2026-2027 & 2027-2028 SEASON DATES

Washington Interscholastic Activities Association

WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES

*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS	2026-2027		2027-2028	
SPORT/ACTIVITY	**START DATE**	**END DATE**	**START DATE**	**END DATE**
FALL				
FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON*	AUG 24	NOV 14	AUG 23	NOV 13
FOOTBALL	AUG 19	DEC 5	AUG 18	DEC 4
CROSS COUNTRY (BOYS & GIRLS)	AUG 24	NOV 7	AUG 23	NOV 6
GOLF (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 24	NOV 14	AUG 23	NOV 13
SOCCER (GIRLS, 1B/2B BOYS)	AUG 24	NOV 21	AUG 23	NOV 20
SOFTBALL (SLOWPITCH)	AUG 24	OCT 24	AUG 23	OCT 23
SWIMMING & DIVING (GIRLS)	AUG 24	NOV 14	AUG 23	NOV 13
TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*	AUG 24	NOV 14	AUG 23	NOV 13
VOLLEYBALL	AUG 24	NOV 12, 14 OR 21	AUG 23	NOV 11, 13 OR 20
WINTER				
BASKETBALL (BOYS & GIRLS)	NOV 16	MAR 6	NOV 15	MAR 4
BOWLING (GIRLS)	NOV 2	FEB 4, 6 OR 9	NOV 1	FEB 3, 5 OR 8
CHEERLEADING	NOV 2	FEB 6	NOV 1	FEB 5
DANCE/DRILL	NOV 16	MAR 27	NOV 15	MAR 25
FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON**	NOV 16	TBD*	NOV 15	TBD*
GYMNASTICS	NOV 9	FEB 20	NOV 15	FEB 26
SWIMMING & DIVING (BOYS)	NOV 16	FEB 20	NOV 15	FEB 19
WRESTLING (BOYS & GIRLS)	NOV 16	FEB 20	NOV 15	FEB 19
SPRING				
BASEBALL	MAR 1	MAY 29	FEB 28	MAY 27
FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON**	FEB 22	TBD*	FEB 21	TBD*
SOFTBALL (FASTPITCH)	MAR 1	MAY 22	FEB 28	MAY 20
GOLF (BOYS & GIRLS)	MAR 1	MAY 19	FEB 28	MAY 17
SOCCER (1A-4A BOYS)	MAR 1	MAY 29	FEB 28	MAY 27
TENNIS (BOYS & GIRLS)	MAR 1	MAY 22	FEB 28	MAY 20
TRACK & FIELD (BOYS & GIRLS)	MAR 1	MAY 29	FEB 28	MAY 27

FALL

FLAG FOOTBALL (GIRLS) *ALTERNATE SEASON*		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	OCT 5, 2026	OCT 4, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 14, 2026	NOV 13, 2027

FOOTBALL		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 19, 2026	AUG 18, 2027
MINIMUM PRACTICE DAYS	8	8
50% RULE DATE	OCT 5, 2026	OCT 4, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DEC 5, 2026	DEC 4, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	12	12
MAXIMUM CONTESTS: 7TH/8TH	6 + JAMBOREE	6 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	7 + JAMBOREE	7 + JAMBOREE

CROSS COUNTRY (BOYS & GIRLS)		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 7, 2026	NOV 6, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

GOLF (BOYS & GIRLS) *_ALTERNATE SEASON_*

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 15, 2026	NOV 13, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (GIRLS, 1B/2B BOYS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	OCT 5, 2026	OCT 4, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 21, 2026	NOV 20, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

SOFTBALL (SLOWPITCH)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 24, 2026	OCT 23, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

SWIMMING & DIVING (GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 14, 2026	NOV 13, 2027

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

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 14, 2026	NOV 13, 2027
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

VOLLEYBALL

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	AUG 24, 2026	AUG 23, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	SEP 28, 2026	SEP 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 12, 2026 (1B, 2B) NOV 14, 2026 (1A, 2A) NOV 21, 2026 (3A, 4A)	NOV 11, 2027 (1B, 2B) NOV 13, 2027 (1A, 2A) NOV 20, 2027 (3A, 4A)
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

WINTER

BASKETBALL (BOYS & GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 16, 2026	NOV 15, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 4, 2027	JAN 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAR 6, 2027	MAR 4, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	12 + JAMBOREE	12 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

BOWLING (GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 2, 2026	NOV 1, 2026
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DEC 7, 2026	DEC 6, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	FEB 4, 2027 (3A) FEB 6, 2027 (1A/2A) FEB 9, 2027 (4A)	FEB 3, 2028 (1A/2A) FEB 5, 2028 (4A) FEB 8, 2028 (3A)

CHEERLEADING

	2026-2027	2026-2027
HIGH SCHOOL		
1ST PRACTICE	NOV 2, 2026	NOV 1, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 7, 2026	DEC 6, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEB 6, 2027	FEB 5, 2028

DANCE/DRILL

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 16, 2026	NOV 15, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	JAN 18, 2027	JAN 17, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MAR 27, 2207	MAR 25, 2028

FLAG FOOTBALL (GIRLS) **ALTERNATE SEASON**

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 16, 2026	NOV 15, 2027
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 28, 2026	DEC 27, 2026
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	TBD*	TBD*

GYMNASTICS

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 9, 2026	NOV 15, 2027
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	DEC 28, 2026	DEC 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEB 20, 2027	FEB 26, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	15	15
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

SWIMMING & DIVING (BOYS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 16, 2026	FEB 15, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	DEC 28, 2026	DEC 27, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEB 20, 2027	FEB 19, 2028

WRESTLING (BOYS & GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	NOV 16, 2026	NOV 15, 2027
MINIMUM PRACTICE DAYS	9	9
50% RULE DATE	DEC 21, 2026	DEC 20, 2027
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 20, 2027	FEB 19, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	9	9
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

SPRING

BASEBALL		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 29, 2027	MAY 27, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

FLAG FOOTBALL (GIRLS) **ALTERNATE SEASON**		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	FEB 22, 2027	FEB 21, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16+JAMBOREE
SEASON END	TBD*	TBD*

SOFTBALL (FASTPITCH)		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 22, 2027	MAY 20, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	10 + JAMBOREE	10 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

GOLF (BOYS & GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 19, 2027	MAY 17, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

SOCCER (1A-4A BOYS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 29, 2027	MAY 27, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TENNIS (BOYS & GIRLS)

	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	MAY 22, 2027	MAY 20, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

TRACK & FIELD (BOYS & GIRLS)		
	2026-2027	2027-2028
HIGH SCHOOL		
1ST PRACTICE	MAR 1, 2027	FEB 28, 2028
MINIMUM PRACTICE DAYS	7	7
50% RULE DATE	APR 5, 2027	APR 3, 2028
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 29, 2027	MAY 27, 2028
MIDDLE LEVEL/JUNIOR HIGH		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	7	7
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE