outlined in the WIAA Handbook must be followed within 24 hours of the contest.
- C. Contests without registered officials.
  - 1) The opposing head coach must be notified. NFHS guidelines will be followed in all cases.
- D. When filing a protest, the following facts must be stated in writing:
  - 1) Opponent
  - 2) Date
  - 3) Sport
  - 4) Time of incident as recorded in scoreboard
  - 5) Offending person
  - 6) Opposing coach
  - 7) Rule(s) violated, including Federation rule(s) and number(s)
  - 8) Explanation of what happened
- E. Appeal of League Sanctions. When a member school feels that the sanctions imposed by league athletic directors is inappropriate, the following process will be used:
  - 1) If the school feels an imposed sanction is inappropriate, the building principal must submit a request for review of the sanction(s) by Seamount League Principals except appeals regarding the expulsion rule which must follow WIAA guidelines. Requests for review must be submitted to the president of the Principals' Association within three working days after the decision of the athletic directors.
  - 2) If a member school feels the sanction imposed upon another member school is inappropriate, the building principal of the school which feels the sanction is inappropriate must submit a letter to the president of the Seamount League Principals' Association within three working days after the decision of the athletic directors.
  - 3) In cases where playoff positions are affected and the decision for review of the sanction is requested, an emergency meeting of the principals may be called by the president.

## **PRACTICES OF THE SEAMOUNT LEAGUE**

- 1. **OFFICIALS**. Registered officials from the Washington Officials' Association (WOA) will be used for those sports covered by WOA.
- 2. **SCORERS AND TIMEKEEPERS**. The host school will provide a trained adult scorer and timekeeper for varsity basketball, volleyball, wrestling and gymnastics and an adult to operate the electronic system used for timed events in track and field.
- 3. **GAME BALLS**. The host school will furnish the league standard game balls. Exceptions: Football, baseball and tennis playoffs will be conducted with the

participating schools each providing a number of their own approved balls or paying a fee to the contest manager to purchase balls.

4. **BANDS**. Bands may only play at home events during the regular season and at away events by mutual agreement. Bands may not play during live play or when announcements are being made.
5. **NOISEMAKERS AND CONFETTI**. Artificial noisemakers and confetti are not allowed including thunder sticks. Only cheerleaders may use megaphones.
6. **LIVE BALL PROTOCOL**. Bands and public address announcers are not to make noise during live ball play. Announcers are to be neutral.
7. **LIGHTS OUT POLICY**. At no time can lights be completely turned out for introductions for any sport. Lights out to any degree is not allowed for basketball. Wrestling mat lights may be used at the discretion of the school if appropriate security lighting is available in the stands and in passing areas.
8. **ATTIRE**. School dress codes must be followed. Spectators must wear a shirt at all times. Body paint may be applied over the shirt. Full face painting is not allowed. A school-related face logo, decal or paint that does not affect identification is allowed.
9. **CHEERS AND CHANTS**
  - A. Cheers and chants are to be directed only toward own school's team.
  - B. Host school event management will determine the maximum number of cheer staff allowed on the floor during an event.
  - C. Cheer staffs should stay off the floor and out of the way as soon as a team has returned to the floor after a time-out or halftime.
10. **SIGNS AND BANNERS**. Official school banners are allowed for all competing teams. Signs of a positive nature are allowed for the home team at their home site during league play, if secured to a wall or railing. Foam fingers and hand-held pom-poms are permissible. Home team signs, other than the official school banner, may not be posted beyond league play. Hand-held signs beyond 8 ½" x 11", posters, flags or other implements are not allowed in the stands or with spectators. A run-through sign with a positive message is allowed at football games.
11. **POST-GAME PROCEDURE**. Teams must leave the playing court or field within 15 minutes. 15 additional minutes are allowed for time spent in the locker room. Teams must fully vacate the facility no more than 30 minutes following the end of the game. Post-game rituals/ceremonies must be in an area away from the opposing team's players and spectators.
12. **SUNDAY ACTIVITY**. Sunday team practices, meetings and/or conditioning are not allowed unless pre-approved by the school district and league athletic directors. Violation of this rule will result in forfeiture of the next league contest. The forfeiture will be played unless it is scheduled to take place on the Monday or Tuesday of a post-season contest week.

### **13. LEAGUE PASSES**

- A. League passes will be distributed by the Athletic Directors' Association.
- B. Each school will receive 35 passes (this includes statistician/press passes) that are good for all contests hosted by member schools. Passes will be distributed at the discretion of the district.
- C. The league secretary will have the passes printed and issued in August.

### **14. LIFETIME PASS**

- A. The Lifetime Pass is a plastic or laminated Seamount League pass marked "LIFETIME". It is distributed by the league secretary following approval by athletic directors.
- B. Nominations for this honor can be presented to the athletic directors by a member superintendent, principal or athletic director. Athletic directors will consider nominations at the last meeting in June for issuance of passes in August.
- C. Those eligible for a Lifetime Pass include high school principals, coaches, athletic directors and superintendents who have served in one or more positions for a minimum ten years and who no longer work a position that receives regular annual passes.

### **15. ADMISSION TO EVENTS.** See Appendix for printable admission prices.

- A. Ticket prices are set by league athletic directors with approval from league principals.
- B. Admission is required for sub-varsity events preceding a varsity event.
- C. Gyms should be cleared after C team events held prior to JV or varsity events.
- D. ASB cards must be presented at the gate. Electronic versions will not be accepted.
- E. Re-entry is not allowed.
- F. Ticket Booth Protocol. Ticket booths will close no earlier than noted below:
  - BB End of third quarter.*
  - FB End of third quarter with no entry after ticket booths close.*
  - GY On hour after start of varsity match.*
  - SO End of first half.*
  - VB Minimum of two full games.*
  - WR One hour after start of varsity match.*
- G. Entry after ticket booths close is not allowed.
- H. Pre-sale of tickets is allowed.
- I. Workers not traveling with the team must check out a Seamount League admission pass from the school athletic director. Individuals without a pass will be required to pay admission.

### **16. EVENTS MANAGEMENT PROCEDURES.** See Appendix for printable copy.

### **17. PLAYOFF MANAGEMENT – GENERAL**

- A. The Seamount League Principals' Association will pay expenses incurred in hosting playoff contests in all revenue and nonrevenue sports.
- B. Payment of league playoff contest managers and staff is determined by league athletic directors. See "Seamount League Tournament Directors/Game Managers Pay Schedule" in Appendix for current rates.
- C. The contest director will submit an electronic budget file prior to the event and an electronic financial report following the event. See treasurer for electronic forms.



## **18. SCHEDULES**

- A. Schedules and schedule changes are to be approved by league athletic directors.
- B. Two-year schedules will be designed using the same order of draw for each sport. A controlled draw may be used to accommodate play at multi-use stadiums and to ensure home/away balance for districts with multiple schools.
- C. Schedules will be designed to maximize efficient use of transportation.
- D. Schedule changes may be made for the following reasons:
  - 1) When the health or safety of students is jeopardized.
  - 2) When an error has been made by the scheduler.
  - 3) When facility damage or repair renders a site unplayable.
  - 4) When weather renders a site or contests unplayable.
  - 5) When it is necessary to meet West Central District or WIAA requirements.
  - 6) When officials are unavailable.
- E. Any exceptions to the above, before or after schedules are approved, must be approved by a vote of league athletic directors with the exception of a time change without change of date due to a school-related conflict. This may occur with mutual agreement of the AD's involved. The AD requesting this change is required to notify all league AD's prior to the contest being played.
- F. Completion of Season. All teams must finish the league schedule unless approved by league athletic directors.
- G. Forfeits. Schools that cannot field a team will receive a forfeit. The forfeit counts as one of the allowed outings for the school that cannot field a team. The opponent may find an additional contest without counting the forfeit as an outing.

## **19. POSTPONEMENTS AND MAKE-UP CONTESTS**

- A. See sport-specific regulations for rainout make-up procedures.
- B. Rescheduled contests must be coordinated and approved between the athletic directors of the schools involved. Direct scheduling between coaches without the knowledge and/or approval of athletic directors is not allowed.

## **20. COACH RESPONSIBILITIES**

- A. All duties as assigned by employing school district.
- B. Ensure that student athletes compete in school-issued apparel.
- C. Ensure that only team members, managers and statisticians obtain free admission to away events. Workers not traveling with the team must check out a Seamount League pass from the school athletic director. Individuals without a pass will be required to pay admission.
- D. Lead programs in the instruction and practice of good sportsmanship and the positive value of interscholastic athletics.
- E. Submit roster in numerical order per league guidelines to athletic director.
- F. Post information (rosters, scores, team photos) to league website for sports required to post (BA, BBB, BSO, FB, GSO, GBB, GY, SB, VB, WR).
- G. Post information (roster, scores, team photos) to league website and MaxPreps for sports required to post to both sites (BA, BBB, BSO, FB, GBB, GSO, SB, VB).
- H. Report contest results by email to league website, MaxPreps for sports required to do so, and to media listed on the Seamount media list for all league and non-league contests held at home site or at the away site of an out-of-area opponent.
- I. Submit statistics to designated statistician if applicable.
- J. Secure team valuables when at an away site.
- K. Attend league pre- and post-season coaches' meetings. Attendance is required of the head coach. Assistants and volunteers are strongly encouraged to attend.

- L. Submit nominations and ballots for All-League, Athlete of the Year, Coach of the Year and Sportsmanship Awards for their sport each season.

**21. Unmanned Aerial Vehicles (Drones).** Unmanned aerial vehicles (“UAV”), also known as drones, are prohibited at Seamount League athletic events for any purpose. This policy is in place to ensure the safety of participants, coaches, and spectators, and to maintain a fair and level playing field. A UAV is any aircraft without a human pilot aboard. An exception to this policy may be made for WIAA state-level events held at a Seamount site if specifically requested by WIAA for a broadcast partner and if the hosting district grants permission.

## **ACTIVITIES**

### **FORENSICS**

#### **POLICIES**

- A. WIAA regulations will be followed.
- B. Schools may attend college-sponsored invitational tournaments at the discretion of their respective school district. The number of tournaments/events must adhere to WIAA regulations.

### **MUSIC ACTIVITIES**

- A. WIAA regulations will be followed.

### **SEAMOUNT LEAGUE ASSOCIATION of SCHOOL COUNCILS (LASC)**

- A. The Seamount League Association of School Councils (LASC) shall meet four times per year. Schools within the association shall take turns hosting the meeting.
- B. LASC Membership Fee. \$70 annual fee per comprehensive high school. \$60 annual fee per small-school campus. The ASB of the host site will invoice schools.
- C. The AD Commissioner in charge of sportsmanship will work with LASC advisors to coordinate and set meeting dates, develop and discuss topics for presentation, speaker and activity options and submit proposals to athletic directors for approval/review. Meeting dates, locations and topics should be submitted to athletic directors no later than the last athletic directors meeting of the year.
- D. Each meeting will focus on leadership themes of common interest including but not limited to sportsmanship, community service, new officer training and school climate.
- E. Meetings shall include at minimum, breakfast, lunch, a keynote presentation, ice breakers and team building activities.
- F. Each comprehensive high school with an interscholastic sports program is entitled to seven student representatives. Schools from small school campuses or alternative schools without an interscholastic sports program are entitled to three student representatives. Two students from each campus (small schools combined to determine two representatives) are representatives to the LASC board. Alternative schools will not be represented on the board.

- G. The purpose of LASC is to provide opportunities for networking while building leadership skills, breaking down stereotypes and building goodwill between member schools of the Seamount League.

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| <b>SEAMOUNT LEAGUE CHEERLEADER CONDUCT</b> |
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1. Cheerleaders in uniform who are scheduled to perform in front of the crowd will be admitted to games free of charge when accompanied by an advisor.
2. The host cheer staffs should treat their opponents as guests.
3. If both schools prepare to have a yell at the same time, the host school should permit the visitors to yell first.
4. Cheers and chants are to be directed only toward own school's team.
5. Official school banners are allowed for all competing teams. Signs of a positive nature are allowed for the home team at their home site during league play, if secured to a wall or railing. Foam fingers and hand-held pom-poms are permissible. Home team signs, other than the official school banner, may not be posted beyond league play. Hand-held signs beyond 8 ½" x 11", posters, flags or other implements are not allowed in the stands or with spectators. A run-through sign with a positive message is allowed at football games.
6. Host school event management will determine the maximum number of cheer staff allowed on the floor during an event.
7. Cheer staffs should stay off the floor and out of the way as soon as a team has returned to the floor after a time-out or halftime.

**Baseball Regulations 2015-16**  
*AD Commissioner: Chris DuBois, Evergreen*  
[chris.dubois@highlineschools.org](mailto:chris.dubois@highlineschools.org) ~ 206-631-6166

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. A team that is ahead by ten or more runs at the end of five innings of play (four-and-a-half if home team is ahead) shall be declared the winner.
3. **Pre-Game Warm-Up**
  - A. Home team will be allowed ten minutes on-field warm-up 25 minutes prior to start time.
  - B. Visiting team will start ten minute on-field warm-up 15 minutes prior to start time.
  - C. Pre-game batting practice is allowed but may not take place on the field.
4. **Officials.** The use of contest officials shall be in accordance with NFHS and WIAA guidelines.
5. **Start Times.** 3:30 weekdays. 12:00 Saturday or other time based upon field availability. Night games or alternate start times may be scheduled by mutual consent of the athletic directors of the schools involved.
6. **Rosters.** Baseball programs are required to post and maintain current rosters on the league website and MaxPreps.
7. **Game Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com). Scores and statistics are to be reported to MaxPreps.
8. **Determination of League Champion.** Final league win-loss standings will determine the league champion. Teams with tied records will be declared co-champions.
9. **Tiebreaker.** See Seamount League Tiebreaker Guidelines.
10. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
11. **All-League Selections.** The AD in charge will coordinate the selection process as follows:
  - A. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. Coach submits nominations from his school to the AD in charge. Statistics supporting each nomination should be included.
  - C. After receiving all nomination forms, the AD will create a ballot of nominated players to present to coaches for voting. Coaches may not vote for their own players. The ballot will also ask coaches to submit a vote for Athlete of the Year, Coach of the Year, and Team Sportsmanship.
  - D. The top catcher, first base, second base, shortstop, and utility will be named First Team All-League. The top two pitchers and top three outfielders will be named First Team All-League followed by the next best hitter who will be named First Team designated hitter. A pitcher can be named to an all-league team in both pitching and non-pitching positions.
  - E. The next top vote getter(s) for the positions noted above will be named to the second team.
  - F. Honorable mention players may be selected based upon coach recommendation/discussion.
  - G. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement.

12. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
13. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
14. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
15. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.
16. **Seamount Rainout and Rainout Make-Up Policy**
- A. The home athletic director shall notify the visiting athletic director by noon if the game field is unplayable.
  - B. Make-up games must be played the first school day following the postponement except where another league contest is already scheduled. Saturday may be used by mutual consent except in cases involving the last two weeks of the season where Saturday play may be required as noted below.
  - C. League make-up games take precedence over non-league games.
  - D. If the varsity venue is unplayable while the JV venue is playable, the varsity game will be played at the JV venue.
  - E. If consecutive postponements occur, make-up games must follow the order of the original league schedule, subject to home team field availability. Spring break may be used for league make-up games by mutual agreement.
  - F. **Last Two Saturdays of the League Season:** The athletic director in charge of baseball will notify all schools on the previous Monday that Saturday of one or both of the last two weeks will be used as a mandatory make-up date with a 12:00 start or another time based upon field availability or by mutual agreement of the athletic directors involved. Junior varsity make-up games may also be played on these designated Saturdays. League games will have priority over non-league games. Coaches/players should plan in advance of the season to keep these two Saturday dates open.
17. **Suspended Game**
- A. Should a game be stopped because of weather, darkness or time limit the game will be declared suspended.
  - B. The suspended game will be continued from the point of suspension at the next scheduled meeting of the two teams involved, prior to the start of the regularly scheduled game. If the two teams are not scheduled for an additional meeting the game will be played at the same venue unless it is more efficient, as determined by athletic directors, to play at a different location or to not complete the game.

**Basketball Regulations 2015-16**  
*AD Commissioner Boys: Ammon McWashington*  
*mcwashingtona@tukwila.wednet.edu ~ 206-901-7040*  
*AD Commissioner Girls: Annette Duvall, Kennedy Catholic*  
*duvalla@kennedyhs.org ~ 206-246-0500*

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule for boys and girls.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. The home school will provide a regulation leather basketball approved for NFHS competition.
  - E. Home site management will designate specific sections for seating of home and away spectators.
  - F. Home site management will clear the gym after C contests.
3. **Pre-Game and Introduction Procedures**
  - A. Pre-game warm-up. The center circle is off-limits. Teams may go to the free throw line area in front of their own bench if they want to huddle.
  - B. The announcer will introduce visiting team starters followed by introducing home team starters. As each player is announced, he/she will run to their free throw line and remain at the free throw line until all players have been introduced.
  - C. Schools are to limit introduction of players along with involvement of cheerleaders to no more than two minutes.
  - D. The National Anthem or Pledge of Allegiance will precede each regular season varsity contest.
  - E. Gym lights must remain on throughout introductions.
  - F. Spectators/students are not allowed on the gym floor from the start of warm-up through the end of the contest. Spectators/students are to remain in designated seating areas during introductions.
4. **Officials.** The use of contest officials shall be in accordance with NFHS and WIAA guidelines.
5. **Uniforms.** Home Team: White. Visitor: Dark.
6. **Start Times.** JV 5:15. Varsity 7:00. Quad Games at same site. JV 3:15. JV 4:45. V 6:15. V: 7:45. Schools with C teams will start at 3:30.
18. **Rosters.** Basketball programs are required to post and maintain current rosters on the league website and MaxPreps.
19. **Game Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com). Scores and statistics are to be reported to MaxPreps.
7. **Determination of League Champion.** Final league win-loss standings will determine the league champion. Teams with tied records will be declared co-champions.
8. **Tiebreaker to Determine Playoff Seeding.** See Seamount League Tiebreaker Guidelines.
9. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
10. **All-League Selections**
  - A. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. First, second, and honorable mention teams will be selected.

C. The AD in charge of basketball will coordinate the selection process as follows:

- 1) Distribute nomination forms (own team nominations only) to coaches the last week of January with a due date of Thursday of the first week of February. Each coach is to rank his/her school's top three players on the nomination form. The league champion or co-championship teams may nominate an additional player.
- 2) After receiving all nomination forms, the AD will compile a ballot of nominated players and email to head coaches for voting prior to the post-season meeting.
- 3) The selection process will be strictly based upon a point system. The individual receiving the most points will be named Athlete of the Year if the additional criteria noted in the "Athlete of the Year" section is also met. Individuals named "Athlete of the Year" will also be placed on the First Team. Coaches will not be allowed to vote for their own players. The AD in charge will distribute voting results at the post-season meeting.
- 4) Five first team and five second team players will be named. Remaining players receiving at least one vote will be named honorable mention.
- 5) **Scoring for All-League will be as follows:** 15 points for the player voted as the number one choice, 14 points for number two, 13 points for number three, and so on with one point for the final player.
- 6) An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.

11. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.

12. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.

**Seamount Athlete of the Year by Sport.** The individual (boy and girl) receiving the most points in the All-League voting process will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. The AD in charge of basketball will use second place votes, third place votes, etc. to break Athlete of the Year ties as needed. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.

13. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

14. **Away Game Supervision**

- A. A paid coach must be present on the bus with his/her team on all away trips
- B. Head coaches are always responsible for squad members, including managers, etc., during away athletic contests.
- C. All athletes should be instructed to be on their best behavior prior to the designated departure time. Make certain your athletes understand what's expected of them and that they abide by those rules.

- D. In no case should the athletes be left without adult supervision or leave the building to wander the opposing schools halls or go to a restaurant in the area.
- E. The coach will assume all responsibility for conduct and discipline for his/her team and will cooperate with the building administration of the away site if something happens.
- F. All participants are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. All Seamount sportsmanship rules apply.
- G. In the event of an incident; coaches are required to work with the away building administration address the issue.
- H. This is the responsibility of all coaches in Seamount League athletic programs. It is the responsibility of the building AD and the head coach to distribute this information to all coaches.
- I. *The visiting coach and the host school AD or administrator in attendance are to report any issue or incident to the visiting school's AD before 9:00 the following morning. Notification should occur the evening of the event for matters in need of an immediate response.*



**Cross Country Regulations 2015-16**  
*AD Commissioner: Keith Hennig, Lindbergh*  
[keith.hennig@rentonschools.us](mailto:keith.hennig@rentonschools.us) ~ 425-204-3261

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule for boys and girls.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The rules of the NFHS and WIAA shall be the official rules for all contests.
3. **Course**
  - A. Each school is responsible for securing a home location and providing directions to off-campus venues.
  - B. The course may not exceed 3.1 miles and must be free of hazardous conditions.
4. **Day of Week and Start Time**
  - A. Regular season meets will be held on Thursdays.
  - B. Thursday meets will start at 3:30 during the regular season.
5. **Order of Races**
  - A. Junior Varsity Boys
  - B. Varsity and Junior Varsity Girls
  - C. Varsity Boys
6. **Varsity Race Requirement**
  - A. A varsity team will consist of seven runners.
  - B. Up to ten runners may be entered in a varsity race during dual meets but only the first seven will be used to determine team scores.
  - C. Up to seven runners may be entered in the league championship meet.
7. **Junior Varsity Race Allowance.** Junior varsity teams can be composed of an unlimited number of participants.
8. **Meet Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com).
9. **Determination of League Champion.** A league champion for boys and a league champion for girls will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
  - A. One point for each league win.
  - B. One point for each team beaten at the League Meet or Seamount teams beaten at the Sub-District Meet in years where a League Meet is not held.
  - C. In the event of a tie after all points are tallied, the team with the highest finish at the League Meet, or at the Sub-District Meet in years where a League Meet is not held, will receive a bonus point and be declared champion.
10. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
11. **All-League Selections**
  - A. The first ten individual runners at the League Championship Meet will be named All-League First Team.
  - B. Individuals named to an all-league team must have been eligible academically and athletically for the entire season with no code violations.
  - C. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District event may count toward the 50% participation requirement.
12. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD

in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.

13. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, each school with a program will vote for a Seamount League Boys' Head Coach of the Year and a Seamount League Girls' Head Coach of the Year. Coaches may not vote for a coach from their own school. Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
14. **Seamount Athlete of the Year by Sport.** The individual boys' champion and the individual girls' champion at the Seamount League Meet or the top Seamount finisher at the Sub-District Meet, in years where a League Meet is not held, will be named Athlete of the Year. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement.
15. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

**Football Regulations 2015-16**  
*AD Commissioner: Ammon McWashington*  
*mcwashingtona@tukwila.wednet.edu ~ 206-901-7040*

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. Overtime games will be decided using the WIAA-adopted tiebreaker method.
  - E. Head phones are the responsibility of each individual school.
  - F. Scouting is restricted to the stadium grandstand.
  - G. Junior varsity games will be played with 12-minute quarters. No overtime.
3. **Pre-Game Schedule**
  - A. 30:00 Start official clock countdown
  - B. 10:00 Coin Toss. Captains and Officials Meeting
  - C. 5:00 Introduction of Teams  
Each team shall line up on their respective forty-five yard line facing the flag. Players are to stand at attention with helmet in hands.
  - D. 2:00 Pre-Game Ceremony  
When both teams are in place the flag will be honored by the National Anthem or flag salute as determined by the home school/district.  
At the conclusion of the National Anthem or flag salute players will go to midfield and shake hands with the player directly across from them.
4. **Officials.** The use of contest officials shall be in accordance with NFHS and WIAA guidelines. Five association officials are mandatory for varsity contests. Two association officials are mandatory for sub-varsity games.
5. **Uniforms.** Home Team: Dark. Visitor: Light.
6. **Start Times**
  - A. Varsity games on Thursday/Friday start at 7:00 unless a double-header. Double-headers start at 5:00/8:00. Saturday games may be afternoon or evening as determined by the home school/district.
  - B. Junior varsity games are played on Mondays with start time determined by the home school/district.
  - C. The home team may extend halftime by five minutes when hosting a homecoming game.
7. **Rosters.** Football programs are required to post and maintain current rosters on the league website and MaxPreps.
8. **Game Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com). Scores and statistics are to be reported to MaxPreps and the league-designated statistician.
9. **Determination of League Champion.** Final league win-loss standings will determine the league champion. Teams with tied records will be declared co-champions.
10. **Tiebreaker.** See Seamount League Tiebreaker Guidelines.
11. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
12. **All-League Selections**
  - A. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. Each coach will nominate his top five offensive players and his five top defensive players by email prior to the post-season meeting. The AD in charge of football will compile nominations and create a ballot.

- C. Coaches may nominate players from their own team. Coaches may not vote for players from their own teams.
  - D. Selections will include 12 offensive positions and 12 defensive positions. Within the 12, an offensive and defensive back of the year and offensive and defensive lineman of the year may be named.
  - E. One kicker (most points) and one punter (best average with minimum five punts) will also be named.
  - F. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.
13. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards**. Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
14. **Seamount League Coach of the Year by Sport**. Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
15. **Seamount Athlete of the Year by Sport**. Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
16. **Team Sportsmanship**. Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

**Golf Regulations 2015-16**  
*AD Commissioner Boys: John Yellam, Tyee*  
[john.yellam@highlineschools.org](mailto:john.yellam@highlineschools.org) ~ 206-631-6434

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity schedule for boys and girls.

2. **Rules**

- A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
- B. The rules of the USGA and WIAA shall be the official rules for all contests.
- C. All league matches will be played under summer rules unless conditions dictate otherwise. The golf course professional will have the final say on summer or winter rules.
- D. School coaches will be the final arbitrator of rules interpretations during a match.
- E. Coaches may only give advice to players in accordance with rules in place for state tournament play:  
*No coaching allowed while on the green or in a hazard; coaching allowed everywhere else.*  
Coaches cannot cause a player to unduly delay play.
- F. Boys and girls teams shall compete on the same league schedule at the same time and venue.
- G. A match shall consist of nine holes.
- H. Up to six players constitute a team. Scores from up to five players will count toward the team score.
- I. Boys will play from the men's tees and score the men's par for each hole.
- J. Girls will play from the women's tees and score the women's par for each hole.
- K. Scores will be kept according to the following table:

| Score        | Boys Points | Girls Points |
|--------------|-------------|--------------|
| Triple Bogey | 0           | 1            |
| Double Bogey | 1           | 2            |
| Bogey        | 2           | 3            |
| Par          | 3           | 4            |
| Birdie       | 4           | 5            |
| Eagle        | 5           | 6            |
| Double Eagle | 6           | 7            |
| Ace          | 7           | 7            |

- L. Varsity Match Tiebreaker. A tie will be broken by counting the sixth golfer's score. If a tie still exists all six players shall play an extra hole using the same scoring procedure until the tie is broken. Junior varsity tiebreakers will not be played.
  - M. No practice holes are allowed on match day.
  - N. Players are not allowed to have a caddie.
  - O. Power carts are not permitted except with a doctor's note and advance approval by the school AD.
  - P. Galleries will be confined to areas designated by course rules.
  - Q. Non-participants must remain a reasonable distance away from active play as determined by course rules.
  - R. Spectators may not speak to players. Those not adhering to this rule will be asked to leave the course or risk disqualification of the golfer.
  - S. Cell phones may not be out or in use from the beginning of the match until the group's scorecards have been signed. The penalty for violation is immediate disqualification.
3. **Results.** The home school coach is responsible for reporting scores to local media, [www.seamountathletics.com](http://www.seamountathletics.com). The athletic director in charge of golf will compile and maintain individual player scores.
4. **Uniforms**
- A. Team members are required to wear a collared shirt (includes turtlenecks and mock turtlenecks) with school identification and in school colors.
  - B. Pants are to meet course requirements. If allowed, shorts are to be tailored and have a length no less than mid-thigh.
  - C. Appropriate shirts, trousers and shoes in compliance with course requirements are to be worn on the golf course, practice area, putting greens, and in the clubhouse.
  - D. Jeans or denim of any color are not permitted except in the locker room.
  - E. Individuals not in compliance will be disqualified.

5. **Determination of League Champion.** A team champion for boys and a team champion for girls will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
  - A. One point for each league win.
  - B. One point for each team beaten at the League Meet or Seamount teams beaten at the Sub-District Meet in years where a League Meet is not held.
  - C. In the event of a tie after all points are tallied, the team with the highest finish at the League Meet, or at the Sub-District Meet in years where a League Meet is not held, will receive a bonus point and be declared champion.
6. **League Tournament**
  - A. Boys' Qualifying Standard: Scored lower than 50 (49 or less) at least one time in a Seamount League contest. The top five players from each team will score.
  - B. Girls' Qualifying Standard: Scored lower than 60 (59 or less) at least one time in a Seamount League contest. The top five players from each team will score.
7. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
8. **All-League Selections**
  - A. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.
  - B. The top scoring boy golfer and the top scoring girl golfer at the League Meet, or the top Seamount boy and girl golfer at the Sub-District Meet in years where a League Meet is not held, will be named Athlete of the Year if all other criteria have been met. These individuals will also be named to the First Team.
  - C. The next four boy golfers and the next four girl golfers will also be named to the First Team.
  - D. The next five boy golfers and the next five girl golfers will be named Second Team.
  - E. Up to three boy golfers and up to three girl golfers may be named Honorable Mention.
9. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
10. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
11. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above the top scoring boy golfer and the top scoring girl golfer through the League or Sub-District Tournament will be named "Seamount Athlete of the Year". Each individual will also be named to the All-League First Team. Each individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
12. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.



1. **Program.** The Seamount League shall sponsor a program consisting of a varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - C. The league meet rotation of teams will be distributed at the pre-season meeting.
  - D. No more than two meets per week will be scheduled.
  - E. The code of points used for optional and/or required routines shall be issued each season by the Washington State Gymnastics Board.
  - F. The host school will supply all equipment. Equipment must meet WIAA and NFHS standards.
  - G. Ten performers are allowed per individual events. Scores for the top five performers in each individual event will be used to determine team scores.
  - H. The league-adopted standard for managing and scoring meets is ProScore from Auburn Electronics Group, [www.aegroup.com](http://www.aegroup.com).
  - I. No athlete will be passed through to the West Central District Meet. West Central District qualifiers must have competed in the League Championship or Sub-District (in years where one is held) Meet and placed high enough to move on.
  - J. Cheerleading is not allowed during meets.
3. **Rosters.** Gymnastics programs are required to post and maintain current rosters on the league website.
4. **Meet Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com).
5. **Determination of League Champion**
  - A. The league champion will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
    - 1) One point for each league win.
    - 2) One point for each team beaten at the League Meet or Seamount teams beaten at the Sub-District Meet in years where a Sub-District Meet is held.
    - 3) In the event of a tie after all points are tallied, the team with the highest finish at the League or Sub-District Meet will receive a bonus point and be declared champion.
6. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
7. **All-League Selections.** The AD in charge of gymnastics will coordinate the selection process as follows:
  - A. The top all-around gymnast at the League Meet or the top all-around Seamount gymnast at the Sub-District Meet, in years where a League Meet is not held, will be named Athlete of the Year and All-League First Team, if all other criteria have been met.
  - B. The second place finisher at the League Meet or at the Sub-District Meet, in years where a League Meet is not held, will also be named to the first team.
  - C. Coaches will nominate additional gymnasts from their own team the night of the post-season meeting and submit votes at that time to choose the remaining four spots on the first team and six spots on the second team.
  - D. Nominated individuals who did not make a team will be named honorable mention.
  - E. A tie for the first team will result in the tied individuals being named to the first team with the second team reduced accordingly.
  - F. An individual named to an All-League Team must have finished the season "in good standing" as determined by her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.
8. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon

who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.

9. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
10. **Seamount Athlete of the Year by Sport.** The top all-around gymnast at the League Meet or the top all-around Seamount gymnast at the Sub-District Meet, in years where a League Meet is not held, will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement.
11. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.



## Soccer Regulations 2015-16

AD Commissioner Girls: Annette Duvall, Kennedy Catholic  
[duvalla@kennedyhs.org](mailto:duvalla@kennedyhs.org) ~ 206-246-0500

AD Commissioner Boys: John Yellam, Tyee  
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1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the WIAA shall be the official rules for all contests.
  - D. A tie game will stand and be official.
  - E. Red card penalty BOYS: Out three contests for violent conduct or abusive language per WIAA rule.
  - F. Red card penalty GIRLS: Out two contests per Seamount League Sportsmanship Plan.
  - G. The game ball must be leather and NFHS-approved for high school level competition.
  - H. The duration of a game may be shortened by mutual agreement of coaches if a team is limited due to numbers, injury, or if there is a one-sided score.
  - I. Junior varsity teams will match up with equal numbers when playing short. The athletic director from the short team will notify the opposing athletic director no later than 7:00 the night before the game that they will be playing with less than 11 players. The opponent must match-up with the same number. NFHS rules allow teams to play with as few as seven players.
3. **Pre-Game Warm-Up**
  - A. A minimum 15-minute on-field warm-up period will be allowed prior to start time.
4. **Officials.** The use of contest officials shall be in accordance WIAA guidelines. Varsity contests shall have one association referee and two linepersons. Junior varsity contests shall have at least one association referee.
5. **Uniforms.** Home Team: White or light jerseys and socks. Visitor: Dark jerseys and socks.
6. **Start Times.** Single games: 6:00. Two games: 5:30/7:30 or based upon venue availability.
7. **Rosters.** Soccer programs are required to post and maintain current rosters on the league website and MaxPreps.
8. **Game Results.** The home school coach is responsible for reporting scores to local media, [www.seamountathletics.com](http://www.seamountathletics.com), and [www.maxpreps.com](http://www.maxpreps.com).
9. **Determination of League Champion.** The Seamount League Champion will be determined as follows: Three points for a league contest win, one point for a league contest tie. The team with the highest point value will be declared league champion. Tied teams will be declared co-champions.
10. **Tiebreaker to Determine Playoff Seeding.** See Seamount League Tiebreaker Guidelines.
11. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
12. **All-League Selections**
  - A. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. The Seamount Athlete of the Year will be voted upon first. This individual will also be named to the First Team. The Athlete of the Year must also meet the criteria noted in the Athlete of the Year section below.
  - C. Each coach submits to the AD in charge of soccer up to nine nominations from his/her school in rank order by position to include up to one keeper, up to four defenders, up to four midfielders, and up to two forwards. Nominations should be for one position only. A player who has played more than one position should be nominated for the strongest position.

- D. After receiving all nomination forms, the AD will compile a list of nominated players from each school to present to coaches for voting at the post-season meeting. Coaches may not vote for their own players.
  - E. Coaches vote by position. Each coach gets one vote for goalie, four votes for defenders, four votes for midfielders, and three votes for forwards.
  - F. Once the positions above have been voted upon and announced, three remaining spots will be selected without regard for position.
  - G. A total of 15 players will be named to each All-League team. In the event of a tie for the last spot on the first team, tied players will be named first team. The second team will be reduced accordingly.
  - H. Nominated players not earning First or Second team recognition will be named Honorable Mention.
  - I. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.
13. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
14. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
15. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
16. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

**Softball Regulations 2015-16**  
*AD Commissioner: DJ Reed, Renton*  
[dj.reed@rentonschools.us](mailto:dj.reed@rentonschools.us) ~ 425-204-3411

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. A team ahead by 15 or more runs at the end of three innings shall be declared the winner.
  - E. The ten-run rule will be in effect after five complete innings have been played.
  - F. JV Only: No new inning after one hour and 45 minutes.
3. **Pre-Game Warm-Up**
  - A. The visiting team will have at minimum 20 minutes of warm-up time, including official ten-minute on-field warm-up prior to the start of the contest.
  - B. The home team will be allowed ten minutes on-field warm-up 25 minutes prior to start time.
  - C. The visiting team will start ten minute on-field warm-up 15 minutes prior to start time.
  - D. Pre-game batting practice on game days is allowed once both teams have arrived. Soft toss, batting tees, whiffle balls and lite flights are allowed. Pitching machines, cages and/or line pitching is not allowed.
4. **Officials.** The use of contest officials shall be in accordance with NFHS and WIAA guidelines.
5. **Start Times.** 3:30 weekdays. 12:00 Saturday or other time based upon field availability. Night games or alternate start times may be scheduled by mutual consent of the athletic directors of the schools involved.
6. **Rosters.** Softball programs are required to post and maintain current rosters on the league website and MaxPreps.
7. **Game Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com). Scores and statistics are to be reported to MaxPreps.
8. **Determination of League Champion.** Final league win-loss standings will determine the league champion. Teams with tied records will be declared co-champions.
9. **Tiebreaker.** See Seamount League Tiebreaker Guidelines.
10. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
11. **All-League Selections.** The AD in charge of softball will coordinate the selection process as follows:
  - A. Coach submits up to five nominations from his/her school in rank order to the AD in charge. The coach of the league championship team may submit up to six nominations. Statistics and/or rationale supporting nominees may be submitted.
  - B. After receiving all nomination forms, the AD will compile a list of nominated players from each school to present at the post-season meeting for voting. Coaches may not vote for own players.
  - C. The Seamount Athlete of the Year will be voted upon first. The Athlete of the Year will also be named to the All-League First Team.
  - D. A total of ten players, nine position players by position (C, 1B, 2B, 3B, SS, Of, OF, OF, C, P) and one utility/DH player, will be named First Team All-League based upon votes. The next nine position players and one utility player will be named to the second team. In the event of a tie for the last spot on the first team, tied players will be named first team. The second team will then be reduced accordingly.
  - E. Honorable mention players will be selected based upon coach recommendation/discussion.
  - F. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.

- G. An individual named to an All-League Team must have finished the season “in good standing” as determined by his/her school district and must have participated in a minimum 50% of league events. A League/Sub-District/Sub-Regional event may count toward the 50% participation requirement.
12. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
13. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named “Seamount League Coach of the Year”. Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
14. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named “Seamount Athlete of the Year”. This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season “in good standing” as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
15. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most “team sportsmanship” awards will receive the annual “Seamount League Sportsmanship Award”. In the event of a tie for the annual award, the League President will create a method to break the tie.
16. **Seamount Rainout and Rainout Make-Up Policy**
- A. The home athletic director shall notify the visiting athletic director by noon if the game field is unplayable.
  - B. Make-up games must be played the first school day following the postponement except where another league contest is already scheduled. Saturday may be used by mutual consent of the athletic directors involved except in cases involving the last two weeks of the season where Saturday play may be required as noted below.
  - C. League make-up games take precedence over non-league games.
  - D. If the varsity venue is unplayable while the JV venue is playable, the varsity game will be played at the JV venue.
  - E. If consecutive postponements occur, make-up games must follow the order of the original league schedule, subject to home team field availability. Spring break may be used for league make-up games by mutual agreement.
  - F. **Last Two Saturdays of the League Season:** The athletic director in charge of softball will notify all schools on the previous Monday that Saturday of one or both of the last two weeks will be used as a mandatory make-up date with a 12:00 start or another time based upon field availability or by mutual agreement of the athletic directors involved. Junior varsity make-up games may also be played on these designated Saturdays. League games will have priority over non-league games. Coaches/players should plan in advance of the season to keep these two Saturday dates open.
17. **Suspended Game**
- A. Should a game be stopped because of weather, darkness or time limit the game will be declared suspended.
  - B. The suspended game will be continued from the point of suspension at the next scheduled meeting of the two teams involved, prior to the start of the regularly scheduled game. If the two teams are not scheduled for an additional meeting the game will be played at the same venue unless it is more efficient, as determined by athletic directors, to play at a different location or to not complete the game.

1. **Program.** The Seamount League shall sponsor a varsity program for boys and girls.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all meets.
  - D. Two certified officials are to be supplied by the host school.
  - E. The league-adopted standard for managing and scoring meets is Hy-Tek Meet Manager and Team Manager.
  - F. The home school head coach is required to communicate with the visiting coach no less than 48 hours prior to a meet to discuss lane assignments, junior varsity heats, number of divers, warm-up procedures, and any other items pertinent to the meet.
  - G. Entries are due to the home school manager by 6:00 the night before the meet.
  - H. Non-scored junior varsity events may be held when possible and agreed to by coaches.
  - I. JV races will take place before varsity races by event.
  - J. If a school cannot fill all of their assigned lanes the other team may fill the open lanes with junior varsity swimmers.
  - K. Individuals and relay teams must meet State minimum standards to qualify for District and State competition.
  - L. Co-op teams are scored as individual schools and not as one combined team.
  - M. In the event that a co-op program does not fill all of its assigned lanes per the co-op lane assignments below, the opposing team may fill available lanes with designated junior varsity swimmers
3. **Co-op Lane Assignments**
  - A. Two Schools
    - 1) The school scheduled against the co-op team will receive three lanes in a six-lane pool.
    - 2) The co-op team will share the remaining three lanes with lanes assigned based upon team size.
    - 3) In most cases the larger of the two teams receives two lanes and the smaller receives one lane.
    - 4) In the event that the smaller of the two Co-op teams does not have a participant, the other team may fill all three lanes.
    - 5) In the event there are more participants than lanes, the coach of the co-op team will assign participants.
  - B. Three Schools
    - 1) The school scheduled against the co-op team will receive three lanes in a six-lane pool.
    - 2) The co-op team will share the remaining three lanes with lanes assigned by the head coach.
4. **Start Time.** 3:00. Warm-up: 2:30.
5. **Meet Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com).
6. **Determination of League Champion.** A league champion for boys and a league champion for girls will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
  - A. One point for each league win.
  - B. One point for each team beaten at the League Meet.
  - C. In the event of a tie after all points are tallied, the team with the highest finish at the League Meet will receive a bonus point and be declared champion.
7. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
8. **League or Sub-District Championship Entries.** All entries must be submitted by the entry deadline. No psych sheets or meet prelim drafts will be distributed until all entries have been received.



9. **All-League Selections.** The AD in charge of swimming will coordinate the selection process as follows:
- A. Each swim coach will submit nominations on the league nomination form prior to the post-season meeting (nomination form will include each swimmers seasonal best times – dive scores). Swim coaches are expected to seek input from their respective dive coach as part of the nomination process for divers
  - B. The AD will compile a list of nominated swimmers/divers and prepare a ballot for voting to be distributed and voted upon by email in advance of the post-season meeting.
  - C. The top eight swimmers by vote of league coaches and the top diver by vote of league swim and dive coaches will be named All-League First Team. The next eight swimmers and next diver will be named All-League Second Team. A final vote will take place to determine the Seamount Athlete of the Year.
  - D. Each dive coach may cast a vote for one first team and one second team diver.
  - E. Coaches may not vote for their own athletes.
  - F. All-League selections are to be based upon performance during Seamount League contests only. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - G. An individual named to an All-League Team must have finished the season “in good standing” as determined by his/her school district and must have participated in a minimum 50% of league events. A League/Sub-District event may count toward the 50% participation requirement.
10. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
11. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named “Seamount League Coach of the Year”. Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
12. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named “Seamount Athlete of the Year”. This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season “in good standing” as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
13. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most “team sportsmanship” awards will receive the annual “Seamount League Sportsmanship Award”. In the event of a tie for the annual award, the League President will create a method to break the tie.

**Tennis Regulations 2015-16**  
*AD Commissioner: Lori Box, Highline*  
[lori.box@highlineschools.org](mailto:lori.box@highlineschools.org) ~ 206-631-6740

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and JV schedule for boys and girls.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the United States Tennis Association (USTA) shall be the official rules for all contests.
  - D. USTA approved, heavy duty Optic yellow tennis balls shall be furnished by the host school for each match.
  - E. The host school shall determine the order of match play.
  - F. Lineups must be exchanged before courts are assigned. Once lineups are exchanged, no substitutions can be made unless match is rescheduled due to inclement weather and an individual match has not started (see rainout procedures below).
  - G. Teams shall consist of ten members.
  - H. A varsity player may only participate in one scoring match (singles or doubles).
  - I. League matches shall include four singles matches and three doubles matches.
  - J. Coaches will confer before the start of the varsity match to determine if each team can field a ten-person varsity squad. In the event one team is unable to do so, that team will forfeit any individual match that cannot be filled. If neither team can field a full squad, any matches unfilled by both teams will not count in the team score; however, if one team can fill a spot, that match will count as a forfeit against the other. Example One: Neither team can fill third doubles. Third doubles would not count in the team score. Example Two: Team A can fill third doubles. Team B cannot fill third doubles. Team B forfeits third doubles. Team A earns one point toward the team score. Once the above has been established, the coach of a team short of players may assign individuals to more than one non-counting match in order to provide playing opportunities for both sides. Coaches are required to chart matches for each player in accordance with WIAA rules (23 matches/16 total outings).
  - K. **Team Tiebreaker.** It is possible to tie a team match if there are forfeits. The three-step tiebreaker noted below will be applied in the order listed when a tie occurs:
    - Total number of sets won by each team for each counting match played.
    - Individual games won in each counting match played.
    - If a tie remains after applying the above, the result of the First Singles Match will determine the outcome.
  - L. Service warm-ups may be taken before a match begins. A maximum ten minute warm-up is to be strictly enforced.
  - M. If a ball from a neighboring court rolls onto a court in play it must be called immediately if it is to be a "let".
  - N. Coaching is allowed one time on a change-over or between sets one and two (90 second maximum) and once on a change-over in the second and third set during the regular league season. Players can also be coached for a maximum of five minutes between the second and third set.
  - O. It is the responsibility of the host school to keep spectators away from sidelines and the backcourt area.
  - P. If a set is not completed due to injury or illness the number of games won by the player who defaults will be counted when determining head-to-head criteria to break the tie.
  - Q. Individual Set Tiebreaker. Per USTA rules, the set tiebreaker is seven points (must win by two).
  - R. Individual Match Tiebreaker. Per USTA rules, the ten-point tiebreaker will be used to decide the final set.
  - S. Players must play in order of rank as determined by a challenge ladder or other objective method. Doubles teams can include top six players and can be in any combination but must play in order of team rank on a doubles ladder.
  - T. Seniors may play on the junior varsity at the discretion of the coach.
3. **Start Time.** 3:30. 12:00 on Saturday.
4. **Match Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com).
5. **Uniforms**
  - A. Team members are required to wear a uniform shirt with school identification and in school colors (minimum of a t-shirt).

- B. Shorts are to be of like color and have a length no less than mid-thigh.
  - C. Individuals not in compliance will be disqualified.
6. **Determination of League Champion**
- A. The League Champion will be determined based upon league contest win-loss record.
  - B. Teams with tied records will be declared co-champions.
7. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
8. **Seeding Criteria for Post-Season**  
Coaches present individuals or doubles teams they feel should be considered for seeding based upon season records. If seeds are not clear, coaches discuss wins and losses against similar opponents and then vote.
9. **All-League Selections**
- A. All-League selections are to be based upon performance during Seamount League contests only, excluding jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. The AD in charge of tennis will ask each coach to submit All-League nominations on the league nomination form prior to the post-season meeting to include a vote for Athlete of the Year, Coach of the Year, and Team Sportsmanship.
  - C. The AD will compile a list of nominated players and prepare a ballot for voting to be distributed and voted upon by coaches at the post-season meeting.
  - D. The top ten players, by vote of the coaches, will be named All-League First Team. Players tied for the last spot will be named to the First Team with the second team reduced accordingly. The next ten players will be named All-League Second Team. Remaining nominees will be named Honorable Mention.
  - E. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A jamboree or League/Sub-District event may count toward the 50% participation requirement.
10. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
11. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
12. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.
13. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.



**14. Behavior Issues and Penalties**

- A. Profanity, abuse of equipment and/or unsportsmanlike conduct will result in the following sequence of penalties. Prior to play all coaches will warn athletes of consequences for unsportsmanlike conduct.
  - 1) First Infraction: Loss of one point
  - 2) Second Infraction: Loss of game
  - 3) Third Infraction: Match ends and player is ejected in accordance with the Seamount League Sportsmanship Plan (two-match suspension).
- B. If an infraction occurs following a match and warrants an ejection the Seamount League Sportsmanship Plan will be followed.
- C. Penalties are to be administered by coaches for both league and tournament matches.

**15. Seamount Rainout, Rainout Make-Up and Suspended Match Policy**

- A. The home athletic director shall notify the visiting athletic director by noon if the contest venue is unplayable.
- B. Make-up games must be played the first school day following the postponement except where another league contest is already scheduled. Saturday may be used by mutual consent except in cases involving the last two weeks of the season where Saturday play may be required as noted below.
- C. League make-up games take precedence over non-league games.
- D. If the varsity venue is unplayable while the JV venue is playable, the varsity game will be played at the JV venue. If this change occurs during the first round then the home and away assignment would swap accordingly for the second round.
- E. If consecutive postponements occur, make-up contests must follow the order of the original league schedule, subject to home court availability. Spring break may be used for league make-up games by mutual agreement.
- F. Suspended Contest
  - 1) If an in-progress match is rained out and one of the teams has already scored four team points the match will be declared official and over.
  - 2) If an in-progress match is rained out and four points have not been scored the match will be made up according to the order stated in the Rainout Make-Up Policy noted above.
  - 3) The match is set once lineups have been exchanged or introductions have been made. In the case of a rainout where some of the matches must be rescheduled, substitutions can be made for missing players on the reschedule date if play in an individual match had not yet begun as long as the player was not in the original junior varsity or varsity lineup.
  - 4) Should inclement weather make it necessary to stop play during a league tennis match, those individual matches which have been completed will stand.
  - 5) Players competing in a match when a rainout occurs and who are not available on the rescheduled date will receive a forfeit.
  - 6) The scheduled order of matches will not change on a date rescheduled due to rainout.
- G. **Last Two Saturdays of the League Season:** The athletic director in charge of tennis will notify all schools on the previous Monday that Saturday of one or both of the last two weeks will be used as a mandatory make-up date with a 12:00 start or another time by mutual agreement. Junior varsity make-up games may also be played on these designated Saturdays. League contests will have priority over non-league contests. Coaches/players should plan in advance of the season to keep these two Saturday dates open.

**Track and Field Regulations 2015-16**  
*AD Commissioner: Brian Kaelin, Renton School District*  
[brian.kaelin@rentonschools.us](mailto:brian.kaelin@rentonschools.us) ~ 425-204-2423

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity schedule.
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules.
  - D. Three places shall count in dual meets as follows: Five points for first place, three points for second, one point for third.
  - E. Four places shall count in tri-meets as follows: Five points for first place, three points for second, two points for third, one point for fourth.
  - F. Athletes in all heats are eligible to score when Hy-Tek scoring is used; however, instances where an individual is ineligible for varsity competition must be noted. The AD and coach from schools with athletes declared ineligible for varsity competition must notify league athletic directors and meet managers in advance of the season **and** when submitting entries prior to each meet to ensure that points scored by varsity ineligible athletes are not included in the team score.
  - G. A games committee shall be designated prior to Seamount League track and field meets.
3. **Entry Limits and Procedures**
  - A. Entries are due to the home school manager by 6:00 the night before the meet.
  - B. Up to eight athletes per program for field events or as conditions warrant at host site.
  - C. Up to eight athletes per program for laned running events or as conditions warrant at host site.
  - D. Additional Entries. The Meet Director may try to accommodate additional entries as conditions warrant.
  - E. Athletes may not warm up without an event official present. Coaches are expected to train athletes to wait for the official to arrive.
  - F. Long/Triple/High Jump. **Prelims:** Three jumps with top four to finals. **Finals:** Three jumps.
  - G. High Jump. Starting Height: 4' girls, 5' boys (bar raised 2" for the first foot and 1" thereafter).
  - H. Shot Put. **Prelims:** Three throws with top four to finals. **Finals:** Three throws.
  - I. Discus/Javelin. Four throws. No finals.
  - J. Pole Vault. Starting Height: 6' girls, 8' boys.
4. **Officials.** Adult officials are required for each event and should be certified if possible. Student help may be used.
5. **Start Time.** 3:30 except by mutual agreement for regular season meets.
6. **Meet Results.** The home school meet manager is responsible for reporting results to [www.seamountathletics.com](http://www.seamountathletics.com), local media, and ensuring that results are uploaded to [www.athletic.net](http://www.athletic.net).
7. **Determination of League Champion**
  - A. A league champion for boys and a league champion for girls will be determined by win/loss record in league competition in years where a league championship meet is not held. If a tie exists for first place, the teams will be declared Co-Champions.
  - B. In years where a league championship meet is held, a league champion for boys and a league champion for girls will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
    - 1) One point for each league win.
    - 2) One point for each team beaten at the League Meet.
    - 3) In the event of a tie after all points are tallied, the team with the highest finish at the League Championship Meet will receive a bonus point and be declared champion.
8. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.

9. **Pass-Throughs to WCD Meet.** Pass-throughs to the West Central District meet are not allowed; however, if there is a very unusual situation that prevents an athlete from participating in the qualifying meet, a coach can appeal the no pass-through rule to the Seamount League Athletic Directors. This appeal must be received no later than the Friday before the post-season seeding meeting. Seamount League Athletic Directors will review the appeal and consider options.
10. **All-League Selections**
- A. All-League selections are to be based upon performance during Seamount League contests only, including league jamborees. Statistics or performance in non-league or post-season events should not be submitted or considered.
  - B. The winner of the Seamount League Championship Meet, in each event, in years where the League Championship Meet is held, as recorded in Hy-Tek, will be named All-League First Team. This includes relays. The second place finisher will be named All-League Second Team. The third place finisher will be named All-League Honorable Mention.
  - C. In years where the League Championship Meet is not held, the individual with the top time/distance in each event, as recorded in Hy-Tek, will be named All-League First Team. This includes relays. The second place finisher will be named All-League Second Team. The third place finisher will be named All-League Honorable Mention.
  - D. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A league-sponsored jamboree, league championship, and/or sub-district championship event may count toward the 50% participation requirement.
11. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.** Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.
12. **Seamount League Coach of the Year by Sport.** Each school/co-op program will cast one first choice vote, one second choice vote, and one third choice vote for a Seamount League Boys Head Coach of the Year and a Seamount League Girls Head Coach of the Year. There will be one vote allowed per school/co-op program per gender (equals seven total first, seven total second, and seven total third choice votes for boys' coaches and seven total first, seven total second, and seven total third choice votes for girls' coaches). Coaches may not vote for a coach from their own school/co-op program. Suggested Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.
13. **Seamount Athlete of the Year by Sport.** Each school/co-op program may submit a male nominee and a female nominee for Seamount League Athlete of the Year. Coaches can nominate athletes from their school or an opposing school. After receiving the nominations the AD Commissioner will compile a ballot of nominated athletes for each gender to present to the coaches for voting. Each school/co-op program will cast one first choice vote, one second choice vote, and one third choice vote for a Seamount League Track and Field Athlete of the Year. There will be one first, second, and third choice vote allowed per school/co-op program per gender (equals seven total first, seven total second, and seven total third choice votes for boys and seven total first, seven total second, and seven total third choice votes for girls). Coaches may not vote for an athlete from their own school/co-op program. The male selection and the female selection will be named Athlete of the Year. Each individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.

14. **Team Sportsmanship.** Each school/co-op program will cast one first choice vote, one second choice vote, and one third choice vote for the team (combined boys and girls) that displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd. There will be one vote allowed per school/co-op program (equals seven total votes). Coaches may not vote for their own school/co-op program. At the end of the year the school with the most “team sportsmanship” awards will receive the annual “Seamount League Sportsmanship Award”.

1. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule
2. **Rules**
  - A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. The home school will provide a regulation leather volleyball approved for NFHS competition.
  - E. The home school will provide eight balls minimum to the visiting team for use during pre-match warm-up. In addition, the home team's cart will be made available to the visiting team during the on-court warm-up period.
  - F. Sub-varsity cap is 27.
  - G. Sub-varsity teams will play a mandatory three-game match to enhance participation.
  - H. Junior Varsity Match Protocol
    - 1) Junior varsity teams will play a mandatory three-game match using rally scoring to 25 points.
    - 2) The third game of the three-game match will be played to 15 IF it is a deciding game.
    - 3) A non-deciding third game will be played to 25 without regard for time.
  - I. C Team Match Protocol. The Seamount League does not have an official C Team schedule; however, in cases where two schools play a C Team match prior to the junior varsity match, the protocol noted below will be observed.
    - 1) C Team matches will start at 3:45.
    - 2) C Teams will play three games to 25 with a deciding third game played to 15.
    - 3) A non-deciding third game will be played to 25.
    - 4) Teams must be off of the floor by 5:10 for the official warm-up of the JV squads with no exceptions.
    - 5) C Teams may start before 3:45 if refs have arrived and both teams agree.
3. **Start Times.** Sub-Varsity: 5:30. Varsity: 20 minutes after the conclusion of the junior varsity match (eight minutes of joint warm-up followed by official 5-5-2. Varsity matches may not start before 7:00.
4. **Pre-Game Warm-Up**
  - A. Each team will have five minutes on the court for warm-up and two shared minutes for serving.
  - B. The host junior varsity team will start their five minutes of on-court warm-up 15 minutes before the scheduled start time even if officials have not arrived.
  - C. Eight minutes following the conclusion of the junior varsity match five minutes of on-court warm-up time will begin for the visiting team followed by the home team. Two minutes of joint serving will follow.
5. **Officials**
  - A. The use of contest officials shall be in accordance with NFHS and WIAA guidelines.
  - B. The host school will provide line judges. The visiting school has the option to provide one line judge.
  - C. Line judges may not use a cell phone or wear head phones. Shoes appropriate for a gym floor are to be worn. Bare feet or sandals are not allowed.
6. **Rosters.** Volleyball programs are required to post and maintain current rosters on the league website and MaxPreps.
7. **Match Results.** The home school coach is responsible for reporting scores to the league website, MaxPreps, and local media.
8. **Determination of League Champion.** Final league win-loss standings will determine the league champion. Teams with tied records will be declared co-champions.
9. **Tiebreaker.** See Seamount League Tiebreaker Guidelines.
10. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.

## 11. All-League Selections

- A. All-League selections are to be based upon performance during Seamount League contests or jamborees only. Statistics or performance in non-league or post-season events should not be submitted or considered.
- B. All-League selections are considered All-Opponent and are to include players in the voting process.
- C. A first, second, and honorable mention team will be selected. The breakdown for each team will include six hitters, two setters, and one libero/defensive specialist.
- D. The AD in charge of volleyball will coordinate the selection process as follows:
  - 1) Distribute FORM A (own team nomination form) to coaches the second week of October with a due date of Thursday of the third week of October. Each coach is to rank order his/her school's top six players on FORM A.
  - 2) AD then emails a copy of each FORM A to each coach with a blank copy of FORM B (voting form).
  - 3) After receiving all of the FORM A's, each coach compiles a list of nominated players and using whatever method the coach chooses he/she works with players to rank those nominated with "1" being best, "2" being second best, etc.
  - 4) FORM B should not be filled out until the league season has concluded.
  - 5) Rank ordered selections are then entered by position on FORM B.
  - 6) FORM B is for ranking of opposing players only. Schools do not vote for their own players.
  - 7) FORM B must be completely filled out to be valid.
  - 8) FORM B is due the Tuesday after league play concludes.
  - 9) The AD will compile results and present at the post-season coaches' meeting.
  - 10) All forms are to be typed and submitted electronically.
  - 11) Stats. It is allowed that coaches, if they choose to, send compiled stats to each other immediately following the last league match to assist opponents with the selection process.
  - 12) Individuals qualifying for an all-league team in more than one position will receive the award for the position where she finished highest.
  - 13) An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A league-sponsored jamboree, league championship, and/or sub-district championship event may count toward the 50% participation requirement.

## 12. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards.**

Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.

## 13. **Seamount League Coach of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.

## 14. **Seamount Athlete of the Year by Sport.** Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.

## 15. **Team Sportsmanship.** Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

**16. Away Game Supervision**

- A. A paid coach must be present on the bus with his/her team on all away trips
- B. Head coaches are always responsible for squad members, including managers, etc., during away athletic contests.
- C. All athletes should be instructed to be on their best behavior prior to the designated departure time. Make certain your athletes understand what's expected of them and that they abide by those rules.
- D. In no case should the athletes be left without adult supervision or leave the building to wander the opposing schools halls or go to a restaurant in the area.
- E. The coach will assume all responsibility for conduct and discipline for his/her team and will cooperate with the building administration of the away site if something happens.
- F. All participants are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. All Seamount sportsmanship rules apply.
- G. In the event of an incident; coaches are required to work with the away building administration address the issue.
- H. This is the responsibility of all coaches in Seamount League athletic programs. It is the responsibility of the building AD and the head coach to distribute this information to all coaches.
- I. *The visiting coach and the host school AD or administrator in attendance are to report any issue or incident to the visiting school's AD before 9:00 the following morning. Notification should occur the evening of the event for matters in need of an immediate response.*



16. **Program.** The Seamount League shall sponsor a program consisting of a varsity and junior varsity schedule.
17. **Rules**
- A. The head coach or a paid coach designee approved by the school athletic director must attend the league pre-season and league post-season meeting. Assistants and volunteers are strongly encouraged to attend.
  - B. The attendance of the head coach is mandatory at the post-season meeting to finalize All-League selections. In the event the head coach is unable to attend he/she must work through his/her athletic director to ensure a knowledgeable representative is in attendance.
  - C. The rules of the NFHS and WIAA shall be the official rules for all contests.
  - D. The NFHS tiebreaker rule will be used to break ties.
  - E. Weigh-in of female wrestlers. The host school is required to provide an adult female employee or cleared female volunteer to weigh in female wrestlers whether or not the host school has female wrestlers. This individual may not be a paid or volunteer member of the coaching staff or the parent of a wrestler.
  - F. Limited or no JV numbers, along with numbers for any exhibition matches, should be reported to the opposing school and assignor by 6:00 p.m. the night before the match with the weigh-in time adjusted accordingly.
  - G. Two wrestlers per school per weight class will be seeded into a bracket approved by AD's for a League or Sub-District event. Only one designated wrestler per school per weight class is eligible to score.
  - H. **Seeding Procedure**
    - 1) Preliminary Seeding. Each weight division will be seeded according to League win-loss record.
    - 2) Coaches' Discussion. Each head coach will have an opportunity to propose a reason why preliminary seeding should be changed. Criteria for changing could be based upon:
      - Head-to-head (if they are tied 1-1 the last match counts).
      - State placer.
      - Overall Record (if wrestlers have over 20 matches, comparison will be by winning %).
      - Regional Placing.
      - League Placing.
    - 3) Coaches' Vote. At the end of the discussion all coaches will vote for the seeding placement of the wrestlers in each division.
    - 4) Tabulation of Votes. Ballots will be tabulated after the coaches' vote. Seeds will not be changed once they are determined.
18. **Officials.** The use of contest officials shall be in accordance with NFHS and WIAA guidelines.
19. **Start Times.** Sub-Varsity: 5:45. Varsity: 7:00. Note: The sub-varsity start time will be adjusted when a team is unable to field a full squad.
20. **Rosters.** Wrestling programs are required to post and maintain current rosters on the league website.
21. **Match Results.** The home school coach is responsible for reporting scores to local media and [www.seamountathletics.com](http://www.seamountathletics.com).
22. **Determination of League Champion.** The League Champion will be determined by win/loss record in league competition and finish at the League Championship Meet as follows:
- A. One point for each league win.
  - B. One point for each team beaten at the League Meet in years where a League Meet is held.
  - C. In the event of a tie after all points are tallied, the team with the highest finish at the League Meet, in years where a League Meet is held, will receive a bonus point and be declared champion. In years where a League Meet is not held, the tied teams will be declared co-champions.
23. **Sub-District.** See Sub-District Agreement and Syllabus in years where Sub-District events are held.
24. **All-League Selections.** The AD in charge of wrestling will coordinate the selection process as follows:
- A. All-League selections are to be based upon performance during Seamount League contests only. Statistics or performance in non-league or post-season events should not be submitted or considered.



- B. Each wrestling coach will submit nominations on the league nomination form prior to the post-season meeting (nomination form will include each wrestler's win-loss record, number of pins, and optional supporting comments).
- C. The AD will compile a list of nominated wrestlers and prepare a ballot for voting to be distributed and voted upon by email in advance of the post-season meeting.
- D. The top ten wrestlers by vote of league coaches will be named All-League First Team if all other criteria has been met. The next ten wrestlers will be named All-League Second Team. A final vote will take place to determine the Seamount Athlete of the Year.
- E. Coaches may not vote for their own athletes.
- F. An individual named to an All-League Team must have finished the season "in good standing" as determined by his/her school district and must have participated in a minimum 50% of league events. A League/Sub-District event may count toward the 50% participation requirement.

25. **Voting and Tiebreak Procedure for the Selection of Athlete of the Year, Coach of the Year, and Team Sportsmanship Awards**. Each school or co-op program will submit a first choice vote, a second choice vote, and a third choice vote for each award. In the event of a tie among the first choice votes, the AD in charge will determine the selection based upon who has the most second choice votes. If a tie remains after using the second choice votes, the AD in charge will determine the selection based upon who has the most third choice votes. In the event a tie exists after considering third choice votes, the AD in charge will create a method to break the tie. Coaches may not vote for themselves, their team, or their athletes.

26. **Seamount League Coach of the Year by Sport**. Using the voting and tiebreak procedure noted above, one individual will be named "Seamount League Coach of the Year". Criteria: Finish in league, improvement from previous year, sportsmanship, discipline of team, achievement of team/players, overall coaching, etc.

27. **Seamount Athlete of the Year by Sport**. Using the voting and tiebreak procedure noted above, one individual will be named "Seamount Athlete of the Year". This individual will be named Athlete of the Year and placed on the All-League First Team. This individual must have finished the season "in good standing" as determined by his/her school district, have had no code violations, and must have participated in a minimum 50% of league contests. A League/Sub-District event may count toward the 50% participation requirement. Criteria: The outstanding athlete in the league who represents an exemplary level of sportsmanship and has been eligible academically and athletically for the entire season with no code violations.

28. **Team Sportsmanship**. Using the voting and tiebreak procedure noted above, one team that has displayed both grace in victory and grace in defeat while displaying sportsmanship toward opponents, officials and the crowd will be selected for the team sportsmanship award. At the end of the year the school with the most "team sportsmanship" awards will receive the annual "Seamount League Sportsmanship Award". In the event of a tie for the annual award, the League President will create a method to break the tie.

29. **Away Game Supervision**

- A. A paid coach must be present on the bus with his/her team on all away trips
- B. Head coaches are always responsible for squad members, including managers, etc., during away athletic contests.
- C. All athletes should be instructed to be on their best behavior prior to the designated departure time. Make certain your athletes understand what's expected of them and that they abide by those rules.
- D. In no case should the athletes be left without adult supervision or leave the building to wander the opposing schools halls or go to a restaurant in the area.
- E. The coach will assume all responsibility for conduct and discipline for his/her team and will cooperate with the building administration of the away site if something happens.
- F. All participants are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. All Seamount sportsmanship rules apply.
- G. In the event of an incident; coaches are required to work with the away building administration address the issue.
- H. This is the responsibility of all coaches in Seamount League athletic programs. It is the responsibility of the building AD and the head coach to distribute this information to all coaches.
- I. *The visiting coach and the host school AD or administrator in attendance are to report any issue or incident to the visiting school's AD before 9:00 the following morning. Notification should occur the evening of the event for matters in need of an immediate response.*

**Seamount Tiebreaker Policy for Final Standings Ties**  
**Involving Tournament and Playoff Positions** - 06/10/15

**Section 1**

**All Sports**

**A. League Championship**

1. If a tie exists for first place, the teams will be declared League Co-Champions.
2. The tiebreaking criteria/procedures will be applied for purposes of playoff placing.

**B. CRITERIA FOR TIEBREAKING**

***FOR A BYE OR FINAL PLAYOFF SPOT***

**1st Criteria:** The results of head-to-head league competition between the teams involved in the tie (mini-standings) will be used.

**2nd Criteria:** If, after applying Criteria 1, a tie still exists then a playoff would be held to break the tie.

***FOR PLAYOFF SEEDING***

**1st Criteria:** The results of head-to-head league competition between the teams involved in the tie.

**2nd Criteria:** The results of competition against other league opponents will be considered. The records of the tied schools will be compared to the first place team, then second place, then third place, and so on. Once one team has a better record than the other team against a common league opponent, the tie will be broken. For example, Team A and Team B are tied for 2<sup>nd</sup> place and split games during the regular season. The records of both teams will be compared against 1<sup>st</sup> place. Both teams were 0-2 against 1<sup>st</sup> place so will remain tied. They are then compared to 4<sup>th</sup> place. Team A was 1-1 and Team B was 0-2. Team A would win the tiebreaker and receive the higher seed.

**3<sup>rd</sup> Criteria:** If, after applying Criteria 1 and 2, a tie still exists then the tiebreaker number draw (see end of section for the current school year number draw) will be used to determine playoff positions **with the exception of cases involving protected seeds (see below)**. The tiebreaker number draw cannot eliminate a team from a final playoff spot. The winner of the tiebreaker number draw will be assigned the highest position on the bracket for which the teams are tied. The tiebreaker number draw will take place when AD's meet in late May/early June for the school year to follow.

**Exception for Protected Seeds (direct entry to the next round win or lose):** In cases where one of the tied teams will earn a spot that guarantees a second contest while the other team enters a loser out contest and all above tiebreaking methods have resulted in a tie, a playoff to break the tie will be held.

**C. Situations Not Covered**

1. Any ties not covered by these procedures will be resolved by Athletic Directors.

## Section 2

### Tiebreaker Number Draw for 2015-16

A. The first number listed after the name of the school is the number that will be used for fall tiebreakers, the second number will be used for winter tiebreakers and the third number will be used for spring tiebreakers. **Example:** *If Highline and Renton are tied for the same position at the end of the fall season, Highline (first number is "1") would receive the higher seed over Renton (first number is "7"). During the winter season Evergreen (2<sup>nd</sup> number is "2") would receive the higher seed over Foster (2<sup>nd</sup> number is "8").* **Note:** *All other criteria for breaking ties remain in effect. Draw information listed below applies only to situations that formerly called for a coin flip.*

B. **Number Distribution for Future Years.** Per approval by Athletic Directors in June of 2012: For school year 2012-13, schools will be distributed from top to bottom on the left-hand column in the following order: Highline, Lindbergh, Tyee, Kennedy, Evergreen, Foster, Renton, Hazen. In year two, and each succeeding year, the last school on the list will be moved to the top of the list with all others moving down one spot. In the event schools are added to the league or schools leave the league a new draw will be issued.

**Top of the List Order:** 2012-13 HI; 2013-14 HA; 2014-15 RE; 2015-16 FO; 2016-17 EV; 2017-18 KE; 2018-19 TY; 2019-20 LI.

#### C. 2015-16 Seamount Tiebreaker Draw

| SCHOOL    | FALL | WINTER | SPRING |
|-----------|------|--------|--------|
| Foster    | 1    | 5      | 8      |
| Renton    | 2    | 7      | 4      |
| Hazen     | 3    | 6      | 5      |
| Highline  | 6    | 1      | 7      |
| Lindbergh | 5    | 2      | 6      |
| Tyee      | 4    | 8      | 1      |
| Kennedy   | 7    | 3      | 3      |
| Evergreen | 8    | 4      | 2      |

## Section 3

### Football

A. In the event a tiebreaker playoff is needed the Kansas City tiebreaker format will be used.

When **three teams** are tied for a final playoff spot the tie will be broken with a mini-playoff as follows:

- 1) Three teams placed on a bracket in accordance with the tiebreaker number draw.
- 2) The team with the lowest number will receive an opening round bye (TEAM A).
- 3) TEAM B (2<sup>nd</sup> lowest number and home team) will play TEAM C.
- 4) Winner of TEAM B versus TEAM C will play TEAM A (home team) with winner advancing. Loser is out.
- 5) If more than one playoff spot and TEAM A loses, then the loser of the first contest will have the opportunity to play TEAM A (home team) for the second spot.

- 6) If more than one playoff spot and TEAM A wins, then the loser of this contest with TEAM A would assume the second spot by virtue of having already beaten the third team in the first round.

#### **Section 4      Soccer**

- A. If there is a tie in the point system, refer to Section 1 and follow in order.
- B. If a tie still exists after applying Section 1, the following procedure will be used:

If **two teams** remain tied after applying Section the tie will be broken with a regulation game.

- 1) If a tie exists after the regulation game has been played, there will be two five-minute sudden death overtime periods followed by penalty kicks to determine the winner.

When **three teams** are tied the tie will be broken with a mini-playoff as follows:

- 1) Three teams placed on a bracket in accordance with the tiebreaker number draw.
- 2) The team with the lowest number will receive an opening round bye (TEAM A).
- 3) TEAM B (2<sup>nd</sup> lowest number and home team) will play TEAM C in one 20-minute half.
- 4) Winner of TEAM B versus TEAM C will play TEAM A (home team) in one 20-minute half with winner advancing. Loser is out.
- 5) If more than one playoff spot and TEAM A loses, then the loser of the first contest will have the opportunity to play TEAM A (home team) for the second spot.
- 6) If more than one playoff spot and TEAM A wins, then the loser of this contest with TEAM A would assume the second spot by virtue of having already beaten the third team in the first round.
- 7) If a tie exists after a 20-minute half has been played, there will be one five-minute sudden death overtime period followed by penalty kicks to determine the winner.

#### **Section 5      Basketball**

Procedure When Three Teams Tie. The mini-playoff model in place for FB/SO will be used. Teams will play one regulation half of basketball. Players will be allowed four fouls. Teams will be allowed two full and two 30-second timeouts. If tied at the end of the half, standard overtime rules will apply.

#### **Section 5      Arrangements for Tiebreaker Contests**

- A. The contest will be held at the home site of one of the participating schools.
- B. The league tiebreaker draw will be used to determine the playoff site.
- C. The league tiebreaker draw will determine the home team when this is necessary (i.e. baseball).
- D. The host site athletic director will act as tournament Manager (On-Site).
- E. The financial aspects of the playoff contest will be handled in the same manner as all league tournament contests. All profits or losses will become a part of the league treasury and shared by all member schools.
- F. Officials will be mutually selected by the district athletic directors involved in the playoff contests and must come from regular officials associations serving Seamount contests.



# Commissioner Responsibilities

## Pre-Season

- Assist league scheduler with development of the league schedule as needed and/or requested.
- Invite officials' assignor to the pre-season meeting, if applicable.
- Request that the officials' assignor register on [seamountathletics.com](http://seamountathletics.com).
- Lead pre-season meeting. (Possible agenda items listed below).
  - Introductions and update head coach directory. Ensure that all in attendance sign roll sheet.
  - Distribute and review league schedule.
  - Review handbook regulations, tiebreaker guidelines and all-league selection process.
  - Review rule changes (invite officials to share if possible).
  - Discuss post-season allocations and tournament format.
  - Reinforce sportsmanship plan. Ask coaches to share what they do to ensure good sportsmanship.
  - Set date/location for post-season meeting.
- Submit coaches' standards certificates documenting meeting attendance to district or school AD.
- Submit minutes from meeting and head coach directory to the league secretary.

## During Season

- Track standings on the league website to ensure they are accurate and up-to-date.
- Communicate to coaches and AD's on sport-related issues.
- Provide an email list of coaches to the AD's in charge of your sport at the sub-district and district level.
- Keep coaches and AD's apprised of playoff allocations and brackets.
- Submit post-season budget electronically to the league treasurer with copy to the league president.
- Create and distribute a syllabus for post-season events you will manage and/or host.
- Ensure that post-season information is posted on the league website as early as possible.
- Confirm officials for post-season events. Ensure that officials bill the appropriate entity.
- Pick-up all-league first-team certificates from league president for distribution at post-season meeting.

## Post-Season

- Submit final budget reconciliation electronically to league treasurer with copy to league president.
- Lead post-season meeting. (Possible agenda items listed below).
  - Use pre-established criteria to determine all-league teams.
  - Coordinate process to select award winners for athlete of the year, coach of the year and team sportsmanship per league guidelines.
  - Submit meeting minutes and all-league selections electronically to the league secretary using league-approved format.
  - Submit coaches' standards certificates documenting meeting attendance to district or school AD.
  - Discuss issues from the season as needed (problems with schedule, etc.).
  - Record recommendations for AD's to include handbook updates. Vote on handbook recommendations that do not have consensus. Record handbook proposals on the League handbook proposal form.



## Seamount League Sportsmanship Plan

06/10/14

### Proactive Steps to Improve Sportsmanship

1. Schools are to educate every coach, athlete, and parent on sportsmanship expectations (i.e. via a Sportsmanship PowerPoint presented at pre-season meetings).
2. Ejections will be carefully tracked.
3. A more welcoming environment will be established by host schools. Gym Managers, AD's or administrators will welcome both the officials and visiting teams upon arrival and provide them with needed information.
4. Each school will post in their gym banners of all league members, a "Just Play Fair" banner, and the Seamount League Sportsmanship Creed.
5. "Acceptable behaviors" will be included on every game program or information will be communicated another way (i.e. cards).
6. A sportsmanship announcement will be made prior to each game (games that have pre-game announcements).
7. Starters will shake hands prior to the contest (in sports where this is feasible).
8. Schools are encouraged to announce a home and visiting player who exemplify good sportsmanship.
9. A team sportsmanship champion will be named in each sport each season. An annual sportsmanship award will be presented to the school with the most individual sportsmanship awards.

### Ejection Sanctions and Appeal Procedures

**ATHLETIC DIRECTOR:** It is your responsibility to submit the following items as one group (packet) to the League President if any of the individuals noted below (player, coach, spectator) choose to apply for reinstatement or reduction of the imposed sanction.

- Hard copy printout of the Seamount League Ejection Report
- Hard copy printout of the WIAA Online Ejection Report
- WIAA Conduct Report submitted by the official who applied the ejection penalty
- Application for reinstatement/reduction from the ejected individual
- NFHS "The Role of the Parent in Sports" Course certificate (ejected parent spectator)
- NFHS Sportsmanship Course certificate (player, coach or ejected non-parent spectator)

#### **1. PLAYER EJECTION**

- A. The player will sit out a minimum two contests in that sport at the same level of competition from which the player was ejected (note: a senior with sports remaining will sit a minimum two contests in the next sport played). An individual on suspension may not attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (varsity/sub-varsity) during the suspension period.
- B. The player and parent/guardian must meet with the school athletic director and/or building principal and/or district athletic director prior to returning to events.
- C. The player must apply in writing through his/her school district process to seek reinstatement/reduction. The request for reinstatement/reduction, if approved through the school district process, will then be submitted to the Seamount league president.
- D. In addition to the required meeting noted above, the player must complete the NFHS Sportsmanship course before returning to events. This course can be accessed at [www.nfhslearn.com](http://www.nfhslearn.com). A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.

- E. The league president will forward materials to Seamount league athletic directors who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.
- F. A player, ejected for the second time in the same school year, will be ineligible for the remainder of the school year with the right to appeal to league athletic directors.

## **2. COACH EJECTION**

- A. The coach will sit out a minimum two contests in that sport at the same level of competition from which the coach was ejected. An individual on suspension may not attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (varsity/sub-varsity) during the suspension period.
- B. The coach must meet with the school athletic director and/or building principal and/or district athletic director prior to returning to events.
- C. The coach must apply in writing through his/her school district process to seek reinstatement/reduction. The request for reinstatement/reduction, if approved through the school district process, will then be submitted to the Seamount league president.
- D. The coach will complete the NFHS Sportsmanship course prior to returning to competition. This course can be accessed at [www.nfhslearn.com](http://www.nfhslearn.com). A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.
- E. The league president will forward materials to Seamount league athletic directors who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.
- F. A coach ejected for the second time during the same season will sit out for the remainder of that season.
- G. If a team has three athletes suspended in a season, the coach will be suspended for the next contest at that level with that team with the right to appeal through his/her school district process.

## **3. SPECTATOR EJECTION**

- A. The individual will not be allowed to attend a minimum two contests in that sport at the same level of competition from which the spectator was ejected. The individual may not attend contests or be at a home or away facility as a spectator during the suspension period. This includes attendance at events held at any level (varsity/sub-varsity) during the suspension period.
- B. For student spectators, the parent/guardian and student must meet with the school athletic director and/or building principal and/or district athletic director prior to returning to events.
- C. An adult spectator must meet with the school athletic director and/or building principal and/or district athletic director prior to attending future events.
- D. The individual may apply in writing through his/her school district process to seek reinstatement/reduction.
- E. In addition to the required meeting noted above, a student spectator must complete the NFHS Sportsmanship course before returning to events. This course can be accessed at [www.nfhslearn.com](http://www.nfhslearn.com). A copy of the NFHS Sportsmanship Course certificate must be submitted with the written request for reinstatement/reduction.
- F. An adult spectator, if the parent of a student athlete, must complete the NFHS "The Role of the Parent in Sports" online course before a return to events is allowed. An adult spectator who is not the parent of a student athlete must complete the NFHS Sportsmanship course. These courses can be accessed at [www.nfhslearn.com](http://www.nfhslearn.com). The appropriate NFHS certificate signifying course completion must be submitted with the written request for reinstatement/reduction.
- G. The league president will forward materials to Seamount league athletic directors who will vote on reinstatement/reduction. All application materials and any additional documentation submitted by the applicant must be submitted in one packet to the athletic directors.
- H. A student spectator, ejected for the second time, will sit out a minimum one calendar year with the right to appeal.
- I. An adult spectator, ejected for the second time, will receive a no trespass order from his/her school district that applies to all WIAA-sanctioned activities for one calendar year with the right to appeal.





## Seamount Away Game Supervision Of Student Athletes

12/02/2010

- A paid coach must be present on the bus with his/her team on all away trips
- Head coaches are always responsible for squad members, including managers, etc., during away athletic contests.
- All athletes should be instructed to be on their best behavior prior to the designated departure time. Make certain your athletes understand what's expected of them and that they abide by those rules.
- In no case should the athletes be left without adult supervision or leave the building to wander the opposing school's halls or go to a restaurant in the area.
- The coach will assume all responsibility for conduct and discipline for his/her team and will cooperate with the building administration of the away site if something happens.
- All participants are expected to conduct themselves in an appropriate manner at all times on activity trips. Foul language or obscene actions will not be tolerated. All Seamount sportsmanship rules apply.
- In the event of an incident, coaches/visiting supervisors are required to work with the away building administration to address the issue.
- This is the responsibility of all coaches in Seamount league athletic programs. It is the responsibility of the building AD and the head coach to distribute this information to all coaches.

*The visiting coach and the host school AD or administrator in attendance are to report any issue or incident to the visiting school's AD before 9:00 the following morning. Notification should occur the evening of the event for matters in need of an immediate response.*

# SEAMOUNT LEAGUE

## ADMISSION PRICES

|                                 |        |
|---------------------------------|--------|
| Adult.....                      | \$6.00 |
| Visiting Student with ASB ..... | \$4.00 |
| Children (5-12) .....           | \$2.00 |
| Seniors (62+) .....             | \$2.00 |
| Home Student with ASB .....     | Free   |
| Children Under 5.....           | Free   |

Cash Only ~ No Checks~ No Refunds  
*Students without ASB pay Adult Price*

Admission required for sub-varsity events  
preceding a varsity contest

NO RE-ENTRY

NO ENTRY AFTER TICKET BOOTHS CLOSE



**SEAMOUNT LEAGUE EVENTS**  
**DIRECTOR AND MANAGER PAY SCHEDULE\* – 10/29/12**

| Sport           | Event         | Duty            | Pay  | Notes                |
|-----------------|---------------|-----------------|--|----------------------|
| Baseball        | Tournament    | Director        | \$100                                      | Prep                 |
| Baseball        |               | Manager         | \$50 single. \$25 each additional round.   | On-Site              |
| Basketball      | Tournament    | Director        | \$100                                      | Prep                 |
| Basketball      |               | Manager         | \$50 single. \$25 each additional per day. | On-Site              |
| Cross Country   | League Meet   | Director        | \$100                                      | Prep                 |
| Cross Country   |               | Manager         | \$100                                      | On-Site              |
| Fastpitch       | Tournament    | Director        | \$100                                      | Prep                 |
| Fastpitch       |               | Manager         | \$50 single. \$25 each additional round.   | On-Site              |
| Football        | Tournament    | Director        | \$100                                      | Prep                 |
| Football        |               | Manager         | \$75 per game.                             | On-Site              |
| Golf            | Tournament    | Director        | \$100                                      |                      |
| Golf            |               | Manager         | \$100                                      |                      |
| Gymnastics      | League Meet   | Director        | \$100                                      | Prep                 |
| Gymnastics      |               | Manager         | \$100                                      | On-Site              |
| Soccer          | Playoff Games | Director        | \$100                                      | Prep                 |
| Soccer          |               | Manager         | \$50 single. \$25 each additional per day. | On-Site              |
| Swim/Dive       | League Meet   | Director        | \$100                                      | Prep                 |
| Swim/Dive       |               | Manager         | \$50 weekday. \$100 Saturday.              | On-Site              |
| Swim/Dive       |               | Hy-Tek Operator | \$30 per day                               | Includes Prelim Work |
| Tennis          | Tournament    | Director        | \$100                                      | Prep                 |
| Tennis          |               | Manager         | \$50 per day                               | On-Site              |
| Track and Field | League Meet   | Director        | \$150                                      | Prep                 |
| Track and Field |               | Manager         | \$75 per day                               | On-Site              |
| Track and Field |               | Hy-Tek Operator | \$200                                      | Includes Prelim Work |
| Volleyball      | Tournament    | Director        | \$100                                      | Prep                 |
| Volleyball      |               | Manager         | \$50 weekday. \$100 Saturday.              | On-Site              |
| Wrestling       | Tournament    | Director        | \$100                                      | Prep                 |
| Wrestling       |               | Manager         | \$50 weekday. \$100 Saturday.              | On-site              |

***\*Event workers, other than those noted above and those under separate contract (example: custodian/police officer), are paid \$10.00 per hour.***

# SEAMOUNT LEAGUE

## PROCEDURES FOR HOSTING LEAGUE AND/OR SUB-DISTRICT EVENTS

**NOTE:** Managers are required to submit electronic forms available from the League Treasurer.

### 1. Complete Seamount League Tournament Budget Report Form

- A. Secure playing site(s) well in advance of the event.
- B. Coordinate submission of required rental and/or insurance documentation if applicable.
- C. Submit proposed expenses, income and net profit information using the Seamount League Electronic Budget Form. Email to League Treasurer.

### 2. Run the Event

- A. Secure event staff, start up cash, coordinate rosters and programs (if applicable) etc.
- B. Use the “Seamount League Sign in and Payroll Sheet” available electronically from the League Treasurer.
- C. Use the SEAMOUNT LEAGUE EVENTS DIRECTOR AND MANAGER (ON-SITE) PAY SCHEDULE found in Appendix of the League Handbook to determine pay for each worker.
- D. List school district rates for specialized coverage such as custodial or police.

### 3. After the Event

- A. Immediately deposit gate receipts into the identified Seamount League Account. A deposit slip will be provided by the League Treasurer. Notify the League Treasurer when this has taken place. If the deposit goes into the night drop be sure to provide the deposit amount and date of deposit with clear identification as to which event it is (date of contest, sport, teams involved). If the deposit is made during business hours please write this information on the receipt and scan/email to the League Treasurer.
- B. Complete the “Seamount League Electronic Budget Report Form” and submit to the League Treasurer with copies to the League President and Secretary.
- C. Submit all paperwork within five days after the event. The report should not be held up by missing items such as invoices for officials or police. The report can be revised at the time late invoices are received.



# **Seamount League**

## **Event Management Guidelines**

06/04/12

The athletic directors of the Seamount League believe that good event management is the result of careful organization and implementation of the following guidelines. In order to implement these plans, schools need to provide adequate administrative and/or faculty supervision.

### **BEFORE THE CONTEST**

1. Specific duties, times, and conditions of those in charge of security and supervision must be outlined well ahead of time.
2. Greet visiting teams upon their arrival and escort them to their dressing facility.
3. Ensure that the visiting team receives adequate time to warm up before competition.
4. Greet officials upon their arrival and escort them to their dressing facility. Notify them that they are to start the contest per Seamount League established times.
5. Clearly designated sections for home and away students and adults are required.
6. Identify supervisors from visiting school and present them with League Identification badge before the contest begins.
7. Make ice available to visiting team.

### **DURING THE CONTEST**

1. Announcements pertaining to sportsmanship, recognition of officials, etc. should be used to assist with crowd behavior and control.
2. Start on time.
3. Plan for continual supervision or surveillance of fans and facilities throughout the game.
4. No re-entry. No entry after ticket booths close. Doors should be supervised throughout the game.
5. All forms of noise makers are forbidden at athletic contests. This includes noise by instruments in the band unless used in connection with an organized yell. Powerless, hand-held megaphones may be used only during football games and only by cheerleaders. Confetti will not be allowed.
6. The host school may display signs that support their team in a positive way.
7. No other signs should be displayed, except for the official school banner (host and visiting schools).
8. Attend to officials at halftime.
9. Keep those not participating in the contest off of the playing surface. Ropes may be used to achieve this goal.

### **AFTER THE CONTEST**

1. Escort officials to dressing room.
2. Use announcements, ropes, etc. to discourage fans from congregating on the playing surface. Thank fans for coming and wish them a safe journey home.
3. Turn out lights as soon as it is safe.
4. Provide security and traffic control in parking areas as needed.
5. Monitor locker rooms to ensure access to authorized individuals only.



## **Supervision Expectations- Seamount League Events**

**WIAA Member Schools are obligated to maintain proper crowd control at all interscholastic activities. The following guidelines have been established to ensure that supervisors know their role and fulfill this obligation. Athletic Directors are expected to share this information with admin and all supervisors.**

**Issues must be reported to the opposing school's Athletic Director and District Athletic Director, if applicable, within 24 hours.**

### **HOST SUPERVISORS**

1. Arrive on site at least 30 minutes prior to the contest.
2. Greet visiting supervisor and provide them with a League Supervisor's Badge and radio, if radio is available.
3. Make sure that Event Management Guidelines in Seamount League Handbook are being followed.
4. If visiting supervisor has not identified themselves by the event start time, make an announcement for them to report to a designated area (i.e. "would the Lindbergh supervisor please report to the scorer's table").
5. Be easily identifiable through use of the supervisor's badge.
6. Be active and visible in the student body cheering section during all contests in order to discourage problems.
7. Do not become too involved in watching the event, but be observant, active, and consistent in supporting and applying the rules and procedures of the school and of the WIAA regarding: inappropriate comments, noise makers, signs and posters, sharing of time and/or competition floor by auxiliary groups (bands, pom pom, cheer squads, etc.), no continuous standing in non-designated student sections, etc.
8. Be willing to approach students and/or community representatives who display inappropriate behavior. Give these individuals a yellow unacceptable behaviors card as a warning if needed.
9. Notify visiting supervisor/staff of potential problems (or problem individuals.)
10. Be of assistance as requested by the facility staff or game management staff.
11. Assist in the orderly flow of traffic of fans entering and exiting the facility.
12. Foster the traits of good sportsmanship.
13. Monitor both teams as they exit the playing area.
14. Make sure that visiting teams are escorted to the locker-room and/or to their bus after the game.
15. Stay on duty at least until the opposing team/fan base is off site.

### **VISITING SUPERVISORS**

1. Arrive on site prior to start time for the contest.
2. Identify yourself as the "supervisor" to the people at the ticket window (or to someone if tickets are not being sold), ask them to introduce you to the home supervisor and pick up your supervisor's badge.
3. Be easily identifiable through use of the supervisor's badge.
4. Be active and visible in the student body cheering section during all contests in order to discourage problems.
5. Not become too involved in watching the event, but be observant, active, and consistent in supporting and applying the rules and procedures of the school and of the WIAA regarding inappropriate comments, noise makers, signs and posters, sharing of time and/or competition floor by auxiliary groups (bands, pom pom, cheer squads, etc.), no continuous standing, etc.
6. Be willing to approach students and/or community representatives who display inappropriate behavior. Give these individuals a yellow unacceptable behaviors card as a warning if needed.
7. Notify home supervisor/staff of potential problems (or problem individuals.)
8. Be of assistance as requested by the facility security staff or tournament management staff.
9. Assist in the orderly flow of traffic of fans entering and exiting the facility.
10. Foster the traits of good sportsmanship.
11. Monitor your team as they exit the playing area.
12. Make sure all players are supervised from the locker room to the bus (or cars if bus is not provided).
13. Stay on duty until your team, students, and majority of adults are off site.
14. Return supervisor's badge and request an escort to your vehicle if necessary.

## Seamount League Event Supervision – 06/09/15

| Season   | Sport                                    | Location      | Who                   |
|----------|--|---------------|-----------------------|
| Fall     | Cross Country                            | Home and Away | Designated Supervisor |
| Fall     | Football Junior Varsity                  | Home and Away | Designated Supervisor |
| Fall     | Football Varsity                         | Home and Away | Administrator         |
| Fall     | Golf                                     | Home and Away | Designated Supervisor |
| Fall     | Soccer - Girls Junior Varsity            | Home and Away | Designated Supervisor |
| Fall     | Soccer - Girls Varsity                   | Home          | Administrator         |
| Fall     | Soccer - Girls Varsity                   | Away          | Designated Supervisor |
| Fall/Spr | Swim/Dive                                | Home and Away | Designated Supervisor |
| Fall     | Tennis - Boys                            | Home and Away | Designated Supervisor |
| Fall     | Volleyball Junior Varsity                | Home and Away | Designated Supervisor |
| Fall     | Volleyball Varsity                       | Home          | Administrator         |
| Fall     | Volleyball Varsity                       | Away          | Designated Supervisor |
| Winter   | Basketball – Boys & Girls Junior Varsity | Home and Away | Designated Supervisor |
| Winter   | Basketball - Boys Varsity                | Home and Away | Administrator         |
| Winter   | Basketball – Girls Varsity               | Home          | Administrator         |
| Winter   | Basketball - Girls Varsity               | Away          | Designated Supervisor |
| Winter   | Gymnastics                               | Home          | Administrator         |
| Winter   | Gymnastics                               | Away          | Designated Supervisor |
| Winter   | Wrestling                                | Home          | Administrator         |
| Winter   | Wrestling                                | Away          | Designated Supervisor |
| Spring   | Baseball Varsity and Junior Varsity      | Home and Away | Designated Supervisor |
| Spring   | Soccer - Boys Junior Varsity             | Home and Away | Designated Supervisor |
| Spring   | Soccer - Boys Varsity                    | Home          | Administrator         |
| Spring   | Soccer – Boys Varsity                    | Away          | Designated Supervisor |
| Spring   | Softball Varsity and Junior Varsity      | Home and Away | Designated Supervisor |
| Spring   | Tennis - Girls                           | Home and Away | Designated Supervisor |
| Spring   | Track and Field                          | Home and Away | Designated Supervisor |

1. Each event must have an identifiable supervisor who responds immediately to issues and/or emergencies.

2. Event supervisors are to wear a League Supervisor's Badge (see Building AD or Stadium Manager).

3. In some low number/low spectator sports the supervisor could potentially be one of the coaches.

4. Sports that attract a large crowd may require multiple supervisors and should be staffed accordingly.



## Seamount League Lifetime Pass Recipients

|            |             |               |         |            |               |
|------------|-------------|---------------|---------|------------|---------------|
| Rod        | Ancheta     | Tyee          | Roger   | Reimer     | Evergreen     |
| Ken        | Bridges     | Tyee          | Ray     | Remlinger  | Hazen         |
| Doris      | Burdin      | Evergreen     | Larry   | Richter    | Lindbergh     |
| Dave       | Canary      | Tyee          | Raleigh | Riddle     | Renton        |
| Ken        | Copeland    | Highline SD   | Doug    | Ringenbach | Mount Rainier |
| Karl       | Cordes      | Mount Rainier | Mike    | Roberts    |               |
| Bob        | Court       | Highline      | Jim     | Roebeck    | Highline      |
| Bill       | Cox         | Tyee          | Jerry   | Russell    |               |
| Chuck      | Czubin      | Highline      | Dick    | Ryan       | Kennedy       |
| Cliff      | Donley      | Hazen         | Marcy   | Sanford    | Highline SD   |
| Pat        | Dunn        | Highline      | Bill    | Sarvis     | Hazen         |
| Joe        | Facone      | Kennedy       | Barry   | Savage     | Renton        |
| Geri       | Fain        | Highline PS   | Tom     | Sawyer     | Highline      |
| Jim        | Fortner     | Evergreen     | Jack    | Schuster   | Kennedy       |
| Jim        | Glockner    | Renton        | Bill    | Smith      | Kennedy       |
| Jim        | Hall        | Renton        | Ron     | Snow       | Renton        |
| Joan       | Harlow      | Liberty       | Ken     | Storkson   | Renton SD     |
| Jerry      | Henderson   | Hazen         | Jim     | Tarabochia |               |
| Dick       | Hicklin     | Renton        | Mike    | Todd       | Highline      |
| Marlin     | Jensen      | Mount Si      | Chuck   | Tuman      | Highline      |
| Coy        | Jones       | Renton SD     | Rick    | Valentine  | Evergreen     |
| Nancy      | Kasenberg   | Highline      | Ken     | Van Diest  | Highline      |
| FR. Dennis | Kemp        | Kennedy       | Joe     | Waltner    | Kennedy       |
| Walt       | Kosteka     | Kennedy       | John    | Welch      | Highline PS   |
| Jackie     | Lewis       | Evergreen     | Carol   | West       | Hazen         |
| Glen       | Lutz        | Kennedy       | Don     | White      | Mount Si      |
| Phil       | Mathison    | Highline      | Lonnie  | Wildman    |               |
| Rich       | Mattler     | Lindbergh     | Mike    | Willis     | Kennedy       |
| John       | McLanne     | Mount Si      | Lance   | Wilson     | Lakes         |
| Jock       | McLaughlin  | Renton        | Arnie   | Young      | Lindbergh     |
| Tom        | Merrill     | Kennedy       |         |            |               |
| Martin     | Michaelson  | Highline      |         |            |               |
| Gary       | Miller      | Mount Si      |         |            |               |
| Sam        | Moyle       | Highline      |         |            |               |
| Paul       | Muckerheide | Kennedy       |         |            |               |
| Bill       | Muscutt     | Mount Rainier |         |            |               |
| Geof       | Newing      | Renton SD     |         |            |               |
| John       | O'Brien     | Hazen         |         |            |               |
| Ernie      | Olson       | Evergreen     |         |            |               |
| Lou        | Pappas      | Renton SD     |         |            |               |
| Jerry      | Penningroth | Lindbergh     |         |            |               |
| David      | Peterson    | Mount Rainier |         |            |               |
| Sandra     | Polley      | Renton SD     |         |            |               |
| Burt       | Pride       | Evergreen     |         |            |               |
| Ron        | Purdin      |               |         |            |               |
| Jack       | Pyle        | Highline      |         |            |               |
| John       | Reber       | Mount Si      |         |            |               |

# **SEAMOUNT LEAGUE STUDENT CODE OF ETHICS**

We, the students of the Seamount League, realize that this CODE OF ETHICS is not a set of hard and fast laws—but rather a set of suggestions for us to use as personal standards for social, moral, and ethical behavior. The ASB Presidents of the Seamount League hope that this Code will be considered as a beginning of an ever improving guidepost for student and league behavior.

WE, THE STUDENTS OF THE SEAMOUNT LEAGUE, PLEDGE OURSELVES TO:

1. Respect and honor the American Flag at all times.
2. Maintain the high principles of scholarship, citizenship, and sportsmanship upon which the Seamount League is established.
3. Maintain a courteous attitude toward all schools with which we come into contact.
4. Participate in all phases of league and school activities, realizing that we will receive only as much as we contribute.
5. Cultivate a spirit of honesty—fairness in all we do.
6. Be respectful of all racial, religious and social groups, that all students have equal rights in the activities of the league and the school.
7. Encourage the spirit of our league teams, and to develop a league loyalty that will be recognized by everyone with whom we come in contact.
8. Refrain from any action which may reflect unfavorably upon our league and our schools.
9. Keep ourselves neat and clean, and to dress appropriately for the occasion.
10. Respect the rules and traditions of all other schools with which we come in contact.

## **SEAMOUNT LEAGUE SPORTSMANSHIP CREED**

The Seamount League believes in Sportsmanship and the fair play between all competitors.

1. We (the players, staff, coaches, and/or parents) respect all athletes, coaches, fans and officials.
2. We believe in the worth of our opponents.
3. We will play hard to win - gracious in victory and in defeat.
4. We will strive to represent our League, Community and School with pride and dignity.

## **SEAMOUNT LEAGUE CODE OF ATHLETICS ETHICS**

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all circumstances which tend to destroy the best value of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a respectful relationship between visitors and hosts.
6. To respect the integrity and judgment of sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative, and good judgment by the players of the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
10. To remember that an athletic contest is only a game - not a matter of life or death for player, coach, school official, fan, community, state or nation.



# Seamount League

## Pass Gate

Home School \_\_\_\_\_ Visitor \_\_\_\_\_

Sport \_\_\_\_\_ Date \_\_\_\_\_

**Cardholder Name – Please Print**

**School**

**Title**

**Pass #**


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**Pass Gate Monitor:** Please call your home school admin and/or event manager to the gate when the visiting school supervisor(s) arrives to ensure introduction and clear communication regarding procedures for any issues that may arise. If possible, for football and other sports as needed, please check out radios to home and away personnel handling supervision to ensure direct communication at all times.



# Seamount League

## Accepted Passes

**Seamount League  
Supervisory Pass  
2015-16**

Name: \_\_\_\_\_ Title: \_\_\_\_\_

\_\_\_\_\_ School: \_\_\_\_\_

**0100** ADULT USE ONLY NON-TRANSFERABLE

- THIS PASS ADMITS NAMED CARD HOLDER AND ONE GUEST TO ANY SEAMOUNT LEAGUE REGULAR SEASON SPORTING EVENT.
- CARD HOLDER MUST BE PREPARED TO HELP SUPERVISE EVENT IF ASKED TO DO SO.
- CARD HOLDER MUST BE PREPARED TO SIGN IN AND PRESENT PHOTO IDENTIFICATION.
- MISUSE OF THIS CARD WILL RESULT IN LOSS OF CARD AND REMOVAL FROM EVENT.
- THIS PASS IS FOR ADULT USE ONLY AND IS NON-TRANSFERABLE

**2015-16 WOA State Observer  
Pass**

Image  
Here

Name: John Doe  
  
Sport: Football, Volleyball, Soccer

Washington Officials Association

**2015-16 WOA State Observer  
Pass**

Admission for Cardholder Only

Please report any issues or concerns to the  
WOA Commissioner



- Non-League Opponent's League Pass
- WIAA Lifetime Pass - Seamount Lifetime Pass

A maximum of two scouts from potential opponent schools will be allowed free admission **IF** their school Athletic Director calls the game manager ahead of time.

All other scouts will be admitted with the above noted passes **ONLY**.