

# ACADEMIC, ATHLETIC AND FINE ARTS ACTIVITIES

## 2011-2012

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# ALL-STATE ART COMPETITION

## (ALL CLASSIFICATIONS)

### A. SEASON 2011-12

Deadline of entry arrival: April 6th, 2012

Entries Juried: April 20th - 21st, 2012

Show: April 22nd – 29th, 2012

Host: Bethel

### B. PURPOSE

The ASAA/First National Bank All-State Art Competition offers Alaskan students a juried exhibition hung in a professional gallery and presents awards for outstanding and original work.

### C. ELIGIBILITY

Open to all Alaskan students currently enrolled in grades 9-12 and working directly under teacher supervision. Work must have been produced between March 2011 and March 2012. Graduates of 2011 may not enter.

### D. ENTRIES

Each teacher is limited to a total of five (5) entries. The only exception to this limit is if a teacher instructs at more than one school. In this case, the teacher may send a maximum of five (5) entries for each school. Entries will be juried by the juror or jurors and selected pieces will be displayed in the gallery.

**Note: Gallery space and size will be taken into account and the show juried accordingly.**

### E. CATEGORIES

- Ceramics
- Communications Arts/Graphics Design
- Drawing
- Fibre Arts/Textile Design
- Jewelry/Metal Smithing
- Mixed Media
- Multicultural Art
- Painting
- Printmaking
- Photography
- Sculpture

### F. LOGISTICS OF ENTERING

#### 1. PREPARATION OF DISPLAY

- a. All two-dimensional artwork must be submitted matted or mounted on a stiff backing and, if it shows, it must be black, white or gray. Also, no frames or glass please.

- b. All three-dimensional artwork must be stable and include display suggestions if not obviously a free-standing piece.

- c. The entry form must be attached to the back, bottom, or inside of all artwork. A piece of masking tape, with the student's name and art category, must be taped onto three-dimensional artwork to ensure identification in case the entry form becomes separated.

- d. The organizing committee and chair reserve the right to reject any work that arrives improperly prepared. If a school or teacher has problems with inaccessibility of proper materials, they should contact the chair of the show.

#### 2. PACKAGING AND SHIPPING

- a. All entries must be safely packaged and mailed in easily reusable containers. If more than one package is sent, mark each package in order 1 of 3, 2 of 3, 3 of 3, etc. Be sure it is clear which pieces repack into each box.

- b. A **return label** and **return postage** must be included. Postage must be provided in the form of stamps or a check (The Post Office does not accept pre-metered labels.)

### G. AWARDS

All students with pieces selected to be hung in the show will receive a Certificate. Individual medallions for the three (3) highest placing pieces in each category will be presented, as well as a number of honorable mention awards as the juror(s) see fit.

The two top awards—Best of Show and Congressional Award — receive a plaque.

*Note: Congressional award will be sent to hang in the halls of Congress in Washington, D.C. for one (1) year. Specifications for this award are determined annually by the U.S. House of Representatives.*

# ALL-STATE MUSIC FESTIVAL

## (ALL CLASSIFICATIONS)

### A. SEASON 2011-12

Seasonal activity without limitation.

### B. ELIGIBILITY

Participants must meet all ASAA eligibility requirements. Participant names must be included on the Master Eligibility List that is sent to the ASAA office. No physical exam is required for participation.

1. Students must be eligible according to their own region's and individual school's rules and regulations.
2. Students must be enrolled in grades 9-12.
3. Students must be enrolled in their school's music program. Music programs shall include any music activity that is offered by the school and that has a performance objective, or any music class for which the school awards credit, whether or not that class is conducted at the school.

ASAA may waive the requirement for students enrolled in alternative schools or in the event that the individual school does not offer a band, choir, or orchestra program.

### C. 2011 ALL-STATE MUSIC FESTIVAL

1. **DATE:** November 17-18-19, 2011
  - Thursday, Friday and Saturday
2. **SITE:**
  - a. Rehearsals: East Anchorage High School
  - b. Concert: West Anchorage High School
3. **SELECTION:**
  - a. **Students are selected** from auditions for four All-State Music groups: the Band, Mixed Choir, Orchestra and Treble Choir. Procedures and requirements for making the on-line auditions can be found as outlined below under E. Rules 4. Audition Requirements.
  - b. **Group and section assignments** (i.e. treble choir vs. mixed choir; first clarinet, second clarinet, third clarinet, etc.) are based on submitted auditions. For 2011

the even-numbered rankings will be placed in Treble Choir and the odd-numbered rankings will be placed in Mixed Choir.

- c. **Chair placements** (i.e. first chair first violin, etc.) for all groups are determined by live auditions using the festival music at the festival site.
- d. Students **may submit** no more than two auditions for different instruments and/or voices. They may also submit one voice and one instrument audition. If both auditions are chosen in the audition process, the higher scoring audition will be selected in consideration of the greater good needed for the performing groups.

### D. FEES

The audition fee is \$10 for each audition submitted, and the registration fee is \$10 for each student who is selected to participate in the All-State Music Festival. ASAA will invoice each school.

### E. RULES

Each school should review the 2011-2012 ASAA Music Handbook for complete audition requirements, regulations and deadlines. Requirements are also found on the ASAA web site at [www.asaa.org](http://www.asaa.org). Click Music. Click All-State Requirements. The following is a brief guideline:

1. **INTENT FORM:** Upon receipt of the Music Handbook or first mailing, the school music director should immediately fill out and complete the on-line Intent Form at [www.asaa.org](http://www.asaa.org), Click Activities. Click Music. Click Forms. Click and complete the on-line Intent Form. This will place the director on an email database for the 2011-2012 music season for receiving festival updates and information.
2. **AUDITION DEADLINE:** Auditions are due no later than Wednesday, September 21, 2011. You may begin submitting the on-line auditions on Monday, September 12, 2011.
3. **AUDITION REQUIREMENTS:** Are located in the Music Handbook for the odd-NUMBERED

# ALL-STATE MUSIC FESTIVAL continued

years and in Memo I for 2011 on-line at [www.asaa.org](http://www.asaa.org). 2010 IS NOT an All-Northwest year.

4. **DISQUALIFICATIONS:** For the 2011 All-State Music Festival, auditions will be disqualified if:
  - a. Any audition exercise is incomplete, in the wrong order, or left out.
  - b. Any audition exercise is incorrect because the student and/or director used an exercise requirement from the wrong year or list.
  - c. The correct beginning pitch is not heard on the audition for each exercise for all choral exercises. (For Exercise 4: the 5th tone of the key should be given as the beginning pitch.)
  - d. The required scales are not sung or played in the correct octave.
  - e. Any audition recording was discovered to be made with the use of any electronic keyboard, electronic enhancement, headphones with the pitches being played or any other device or aide other than what is needed to complete the on-line audition.
  - f. A student's name and/or school is recorded on the first track at the beginning of the audition. (Only the instrument or voice part should be recorded on the first track at the beginning of the audition.)
  - g. An on-line audition is found with inappropriate language used for identifying exercises, selections, and/or performers.
5. **DRESS CODE:** Student's are required to wear their school music uniform when performing. In the event that a school does not have a school music uniform, then the dress should be clean, in good repair, modest, professional and appropriate for a concert performance. (See Music Handbook for further details.)
6. **STUDENT FESTIVAL SUPERVISION:** Music directors are responsible for the supervision of

students at all times while the participants are at the festival and must ensure that students are appropriately involved in festival activities. Students cannot participate at the state music festival without their festival badge, which must be given to the students by their school music director or their authorized representative and must be worn by each student for identification and safety.

7. **FESTIVAL DECISIONS:** The ASAA Music Coordinator, in consultation with the individual group coordinators, has overall authority to make administrative decisions at the festival.
8. **GUEST CONDUCTORS:** who are familiar with high school programs and high school musicians should be selected, preferably, from western states.

## F. AWARDS

1. A Group Participant Pin and a certificate for each participant
2. Individual medallions for the first chairs of each section in each musical group.
3. **ACADEMIC AWARD** for combined band, choir, orchestra participants with the highest school GPA. (*Schools must have a minimum of ten (10) members to be eligible for academic award*)

# BASEBALL

## (BOYS - ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: March 5th, 2012  
Last Regular Season Contest: May, 26th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before the first day of competition.

### D. CONFERENCES

All teams are assigned to conferences:

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West
- **Southcentral Conference:** Colony, Homer, Houston, Kodiak, Palmer, Soldotna, Wasilla
- **Southeast Conference:** Juneau-Douglas, Ketchikan, Petersburg, Sitka, Wrangell, Thunder Mountain
- **Mid Alaska Conference:** Delta Jct, Eielson, Lathrop, Monroe, North Pole, West Valley

Conferences are responsible for setting guidelines for seeding into their respective season-ending conference tournaments. This includes whether conference participation is required for entrance into the state-qualifying tournament. Schools hosting a conference tournament are responsible for notifying ASAA of resulting qualifying teams in a timely manner.

### E. GAME LIMITATIONS

Maximum Contests: Maximum Contests: Teams are limited to a maximum of 22 games, exclusive of conference or state tournaments.

*NOTE: There is no such thing as a "practice game." All games played are part of the regular schedule and shall be counted as part of the 22 game limitation and the regular season record. Scrimmages may only be held prior to the first official contests.*

Jamborees: A baseball Jamboree shall include three or more teams. A team is limited to no more than 6 innings total with no more than 2 innings against any other team. Each pitcher is limited to no more than 2 innings. A team may not play in more than one jamboree each season. A jamboree does not count against the 22-game limit.

Pitching Rule: A pitcher shall not pitch more than ten (10) innings in a three (3) day period. This regulation is mandatory. The following examples are all permitted:

S	M	T	W	T	F	S
0	0	7	0	0	7	0
0	4	3	2	5	3	2
3	3	3	3	3	3	0
0	10	0	0	7	0	3
0	0	7	0	0	7	3
0	0	0	0	0	6	4
0	0	6	1	0	9	1

Participation for any length of time in an inning as pitcher shall count as one (1) inning.

Penalty: The penalty for violation of the pitching rule is forfeiture of the game in which the pitcher exceeds the limit.

### F. ENDOWMENT GAMES

ASAA encourages each school's baseball team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game is a fundraiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### G. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school baseball teams while they are members of a school baseball team.

### H. RULES

National Federation rules apply.

### I. ADDITIONAL RULES

Called Game: When a non-league or league game is called by an umpire before the completion of the required number of innings, the game is declared a "no game". The game can be replayed and the pitching rule shall apply.

# BASEBALL continued

**Suspended Game:** A game called for any reason by an umpire after the required number of innings, where a winner cannot be determined (i.e. home team is behind and has not batted or score is tied) will be treated as a suspended game. The game shall continue from the point of suspension at a later time. The lineup and the batting order of each team will remain exactly the same lineup and batting order as when the game was suspended. If a winner can be determined (both teams have equal at-bats or home team is ahead) the team that is ahead is declared the winner. If the game ends in a tie and the suspended game cannot be completed because of scheduling conflicts, the game is considered a tie game.

**Speed Up:** The courtesy runner speed-up rule may be adopted by leagues or districts for use during the regular season. In interleague and/or interdistrict competition, both teams must agree to allow the speed-up rule before it may be used. Courtesy runner speed-up rules may be used in state tournament play. The following is a speed-up rule summary:

- The team at bat will use courtesy runners for the pitcher and catcher as soon as they get on base. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
- Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
- A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.
- The penalty for illegal substitution of a courtesy runner, is that such substitution shall be disqualified for the duration of the game.

**Ending a Regulation Game:** By State Association adoption, the game shall end when the visiting team is behind 10 or more runs after 4-1/2 innings, or after the fifth (5th) inning, if either team is 10 runs behind and both teams have had an equal number of times at bat. The championship game is played to seven (7) innings.

## J. STATE CHAMPIONSHIPS

1. DATE: May 31st, June 1 & 2, 2012
2. SITE:  
Mulcahy Stadium in Anchorage and hosted by ASAA and American Legion
3. STATE TOURNAMENT FORMAT
  - a. Tournament Berths
 

Southcentral . . . . .	2 Berths
Cook Inlet. . . . .	2 Berths
Southeast . . . . .	2 Berths
Mid Alaska. . . . .	2 Berths

- b. Type Elimination  
The tournament is a single elimination with the first day winners competing in the "winners bracket" and the first day losing teams competing in the "consolation bracket."
- c. Bracketing is on a three (3) year rotation. Session schedules may be adjusted on the first day.

### 2011-12

Cook Inlet #1	vs	Southcentral #2
Southeast #1	vs	Mid Alaska #2
Southcentral #1	vs	Cook Inlet #2
Mid Alaska #1	vs	Southeast #2

### 2012-13

Southeast #1	vs	Southcentral #2
Mid Alaska #1	vs	Cook Inlet #2
Southcentral #1	vs	Southeast #2
Cook Inlet #1	vs	Mid Alaska #2

### 2013-14

Southeast #1	vs	Cook Inlet #2
Southcentral #1	vs	Mid Alaska #2
Cook Inlet #1	vs	Southeast #2
Mid Alaska #1	vs	Southcentral #2

## 4. STATE TOURNAMENT IMPORTANT DATES

- Following items are due by 12:00pm Sunday, May 27th, 2012
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Team Season Record Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, May 29th, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

## 5. AWARDS

- a. First and second place team trophies.
- b. Eighteen (18) individual medallions for each of the first and second place team members. One (1) medallion will be awarded for a team manager and one (1) medallion will be awarded for a coach.
- c. ALL TOURNAMENT TEAM — twelve (12) medallions will be awarded for outstanding tournament play, regardless of player position on the field.
- d. GOOD SPORT TEAM — two (2) players from each team will be honored for outstanding citizenship and sportsmanship demonstrated during the whole season.
- e. ASAA SPORTSMANSHIP AWARD
- f. ACADEMIC AWARD for highest team GPA

# BASKETBALL

## (GIRLS AND BOYS - ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: November 28th, 2011  
Last Regular Season Contest: March 3rd, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. TEAM GAME LIMITATIONS

Each team is allowed a maximum of 22 games .  
Situations when more than 22 games may be played:

1. If a team schedules 19 regular season games, then teams are allowed to play one invitational tournament of 3 or more games which could increase the maximum games to more than 22.
2. Teams are also allowed to play up to two endowment games that do not count against the 22 game limit and are not recorded on their season record or WPI standings.

### E. INDIVIDUAL PARTICIPATION LIMITATION

No player may participate in more than six (6) quarters of play per day exclusive of invitational, conference and state tournaments (NF rules consider all overtime periods an extension of the 4th quarter). Invitational tournament games must provide a two-hour time lapse between the end of the first game and the beginning of a second game.

### F. RULES

National Federation Rules apply. ASAA adopted the 6-foot "Coaching Box Rule" in October 1989.

State Adopted Rules. ASAA adopted a Mercy Rule for basketball in May 2006. It states the following:

*A running clock will be utilized when there is a point spread of 40 points or more at the end of the third quarter or thereafter. Once begun, the running clock will be stopped only for team, official, or injury time outs, and for technical fouls.*

### G. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school basketball teams while they are members of a school basketball team.

### H. JAMBOREE REGULATIONS

1. Time against each opponent cannot exceed six (6) minutes.

2. Total time against all teams during one day cannot exceed thirty (30) minutes.

3. All players must have ten (10) days of practice prior to the day of the jamboree.

4. Each school may participate in only one (1) Jamboree per year, which does not count as a game against the 22-game season limitation.

### I. ENDOWMENT GAMES

ASAA encourages each school's basketball team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game/ is a fund-raiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### J. CONFERENCE TOURNAMENTS

All teams are assigned to conferences (see reference list in back of handbook). Conferences are responsible for setting guidelines for seeding into their respective season ending conference tournaments. This includes whether conference participation is required for entrance into the state qualifying tournament. Schools hosting their conference tournaments are responsible for notifying ASAA of their qualifying teams in a timely manner.

### K. MARCH MADNESS - 2012

1. DATES  
1A & 2A Classifications – March 12th – 14th, 2012  
3A & 4A Classifications – March 15th – 17th, 2012
2. SITE  
Sullivan Arena

# BASKETBALL continued

## 3. STATE TOURNAMENT FORMAT

### a. Number Of Teams

Each Classification (1A, 2A, 3A, 4A) conducts an eight (8) team tournament for both boys and girls at a common site (i.e. 16 teams for each classification, or 64 teams total for all classifications).

### b. Type of Elimination

All the tournaments are single elimination with the first day winners competing in the "championship bracket" and the first day losing teams competing in the "consolation bracket." Second day losing teams in the "consolation bracket" are eliminated and do not play for 7th and 8th place.

## 4. STATE TOURNAMENT IMPORTANT DATES

- Following items are due by 12:00pm Sunday, March 4th, 2012
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Team Season Record Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, March 6th, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

## 5. AWARDS

- First and second place team trophies for both boys and girls in each classification.
- Twelve (12) individual medallions for each of the first and second place team members in each classification. One (1) medallion each will be awarded for a team manager and the head coach.
- ACADEMIC AWARD for highest team GPA for both boys and girls in each classification.
- SPORTSMANSHIP AWARD for both boys and girls in each classification.
- GOOD SPORT TEAM — Two (2) selections from each team for both boys and girls in each classification are recognized for outstanding citizenship and sportsmanship demonstrated during the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each member of the GOOD SPORT TEAM.

f. ALL TOURNAMENT TEAM — Ten (10) selections each for both boys and girls in each classification. Medallions are awarded to each team member.

g. SKILLS CONTEST — Winners of a 3-point Shooting contest and a Team Ball contest will receive awards.

## 6. TOURNAMENT BRACKETING

### **1A, 2A, 3A CLASSIFICATIONS**

- Brackets will rotate annually allowing for different conference opponents in the first round.
- Brackets will have the #1 and #2 representatives from the same conference on opposite sides of the bracket.
- Boys and girls tournaments in each classification will alternate every other year regarding which tournament plays the first morning games (8:00 am & 9:40 am) on the first day. For semi-finals and finals, girls play the early game and boys play the late game.

### **4A CLASSIFICATION**

#### Berths to State

Cook Inlet Conference = 2 Berths  
Northern Lights Conference = 2 Berths  
Mid Alaska Conference = 1 Berth  
Southeast Conference = 1 Berth  
WPI At Large = 2 Berths

4A tournament brackets are seeded by the WPI (Winning Percentage Index) system. Details regarding the WPI are available on the basketball page of the asaa.org website by clicking on "WPI Results"

### **3A CLASSIFICATION**

#### Berths to State

Southcentral Conference = 2 berths  
Aurora Conference = 2 berths  
Southeast Conference = 2 berths  
Western Conference = 2 berths

### THREE (3) YEAR PLAN FOR SEEDING

#### State Tournament Bracketing Rotation

Note: Session schedules may be adjusted on the first day.

# BASKETBALL continued

## **2011-12**

Southeast #1 vs. Western #2  
 Aurora #1 vs. Southcentral #2  
 Western #1 vs. Southeast #2  
 Southcentral #1 vs. Aurora #2

## **2012-13**

Southcentral #1 vs. Western #2  
 Southeast #1 vs. Aurora #2  
 Aurora #1 vs. Southeast #2  
 Western #1 vs. Southcentral #2

## **2013-14**

Aurora #1 vs. Western #2  
 Southcentral #1 vs. Southeast #2  
 Southeast #1 vs. Southcentral #2  
 Western #1 vs. Aurora #2

## **2A CLASSIFICATION FOUR (4) YEAR PLAN FOR SEEDING**

State Tournament Bracketing Rotation  
*NOTE: session schedules may be adjusted on the first day*

## **2011-12**

Central Interior #1 vs. Peninsula #2  
 Great Northwest #1 vs. Southeast #2  
 Southeast #1 vs. Yukon/Kuskokwim #1  
 Peninsula #1 vs. Great Northwest #2

## **2012-13**

Peninsula #1 vs. Southeast #2  
 Great Northwest #1 vs. Peninsula #2  
 Southeast #1 vs. Great Northwest #2  
 Central Interior #1 vs. Yukon/Kuskokwim #1

## **2013-14**

Southeast #1 vs. Yukon/Kuskokwim #1  
 Peninsula #1 vs. Great Northwest #2  
 Great Northwest #1 vs. Peninsula #2  
 Central Interior #1 vs. Southeast #2

## **2014-15**

Great Northwest #1 vs. Southeast #2  
 Peninsula #1 vs. Yukon/Kuskokwim #1  
 Central Interior #1 vs. Great Northwest #2  
 Southeast #1 vs. Peninsula #2

## **1A CLASSIFICATION SEVEN (7) YEAR PLAN FOR SEEDING**

State Tournament Bracketing Rotation  
*NOTE: session schedules may be adjusted on the first day*

## **2011-12**

Alaska Coastal vs. Arctic Circle  
 Kobuk Valley vs. Bering Sea  
 Golden Heart vs. Yukon Delta  
 Greater Kuskokwim vs. Aleutian Chain

## **2012-13**

Yukon Delta vs. Arctic Circle  
 Aleutian Chain vs. Bering Sea  
 Greater Kuskokwim vs. Kobuk Valley  
 Golden Heart vs. Alaska Coastal

## **2013-14**

Golden Heart vs. Bering Sea  
 Kobuk Valley vs. Yukon Delta  
 Golden Heart vs. Bering Sea  
 Greater Kuskokwim vs. Arctic Circle

## **2014-15**

Golden Heart vs. Aleutian Chain  
 Greater Kuskokwim vs. Yukon Delta  
 Alaska Coastal vs. Bering Sea  
 Kobuk Valley vs. Arctic Circle

## **2015-16**

Kobuk Valley vs. Aleutian Chain  
 Golden Heart vs. Arctic Circle  
 Greater Kuskokwim vs. Alaska Coastal  
 Yukon Delta vs. Bering Sea

## **2016-17**

Aleutian Chain vs. Yukon Delta  
 Bering Sea vs. Arctic Circle  
 Golden Heart vs. Greater Kuskokwim  
 Alaska Coastal vs. Kobuk Valley

## **2017-18**

Greater Kuskokwim vs. Bering Sea  
 Golden Heart vs. Kobuk Valley  
 Alaska Coastal vs. Yukon Delta  
 Aleutian Chain vs. Arctic Circle

# inspiration in *action*



## Leading Alaska's active teens

At Providence, we believe that active teens become active adults – living happy, healthy lives. Kikkan Randall agrees. She grew up running, skiing and hiking around Alaska. Today, she's America's Olympic cross-country skiing star.

Providence supports Alaska's teens and role models like Kikkan Randall by providing programs and services that encourage healthy lifestyles for all Alaskans.

Providence – you have our word.



[www.providence.org/alaska](http://www.providence.org/alaska)

## **Kikkan Randall**

Two-time Olympian, cross-country skiing

# CHEERLEADING/SPIRIT SQUAD

## (GIRLS AND CO-ED • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

#### Football Cheerleading

First Date of Season: August 1st, 2011

Last Regular Season Contest Small/Medium Schools:  
October 15th, 2011

Last Regular Season Contest Large Schools:  
October 22nd, 2011

#### Hockey Cheerleading

First Date of Season: October 17th, 2011

Last Regular Season Contest: February 11th, 2012

#### Basketball Cheerleading

First Day of Season: November 28, 2011

Last Regular Season Contest Date: March 17, 2012

#### Competitive Cheerleading:

Season TBD

### B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of cheering.

### C. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cheerleading teams while they are members of a school cheerleading team.

### D. RULES

1. All cheer squads must adhere to the National Federation of High Schools Spirit Rules. The National Federation Spirit Rules Book can be purchased through the ASAA office – 907-563-3723 or order online at [www.asaa.org](http://www.asaa.org)
2. All cheer squads planning to travel “out-of-State” to other competitions must agree to participate in the ASAA 2012 March Madness Alaska State Cheerleading Competition. Acknowledgement can be found on the Out-of-State travel request form (see forms section in the ASAA Handbook).

### E. CHEERLEADING GUIDELINES FOR ALL STATE CHAMPIONSHIP GAMES

1. All cheer squads cheering during the tournament games are expected to perform their duties as cheerleaders to support their team and promote good sportsmanship. These duties include cheering on their team’s designated sideline, performing at half-time and encouraging positive crowd support.
2. Squads are expected to abide by the National High School (NFHS) Spirit Rules book.
3. The use of positive, spirit-raising signs are allowed and encouraged. All signs hung in the Sullivan Arena for basketball must be taken

down at the end of each game.

4. Under NFHS rules, mascots are considered to be part of the spirit team of a school. All mascots participating at any state championships events must meet ASAA eligibility requirements.

### F. CHEERLEADING GUIDELINES FOR BASKETBALL STATE CHAMPIONSHIP GAMES

1. The Board of Directors has limited the size of the basketball cheerleading squads to 12 (plus a mascot), while they are cheering on the sidelines during a game, due to safety concerns.
2. At each game, a Cheerleader of the Game will be named for each team. Comparable to the basketball Player of the Game, a sideline cheerleader who has shown the highest qualities of sideline cheerleading on his or her squad during the basketball contest will be recognized at the end of the game. Judging will be based on spirit, leadership, knowledge of the game, motion technique, jumps, dance and tumbling abilities, showmanship, and overall presentation.

All cheerleaders, cheering on the sideline, are eligible for recognition. Please review scoring and selection process in the NEW 2011-2012 Spirit Coaches Handbook.

Performance at the State Cheerleading Competition will not be considered in the scoring process

Cheerleaders are expected to positively represent their schools at all times during the State tournament. Consequently, judges will observe cheerleaders during their entire time at the Sullivan Arena, not only during their respective games. Negative behavior on any level, on or off the floor, may impact a cheerleader’s chance of being named for either honor.

3. Technical judges will observe the squads throughout the whole tournament. If a team violates rules found in the NFHS Spirit Rules Book, the technical judge will write out the violation and review it with the coach. The Technical judge and coach will sign the violation form. If the squad continues to violate the same rule, the squad will be required to sit out the remaining time of the game, or the next game (as determined by the technical judge).
4. All basketball sideline cheer squads will be

# CHEERLEADING/SPIRIT SQUAD continued

required to perform a half-time routine during each of their games. If a squad chooses not to perform during any of the half-times of their games, the squad will be required to return their passes for entrance into the March Madness Alaska games to ASAA. The squad will be required to pay for admission to any games remaining in the tournament; with no admittance to the sideline for cheering.

5. All half-time performances during the games will be limited to one (1) minute. (This includes the entrance and exit off of the floor).
6. Coaches Meeting: Cheer coaches must attend the Cheer Coaches meeting. Time and place will be announced in the memo located on the ASAA website/cheerleading page.
7. Coaches Certification: All cheer coaches must have completed the NFHS Coach education certification program (or an equivalent certification program), offered through the NFHS website: [www.nfhslearn.com](http://www.nfhslearn.com) or have an application on file in the ASAA office for an extension.

## G. 2012 MARCH MADNESS STATE CHEERLEADING COMPETITION

1. The 2012 March Madness State Cheerleading Competition is an open invitation competition for all high school cheer squads throughout the state of Alaska.
2. Cheer Squad Divisions will be determined at a later date.
3. Floor: The competition will be performed on a regulation competition floor, measuring 42-by-54 feet. No team may perform off of the competition floor.
4. Mascots: Mascots may be used. Please refer to the National Federation Spirit Rules Book for guidelines in the use of mascots.
5. Routine: Competition routine may consist of cheers, chants, dance, jumps and stunting/tumbling.
6. Time Limit: Two minutes and 30 seconds (2 1/2 minutes).
7. Music: Music portion must not exceed 1 minute and 30 seconds (1-1/2 minutes).

Please bring a CD or Ipod and a backup of your music cued to the beginning. All music must be clearly labeled. Your music must run continuously. There must not be any other music on your CD

or Ipod other than that particular squad/mascot/individual/ stunt group performing.

You must submit a separate CD or Ipod for each squad /individual/ mascot/stunt group you have competing. Our technician will test your music for volume as well as start and stop your music during performance. If you have a break between your music for cheer, then continue with more music; make sure that the running time is long enough in between, or you may choose to start and stop your music. All music must be family friendly and appropriate for all ages.

8. Spotters: Team members used only as spotters are considered as part of the team.
9. Rules: National Federation Spirit Rules will be followed.
10. Point Deductions: Please refer to the ASAA Spirit Handbook.
11. Judging: A panel of certified judges which may consist of a Technical Judge and Point Deduction Judge will be used. Check the Spirit Coaches Handbook for specific details.
12. Awards: Please refer to the ASAA Spirit Handbook.
13. Coaches Meeting: Coaches **MUST** attend the Coaches Meeting. Time and place will be announced in the memo located on the ASAA website.
14. Coaches Certification: All coaches must have completed the NFHS Coach Education certification program (or an equivalent certification program), offered through the NFHS website: [www.nfhslearn.com](http://www.nfhslearn.com), or have an application on file in the ASAA office for an extension.

# CROSS COUNTRY RUNNING

## (GIRLS AND BOYS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: August 1st, 2011  
Last Regular Season Contest: September 24th, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross-country running teams while they are members of a school cross country running team.

### F. RULES

National Federation

### G. REGIONAL MEETS

Regions determine state tournament representatives based on regional meets. Qualifying standards and meet administration shall be the responsibility of each region.

### H. STATE CHAMPIONSHIPS

1. DATE: October 1st, 2011
2. SITE: Bartlett High School Running Trails
3. FORMAT:  
Separate meets are conducted for the combined classifications of 1A, 2A, 3A and the 4A classification.  
  
Even year schedule:  
1A-2A-3A Girls, 4A Girls,  
1A-2A-3A Boys, 4A Boys  
  
Odd year schedule:  
1A-2A-3A Boys, 4A Boys  
1A-2A-3A Girls, 4A Girls,
4. COURSE LENGTH  
The course length of both boys and girls for all classifications is five (5) K.

### 5. QUALIFICATIONS TO STATE

- a. 1A-2A-3A Berths

#### REGION 1

- **North** — The top team (7 members) and any runner in the top top fifteen (15) not on championship team.
- **South** — The top team (7 members) and any runner in the top top fifteen (15) not on championship team.

#### REGION 2

- Top two (2) teams (7 members each) and any runner in the top ten (10) not on the two qualifying teams.

#### REGION 3

- Top three (3) teams (7 members each) and any runner in the top fifteen (15) not on the three qualifying teams.

#### REGION 5

- Top three (3) teams (7 members each) and any runner in the top top fifteen (15) not on the two qualifying teams.

#### REGION 6

- Top team (7 members) and any runner in the top ten (10) not on championship team.

Any student enrolled full time in a member statewide correspondence program classified as 1A, 2A, or 3A may qualify for the state tournament by placing in the top 10 in this classification at a regional tournament in Regions 2 or 6. If competing in the Regions 1, 3 or 5, the student must place in the top 15. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

- b. 4A Berths

#### REGION 3

- Top four (4) teams (7 members each) and any runner in the top fifteen (15) not on the four (4) qualifying teams

#### REGION 4

- Top four (4) teams (7 members each) and any runner in the top fifteen (15) not on the

# CROSS COUNTRY RUNNING continued

four qualifying teams.

## REGION 5

- Top team (7 members each) and any runner in the top ten (10) not on the one qualifying team.

## REGION 6

- Top two (2) teams (7 members each) and any runner in the top ten not on the two qualifying teams.

Any student enrolled full time in a member statewide correspondence program classified as 4A may qualify for state tournament by placing in the top 10 in this classification at a regional tournament in Regions 5 or 6; or if competing in the Region 3 or Region 4 tournament, must place in the top 15. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

## 6. STATE TOURNAMENT IMPORTANT DATES

- Following items are due by 12:00pm Sunday, September 25th, 2011
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Good Sport Nomination Online Form (need 5 per gender to qualify)
- Following items are due by 12:00pm Tuesday, September 27th, 2011
  - Code of Conduct Online Form
  - Academic Award Online Form (need 5 per gender to qualify)

## 7. SUBSTITUTIONS

Schools will have until 5:00pm Tuesday of the state tournament week to submit the names of seven team members and two alternates. Schools will then have until 5:00pm on the Thursday before the race to notify ASAA if either of the alternates will run in the race in place of any of the 7 named runners. Alternates will not be eligible to run after this Thursday deadline. This will allow teams to substitute alternates for the sick or injured.

## 8. AWARDS

- a. First and second place team trophies for both boys and girls in each classification.

- b. Individual medallions for first ten (10) finishers for both boys and girls in each classification.
- c. Seven (7) Individual medallions for first and second place team members in each classification.
- d. GOOD SPORT TEAM — one selection from each team of 5-7 students for both boys and girls in each classification is recognized for citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each member of the GOOD SPORT TEAM.
- e. ACADEMIC AWARD for highest team GPA for both boys and girls in each classification. *(Teams must have a minimum of five (5) members of same gender to be eligible for academic award)*

# DRAMA, DEBATE & FORENSICS

## (ALL CLASSIFICATIONS)

### A. SEASON 2011-12

Seasonal activity without limitation. Each school should have a complete manual of regulations before participating. (See separate DDF Handbook.)

### B. CODE OF ETHICS

The Alaska Debate, Forensics and Drama tournament is designed to promote intellectual growth through friendly competition and positive educational experiences and opportunities.

The goal for each participant is to learn, to grow, to exercise and share skills and abilities in a courteous, polished manner.

All participants and observers are expected to observe the general principles and concepts of:

1. Ethical Behavior
2. Appropriate demeanor
3. Proper decorum
4. Honest and original best efforts
5. Free interchange of ideas

The goals of competitive academic debating are:

1. To train students in analysis, reasoning, research, and evaluation in techniques of mental discipline, evidence evaluation, case construction, persuasive speaking and investigation of controversial, significant public issues.
2. To promote independent thinking, intellectual honesty and individuality.
3. To develop an appreciation of the basic mechanism of democracy. The aims and responsibilities of a debate coach are to guide the intellectual development of the debaters, to promote and provide opportunities for them to develop their skills; to engender good sportsmanship, fair play and individual integrity. The coach is not a speech writer, a researcher, nor a case planner. The coach is primarily an educator and an administrator.

The following practices are considered unethical and pedagogically unsound and are not condoned:

- Using canned material in extemporaneous speaking.

- Writing cases, speeches and introductions by anyone other than the student participating.
- Using emotional appeals without the evidence to support them.
- Diverting attention from weakness in argument by unsupported attacks on the opponent.
- Breaching normal courtesy by heckling, grimacing or loud whispering while the opponent is speaking or performing.
- No single source may be used by a student more than once during his/her high school career.

### C. SELECTION OF MATERIALS

In the selection of materials for DDF competitions, coaches are responsible for selecting or guiding the selection of materials, speech topics, and language that are appropriate for high school students. The coach recognizes that different audiences have different standards for acceptability.

### D. PROTESTS AND APPEALS

Schools protesting a decision of a judge or any other tournament related matter may present their protest to the tournament director. If unsatisfied with the tournament director's decision the school or coach may appeal to the tournament committee. The tournament committee consists of the host school administrator and two (2) other visiting administrators, approved by the Executive Director, to resolve disputes. A school or coach may appeal a decision of the tournament committee by presenting their case to the Executive Director.

### E. STATE COMPETITION

1. DATE: TBA
2. SITE: TBA
3. CATEGORIES
  - a. Policy Debate
  - b. Lincoln-Douglas Debate
  - c. Public Forum Debate
  - d. Original Oration
  - e. Extemporaneous Speaking  
— Foreign and Domestic

# DRAMA, DEBATE & FORENSICS continued

- f. Dramatic Interpretation
- g. Duo Interpretation
- h. Humorous Interpretation
- i. Expository Speaking
- j. Duet Acting
- k. Solo Acting
- l. Pantomime
- m. Reader's Theatre
- n. Extemporaneous Commentary

These events will be judged by for first, second, third, and fourth place awards.

#### 4. PARTICIPATION FEE

\$10.00 per participant. Schools will be invoiced after the event.

#### 5. ELIGIBILITY

- a. Participants must meet all ASAA eligibility requirements. Participants names must be included on the Master Eligibility list sent to the Association.
- b. A physical exam is not required.
- c. No school shall enter more than the ASAA designated number of teams or individual(s) per event in the state tournament. Students may enter 1-3 events. Students must be qualified in every event they enter.

All schools have a maximum entry limit of 15 students. Each school may have three entrants per category, and six total in Debate, except Readers' Theatre and Extemporaneous categories, which are limited to two entries.

- d. Drama students competing must have received ratings of superior and/or excellent in at least two competitions, or be one of the top three competitors for their school in at least two competitions.
- e. Debate and forensics competitors must be within the top three finishers for their school in at least two competitions.
- f. All students must be qualified in every event they enter. Coaches may not place a student in an event.

- g. All state, region, and district rules on academic eligibility also apply.
- h. Videotape and teleconference meets count as competitions for qualification purposes.

#### 6. DEBATE TOPIC

The debate topic shall be the national topic.

#### 7. AWARDS

- a. First and second place sweepstakes trophies in both 4A and 1A, 2A, 3A classifications.
- b. First place awards in Debate, Drama and Forensics in both classifications.
- c. Individual medallions for first through fourth place in each event (combined classifications).
- d. **ACADEMIC AWARD** for highest team GPA in both classifications. *(Teams must have at least ten (10) members to the eligible)*
- e. A school sportsmanship award will be presented for both the 4A and 1A-2A-3A Classifications.

# FOOTBALL

## (BOYS 11-MAN AND 8-MAN • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: August 1st, 2011  
Last Regular Season Contest: October 1st, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. GAME LIMITATIONS

A maximum of eight (8) games exclusive of a playoff system adopted by the ASAA Board of Directors.

Each conference will set its own schedule and will adopt the system it will use to determine the teams that will advance to the playoffs.

### E. INDIVIDUAL PARTICIPATION LIMITATION

Upon a conference's request to the Executive Director, a school may have its players participate in six (6) quarters of play per week, except that a kicking specialist may participate in up to eight quarters per week, providing that in four (4) quarters the player does no more than kick.

### F. RULES

National Federation Rules apply for 8-player and 11-player football programs.

State Adopted Rules. ASAA adopted a Mercy Rule for football in May 2006. It states the following:

*A running clock will be utilized when there is a point spread of 35 points or more at the end of the third quarter or thereafter. Once begun, the running clock will be stopped only for team, official or injury time outs, and after each score.*

### G. CONFERENCES

Football playing schools are organized within ASAA into conferences:

#### 1. 11 Player Football Teams

##### LARGE SCHOOL CONFERENCES

(enrollment 801 and larger)

- **COOK INLET** - Bartlett, Chugiak, Dimond, Eagle River, East Anchorage, Service, South Anchorage, and West Anchorage
- **RAILBELT** - Colony, Juneau-Douglas, Lathrop, North Pole, Palmer, Wasilla, and West Valley

##### MEDIUM SCHOOL CONFERENCES

(enrollment 326-800)

- **NORTHERN LIGHTS** - Homer, Houston, Kenai, Kodiak, Skyview, and Soldotna
- **SOUTHEAST** - Ketchikan, Sitka, and Thunder Mountain

##### SMALL SCHOOL CONFERENCE

(enrollment 325 and smaller)

- **GREATLAND** - Barrow, Ben Eielson, Delta Junction, Monroe Catholic, Nikiski, Seward, and Valdez.

### 2. 8 Player Football Teams

This is a classification for schools with enrollments under 150. Two independent teams (Voznesenka and Point Hope) competed last year.

### H. STATE CHAMPIONSHIP PLAYOFF FORMAT

#### 1. 11 PLAYER TEAMS - LARGE SCHOOLS

- Cook Inlet: 4 berths
- Railbelt: 4 berths

##### **Quarter Finals**

Game 1: Cook Inlet #1 vs. Railbelt #4

Game 2: Railbelt #2 vs. Cook Inlet #3

Game 3: Railbelt #1 vs. Cook Inlet #4

Game 4: Cook Inlet #2 vs. Railbelt #3

##### **Semi-Finals**

Winner of Game #1 vs. Winner of Game #2

Winner of Game #3 vs. Winner of Game #4

##### **Championship**

Winners Play

#### 11 Player Teams - MEDIUM SCHOOLS

- Northern Lights Conference: 3 Berths
- Southeast Conference: 1 Berth

##### **Semi-Finals** at the Higher seed site

Northern Lights #1 vs. Northern Lights #3

Southeast #1 vs. Northern Lights #2

##### **Championship**

Winners of both games play in Medium Schools Championship

#### 11 Player Teams - SMALL SCHOOLS

- Greatland Conference: 4 Berths

##### **Semi-Finals** at the Higher seed site

Greatland #1 vs. Greatland #4

Greatland #2 vs. Greatland #3

##### **Championship**

Winners of both games play in Small Schools Championship

# FOOTBALL continued

## 2. 8 PLAYER TEAMS

There is no state playoff system or championship for 8 player teams at this time because it is an emerging sport and does not meet the criteria for holding a state championship.

## I. **FIRST NATIONAL BOWL - 2011**

### **FIRST NATIONAL BOWL IMPORTANT DATES**

- Following items are due by 12:00pm Sunday, October 2nd, 2011
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Team Season Record Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, October 4th, 2011
  - Code of Conduct Online Form
  - Academic Award Online Form

### **LARGE SCHOOLS**

**QUARTERFINALS:** Schools qualifying for quarter-finals will schedule games on the dates adopted by ASAA. Games will be played at the site of the higher seed of each conference. The host team will coordinate the game time with the visiting team. Gate receipts after expenses will be divided evenly between the two teams playing in each game. Teams having to travel by air will operate under the same airfare agreement that exists in the regular season conference bylaws.

**SEMI-FINALS:** Games will be scheduled by ASAA for the dates of October 14th & 15th, 2011 held at Chugiak High School

**FINALS:** Game will be scheduled by ASAA for the date of October 22nd, 2011 held at Chugiak High School

### **MEDIUM & SMALL SCHOOLS**

**Semi-Finals:** Games will be scheduled for October 7th/8th, 2011 at the higher seed site. The Medium Schools also agreed for 2011-12 only, that if the school hosting the semi-final game is required to pay airfare for the visiting team, the host gets to keep the entire gate, if not, the gate will be evenly split between the teams after expenses are covered. The number one seed in the Southeast Conference will provide up to 20 tickets to the visiting Northern Lights Conference team or no more than 2/3 of up to a total of 30 tickets.

**Finals:** Games will be scheduled by ASAA for the date of October 15th, 2011 held at Chugiak High School

## **AWARDS**

### **LARGE SCHOOLS**

- First National Bowl traveling trophy.
- First and second place team trophies.
- Forty-eight (48) individual medallions for each first and second place team members in the championship game. One (1) medallion for a team manager and one (1) for a coach of each team in the championship.
- ASAA SPORTSMANSHIP AWARD for a team in the semi-finals and/or finals.
- ACADEMIC AWARD for highest team GPA (All teams participating in playoffs beginning with the semi-finals).
- GOOD SPORT TEAM - Two (2) selections from each team, beginning with the semi-final playoffs, are recognized for citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.
- ALL-DEFENSIVE TEAM - Eleven (11) medallions are awarded for outstanding defensive play. Only semi-final and championship game play is considered.
- ALL-OFFENSIVE TEAM - Eleven (11) medallions are awarded for outstanding offensive play. Only semi-final and championship game play is considered.
- OUTSTANDING KICKER - One (1) medallion will be awarded to the outstanding kicker. Only semi-final and championship game play is considered.

### **MEDIUM AND SMALL SCHOOLS**

- First National Bowl traveling trophy.
- First and second place team trophies.
- Thirty (30) individual medallions for each first and second place team members in the championship game. One (1) medallion for a team manager and one (1) for a coach of each team in the championship.
- ASAA INDIVIDUAL SPORTSMANSHIP AWARD for one player during the championship game.
- ACADEMIC AWARD for highest team GPA (All teams participating in playoffs beginning with the semi-finals).
- GOOD SPORT TEAM - Two (2) selections from each team, beginning with the semi-final playoffs, are recognized for citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.
- Seven (7) Championship Game Outstanding Player Medals

# HOCKEY

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: October 17th, 2011  
Last Regular Season Contest: February 4th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. GAME LIMITATIONS

A maximum of twenty-two (22) games exclusive of regional playoff and state tournament games.

### E. CONFERENCES

All teams are assigned to conferences:

#### 4A Conferences

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West
- **Northstar Conference:** Colony, Homer, Kenai, Palmer, Soldotna, Wasilla
- **Mid Alaska Conference:** Lathrop, North Pole, West Valley, Houston, Juneau-Douglas

#### 1A-2A-3A Conferences

- **Greatland Conference:** Delta, Kenny Lake, Glennallen, Hutchison, Monroe Catholic, Su Valley, Tok, Tri-Valley

Conferences are responsible for setting guidelines for seeding into their respective season-ending conference tournaments. This includes whether conference participation is required for entrance into the state-qualifying tournament. Schools hosting a conference tournament are responsible for notifying ASAA of resulting qualifying teams in a timely manner.

### F. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA prohibits students, who are members of a high school team, from competing as a member of a non-school comp. or junior hockey team beginning with the first day of high school practice until a school team has completed its season. The prohibition on competing on a non-school team will be lifted during Thanksgiving and Christmas vacations dates as they are determined by schools and districts. Although this rule does not restrict practice on a non-school team during the high school season, no student may participate in a high school game on a day in which he/she has participated in a "comp" practice. (See item 12 of supplemental rules regarding penalty)

### G. INDIVIDUAL PARTICIPATION LIMITATION

A player may participate in six (6) periods of play per day or two games and there must be a two (2) hour time lapse between the time the athlete played in the first game and the time he/she plays in the second game.

### H. RULES

National Federation rules and state adopted supplemental rules (as outlined in this section) shall be followed.

In addition, ASAA adopted a Mercy Rule for hockey in May 2006. It states the following:

*A running clock will be utilized when there is a point spread of 10 goals or more at the end of the second period or thereafter. Once begun, the running clock will be stopped only for team, official or injury time outs.*

### I. ENDOWMENT GAMES

ASAA encourages each school's hockey team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game is a fundraiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### J. JAMBOREE

All players must have ten (10) separate days of practice prior to the day of the jamboree. Time against all teams during one day cannot exceed forty-eight (48) minute and time against each team cannot exceed twelve (12) minutes. Each team may play in no more than one jamboree each season. Jamborees do not count against the twenty-two (22) game limit.

### K. FIRST NATIONAL CUP - 2012

1. DATE: February 9-10-11, 2012

# HOCKEY continued

2. SITE: Wasilla Sports Complex
3. STATE TOURNAMENT FORMAT
  - a. 4A Tournament Berths
    - Northstar Conference - 2 Berths
    - Cook Inlet Conference - 4 Berths
    - Mid Alaska Conference - 2 Berths
  - b. Greatland Tournament
    - Top four (4) teams in conference standings.
  - c. Type Elimination
    - The tournament is a single elimination with the first day winners competing in the "winners bracket" and the first day losing teams competing in the "consolation bracket." Teams losing two games are eliminated from the tournament.
  - d. 4A Bracketing

## **EVEN YEARS**

Mid Alaska #1	vs.	Cook Inlet #4
Cook Inlet #1	vs.	North Star #2
Cook Inlet #2	vs.	Mid Alaska #2
North Star #1	vs.	Cook Inlet #3

## **ODD YEARS**

Cook Inlet #1	vs.	Mid Alaska #2
North Star #1	vs.	Cook Inlet #4
Mid Alaska #1	vs.	Cook Inlet #3
Cook Inlet #2	vs.	North Star #2

- e. Greatland Bracketing
  - Greatland #1 vs. Greatland # 4
  - Greatland #2 vs. Greatland # 3
4. FIRST NATIONAL CUP IMPORTANT DATES
  - Following items are due by 12:00pm Sunday, February 5th, 2012
    - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
    - Team Roster Online Form
    - Team Season Record Online Form
    - Good Sport Nomination Online Form
  - Following items are due by 12:00pm Tuesday, February 7th, 2012
    - Code of Conduct Online Form
    - Academic Award Online Form
5. AWARDS
  - a. First National Cup traveling trophy
  - b. First and second place team trophies in both tournaments.
  - c. Twenty (20) individual medallions for each of the first and second place team members in both tournaments. One (1) medallion will

be awarded for a team manager and one (1) medallion will be awarded for a coach in both tournaments.

- d. ALL TOURNAMENT TEAM - 12 medallions will be awarded for outstanding tournament play in 4A and eight (8) medallions will be awarded for outstanding tournament play in Greatland.
- e. GOOD SPORT TEAM - two (2) players from each team will be honored for outstanding citizenship and sportsmanship demonstrated throughout the whole season, in both tournaments.
- f. ASAA SPORTSMANSHIP AWARD
- g. ACADEMIC AWARD for highest team GPA earned during the previous semester.
- h. SKILLS CONTEST - Winners of contest involving speed skating, shooting and goal tending skills will receive awards.

## **ASAA Supplemental Hockey Rules**

### **Points of Emphasis**

Developing citizenship should be the primary goal of interscholastic athletic and activity programs. While hockey is a sport that fosters a high level of emotion combined with speed and hard hitting, we must all strive to sponsor interscholastic programs that emphasize the highest level of sportsmanship that will reflect positively on the school, community and the sport.

In order to address the overriding goal of good sportsmanship and to assure all players are treated equally in situations that might warrant discipline supplemental to that afforded by National Federation rules, additional guidelines are needed. To that end, the following supplemental rules have been adopted by the ASAA Board of Directors.

### **Supplemental Rules**

It is the intent of these supplements to the National Federation rules that suspensions will be served beginning with the next scheduled game at the level at which the violation occurred and that no suspended player is allowed to return to play until the suspension has been served.

School administrators should address repeated violations of poor sportsmanship at the school level. Whenever a player appears before the school administration, the coach is expected to accompany him/her.

1. A player receiving five (5) penalties in any one game will receive the following penalty:

# HOCKEY continued

- first offense — removed for remainder of that game and for the next game and hold administrative review.
  - second offense — removed for remainder of that game and for the next two (2) games.
  - third offense — removed for the remainder of that game, and for the next three (3) games and a review before the school administration, before returning to play.
2. The school of a team receiving a total of fifteen (15) penalties in any one game will receive the following penalty:
    - first offense during season - \$250 fine
    - second offense during a season - \$500 fine
    - third offense during a season - \$1,500 fine
  3. A player receiving a major penalty in the third period of a game will be removed for the remainder of that game and for the next game.
  4. A player receiving two (2) major penalties in any one (1) game will receive a game disqualification to be served at the next scheduled game.
  5. A player receiving a second game misconduct in a season will receive a one (1) game suspension to be served at the next scheduled game. An administrative review will be held.
    - A player receiving a third game misconduct in a season will receive a two (2) game suspension and will be required to attend a review before the school administration where further disciplinary measures will be determined, before returning to play.
  6. Game disqualification penalties are cumulative.
    - first disqualification in a season results in a one (1) game suspension, and an administrative review is held.
    - second disqualification in a season results in a three (3) game suspension.
    - third disqualification in a season results in a five (5) game suspension and a review before the school administration. Based on the results of its findings, the administration may suspend the offending player for the remainder of the season.
  7. A coach who receives a game misconduct will receive a one (1) game suspension to be served at the next scheduled game. An administrative review will be held.
    - A coach who receives a second game misconduct will receive a three (3) game suspension to be served at the next three (3) scheduled games.
    - A coach who receives a third game misconduct will receive a five (5) game suspension. *The employing school district should conduct an investigation into the coach's conduct.*
  8. When a player is penalized with a game misconduct, game disqualification or any other suspension in the last contest of the season, the school is advised of the incident and asked to take appropriate disciplinary action.
  9. ASAA provides a reporting form requiring game officials to report any major penalties, game misconduct, game disqualification or suspensions and the circumstances involved. At the end of the game, the game official is required to present the completed form to the officially designated school administrator who was present at the contest, and within twenty-four (24) hours, to the supervisor of officials.

Schools are required to send a copy of the report to the ASAA office as soon as possible. Contest officials must also report the penalties to the ASAA office within twenty-four (24) hours.
  10. Fighting in interscholastic activities is a serious offense. Since interscholastic activities are an extension of the school, schools should hold their students to the same behavior standards during interscholastic competition as they do at school.
  11. Each hockey playing school is required to keep a record of penalties requiring suspension and/or supplemental discipline. The record must be submitted to the tournament director before a school is permitted to participate in the state tournament. It is the school's responsibility to ensure that a player or coach who is suspended does not. . . . participate.
  12. A student who dual-participates in violation of the non-school participation rule (see Item E) is considered ineligible for the remainder of the season and the school is subject to penalty under Article 12, Section 1 if the school or a member of its coaching staff knowingly permitted the student to play in a high school game after violating the dual participation rule.
  13. Each school should have a mandatory meeting with the hockey coaches at the beginning of the season to review rules and sportsmanship expectations.

# HOCKEY continued

## ASAA Adopted Revision to NFHS Rule 2-4b (October 1999)

Rule 2-4b — “allow a warm-up time after the first and subsequent period intermissions. Warm-ups should limit each team to skate in their respective defending zones. Upon hearing a warning buzzer or whistle, each team shall proceed directly to their respective benches.”

## ASAA Adopted Officiating System (May 2004)

Officiating System - The ASAA Board of Directors adopted the 2 referee, one linesman officiating system for state tournaments in May 2004.

## ASAA Adopted Overtime Policy (May 2005)

All regular season games (non-tournament) shall adhere to NFHS Rule 6-38-a.

Following three complete periods of regular play, teams will take a 3 minute intermission, ends will not be changed, and the teams will continue play for a maximum of eight minutes (one overtime period). The team that scores first wins, and the game ends. If neither team scores, the game will be declared a tie. No shootouts are allowed in any regular season game.

For regular season invitational tournaments (not regional tournaments), the host school may provide a tie-breaking procedure. Any tie breaking procedure must be published prior to the beginning of that tournament and all teams must be notified. A shootout may be used as a tie-breaking procedure, but only after a minimum of one overtime period has been played.

All games in Regional and State Tournaments will be played as follows with the exception of the third and fourth place games at State in which no overtime period will be played.

- At end of regulation, one 8-minute overtime period will be played.
- If still tied, the ice will be resurfaced and the teams will play two overtime periods of 8 minutes each with a 3-minute break between periods.
- If still tied, the ice will be resurfaced again and the teams will continue to play in this pattern until a winner is decided.
- The team scoring the first goal is declared the winner.
- No shootouts are allowed in any regional or state tournament games.

## HOCKEY - GIRLS (GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: October 17th, 2011  
Last Regular Season Contest: February 11th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before her first day of competition.

### D. MEET LIMITATIONS

A maximum of twenty-two (22) games exclusive of regional playoff games.

### E. RULES

National Federation rules and state adopted supplemental rules are followed. ASAA Supplemental Rules and ASAA adopted policies are outlined beginning on page 76.

In addition, ASAA adopted a Mercy Rule for hockey in May 2006. It states the following:

*A running clock will be utilized when there is a point spread of 10 goals or more at the end of the second period or thereafter. Once begun, the running clock will be stopped only for team, official or injury time outs.*

### F. CONFERENCES

Girls hockey teams are not currently categorized into conferences. Schools with girls hockey programs have been granted a waiver by ASAA to form co-op teams for a period of five years. Currently, these are the co-op teams:

- Dimond - West Anchorage
- Chugiak - Eagle River
- Service - East Anchorage
- South Anchorage - Bartlett
- Fairbanks Team
- Mat-Su Valley Team

### G. STATE CHAMPIONSHIPS

There is not currently a state championship for girls hockey, because it is an emerging sport in Alaska.

# NORDIC SKIING

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Day of Season: October 31st, 2011  
Last Regular Season Contest: February 18th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. INDIVIDUAL PARTICIPATION LIMITATION

ASAA has no limitations on students participating on non-school cross country ski teams while they are members of a school cross country ski team.

### F. RULES

Ski and Snowboard Association (USSA) and International Ski Federation (FIS) Rules, along with ASAA State adopted rules printed in the Nordic Ski Manual.

### H. STATE CHAMPIONSHIPS

1. DATE: February 23-24-25, 2012
2. SITE: Kincaid Park Anchorage  
Hosted by: ASAA, Dimond, and Nordic Ski Association of Anchorage
3. RACE FORMAT  
The state championships are held over a three (3) day period with one race for boys and girls teams each day. The races include two individual competitions and one relay competition. The style of races (classic or free) will alternate each year. First day races, regardless of style will be longer than the second day races. Girls will start first on freestyle days and boys will start first on classical days.

#### Race Order for Odd Years: (2011)

- Day 1—Individual Classic Race (7.5k boys followed by 5k girls)
- Day 2—Mass Start Freestyle Race (7.5k girls followed by 10k boys)
- Day 3—Team Relays (4x3k girls followed by 4x5k boys)

#### Race Order for Even Years: (2012)

- Day 1—Individual Freestyle Race (5k girls followed by 7.5k boys)
- Day 2—Mass Start Classic Race (10k boys followed by 7.5k girls)
- Day 3—Team Relays (4x3k girls followed by 4x5k boys)

### 4. STATE MEET BERTHS

All ASAA member schools are invited to send

two (2) teams (one boys and one girls) to the state meet. Each team is limited to a maximum of six (6) persons.

### 5. SEEDING PROCEDURE

There will be six (6) seed groups for each individual race. Only one skier per team may be placed in each group. The head coach will assign each skier to a group. The start order for the groups will be in numerical order. (i.e. group #1 will depart first, group #2 second, etc.) *NOTE: The group number does not indicate a skier's ability level. If the coach prefers the best skier to ski last, then that skier should be entered in group #5.*

Once seeding entries are submitted, there will be no changes except in case of injury. Start positions for the mass starts will be determined by the results of the individual races. Start positions for the relay will be assigned based upon the team rankings after the first two days' events of the championships. Mixed teams may not be entered into the relay.

### 6. IMPORTANT DATES

- Following items are due by 12:00pm Sunday, February 19th, 2012
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, February 21st, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

### 7. AWARDS

- a. First and second place team trophies for both boys and girls overall.
- b. First place plaque for highest scoring 2A/3A team for boys and girls.
- c. Individual Medallions for the first ten (10) finishers for both boys and girls in each event overall; for the first three (3) finishers for the boys and girls 2A and 3A teams; one medal for each member (4) of the first and second place relay teams; six (6) individual medallions for the first and second place teams for both divisions.
- d. GOOD SPORT TEAM — one selection from each team of 4-6 students for both boys and girls are recognized for outstanding citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.
- e. ACADEMIC AWARD for highest team GPA for both boys and girls (*Teams must have at least five (5) members to the eligible*).
- f. SKIMEISTER AWARD for boys and girls.
- g. Certificates for All-State Team

# RIFLE

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Fall Season: September 12th, 2011  
Last Regular Fall Season Contest: December 10th, 2011  
First Date of Winter Season: October 31st, 2011  
Last Regular Winter Season Contest: February 11th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. RULES

Regional rules apply. No state rules have been adopted.

### F. CONFERENCES

Rifle teams are not currently categorized into conferences. School who have had rifle programs in the past are:

#### ANCHORAGE

- Bartlett
- Chugiak
- Dimond
- Eagle River
- East Anchorage
- Service
- South Anchorage
- West Anchorage

#### OUTSIDE ANCHORAGE

- Colony
- Delta Junction
- Lathrop
- North Pole
- Palmer
- Tok
- Wasilla
- West Valley

### G. STATE CHAMPIONSHIPS

There is not currently a state championship for rifle.

### H. HEALTH CONSIDERATIONS

Firearm instructors and frequent shooters are inherently at increased risk for lead poisoning from lead dust and fumes generated at firing ranges.

Airborne lead dust in firing ranges is generated by:

- a. Erosion of the bullet base by propellant gases
- b. Friction from the lead bullet against the gun barrel
- c. Exploding lead syphnate primers
- d. Lead bullets fragmenting from hitting the bullet trap, walls, floors or range ceiling.

- e. Improper range-cleaning methods disturbing steeled lead dust
- f. Poor range ventilation found in both indoor and outdoor ranges

#### Health Effects

Lead is typically absorbed by breathing lead dust. After shooting, lead can also be ingested when drinking, eating and/or smoking without hand-washing. During shooting, lead dust can settle on hair and clothing, which can then be carried back to cars and homes — potentially to harm children. Lead absorbed by children under six (6) years of age can cause permanent damage.

Lead is a toxin that affects the brain, nervous system, digestive and reproductive systems, kidneys, and the ability to make blood.

To determine lead exposure, a health professional can take a blood sample for analysis. An elevated blood lead level indicates that lead is building up in the body faster than it can be removed.

The State Environmental Public Health Center for Disease Control recommends that rifle shooters have pre- and post- season lead blood levels drawn each year.

#### Recommendations for firing range shooters who are concerned about lead

- a. Substitute jacketed or ammunition containing lead-free primers and bullets.
- b. Use the shoot range ventilation systems.
- c. Wash hands and face before eating, drinking, and before leaving the range.
- d. Wash and store firing range clothes separately from family clothing.
- e. Ask your physician to order a blood lead test.
- f. Never load bullets or melt lead in an unventilated area inside the home or anywhere children may frequent.

# SOCCER

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: March 5th, 2012  
Last Regular Season Contest: May 19th, 2012

Exception: The Board of Directors has given Region 2 a blanket waiver to play coed soccer in the fall, but they do not compete at a state tournament.

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. GAME LIMITATIONS

A maximum of twenty-two (22) games.

### E. ENDOWMENT GAMES

ASAA encourages each school's soccer team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game is a fundraiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### F. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school soccer teams while they are members of a school soccer team.

### G. RULES

National Federation.  
Regular season games do not have overtimes. ASAA has adopted the NFHS Tie Breaker Procedure for regional and tournament play. Officials will use the NF card system. Any player, coach, or bench personnel shall be ejected for one (1) red card (ejection report required) or disqualified for two (2) yellow cards (no report required) in a single contest. A

player or coach receiving a red card must sit out the next game at that level. A player or coach receiving 2 yellow cards (soft red) does not have to sit out the next game.

### H. CONFERENCES

All teams that are assigned to spring conferences:

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, and West
- **Northern Lights Conference:**  
Northern Division - Colony, Grace, Houston, Palmer, Wasilla  
Southern Division - Homer, Kenai, Nikiski, Seward, Skyview, Soldotna,
- **Southeast Conference:** Juneau, Ketchikan, Sitka, Thunder Mountain
- **Mid Alaska Conference:** Delta, Eielson, Hutchison, Lathrop, Monroe, North Pole, and West Valley
- **Borealis Conference:** Eagle River Christian, Heritage, Mat-Su Christian, Lumen Christi, Nenana, Tri-Valley, Wasilla Lake Christian

Teams assigned to the Borealis Conference play soccer during the fall and do not have a state tournament:

Conferences are responsible for setting guidelines for seeding into their respective season-ending conference tournaments. This includes whether conference participation is required for entrance into the state-qualifying tournament. Schools hosting a conference tournament are responsible for notifying ASAA of resulting qualifying teams in a timely manner.

### I. STATE CHAMPIONSHIPS

1. DATE: May 24-25-26, 2012
2. SITE: Anchorage Fields  
Hosted by: ASAA, Eagle River High School and Anchorage School District.
3. STATE TOURNAMENT FORMAT
  - a. Number of Teams  
Eight (8) team tournament for both boys and girls.

Northern Lights Conference - 3 teams  
Cook Inlet Conference - 3 teams  
Southeast Conference - 1 team  
Mid Alaska Conference - 1 team

# SOCCER continued

## b. Type of Elimination

All the tournaments are single elimination with the first day winners competing in the "Championship bracket" and the first day losing teams competing in the "consolation bracket." Second day losing teams in the "consolation bracket" are eliminated and do not play for 7th and 8th place.

## 4. SEEDING PROCESS

This seeding process was adopted by ASAA in 2003. It has been modified twice—the most recent being 2009, when the coaches requested that the four conference champions receive the top four seeds. The process that will be used is listed below. Coaches are responsible for submitting the results of all games played or checking the posting on the [asaa.org](http://asaa.org) soccer page.

Criteria used for seeding:

- a. Varsity Win-Loss Record  
(3 points win, 1 point tie)
  - Divided by number of games played
  - Multiplied by factor of 10
- b. Strength of Schedule defined as follows:
  - Transcribe opponents overall records into points.
  - Add Points up.
  - Divide by number of games played in season.
- c. Results of Conference Tournament
  - 5 points for first place  
(or if no tournament is held)
  - 3 points for second place
  - 1 point for third place
- d. Head to head Record
  - if tied, less amount of goals scored against will break it.
- e. Record against common opponents during the season.

Then the other four teams will be ranked and seeded.

- f. Overtime Policy: All state tournament games (with the exception of those for third and

fourth place) will follow the NFHS adopted overtime procedure.

## 5. IMPORTANT DATES

- TEAM SCORES AND SCHEDULE NEED TO BE TURNED INTO ISAIAH VREEMAN THROUGHOUT THE SEASON TO HAVE ACCURATE INFORMATION FOR SEEDING PURPOSES.
- Following items are due by 12:00pm Sunday, May 20th, 2012
  - Team Photo turned into Isaiah Vreeman ([isaiah@asaa.org](mailto:isaiah@asaa.org))
  - Team Roster Online Form
  - Team Season Record Information Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, May 22nd, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

## 6. AWARDS

- a. First and second place team trophies for both boys and girls.
- b. Twenty-two (22) individual medallions for first and second place team members. One (1) medallion will be awarded for a team manager and one (1) for a head coach.
- c. ACADEMIC AWARD for highest team GPA for both boys and girls.
- d. SPORTSMANSHIP AWARD for both boys and girls.
- e. GOOD SPORT TEAM - Two selections from each team for both boys and girls are recognized for outstanding citizenship and sportsmanship demonstrated throughout the entire season. GOOD SPORT TEAM T-SHIRTS are awarded to each member of the GOOD SPORT TEAM.
- f. ALL TOURNAMENT TEAM - Fourteen (14) selections each for both boys and girls. Selections are based on overall tournament play, regardless of position. Medallions are awarded to each team member.

# SOFTBALL

## (GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: March 5th, 2012  
Last Regular Season Contest: May 26th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. CONFERENCES

There are two classifications for softball. Schools with enrollments of 850 or greater are in the Large School Classification, and those schools with fewer than 850 students are in the Small School Classification.

#### LARGE SCHOOL CLASSIFICATION

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, and West
- **Railbelt Conference:** Colony, Juneau-Douglas, Lathrop, North Pole, Palmer, Wasilla, and West Valley

#### SMALL SCHOOL CLASSIFICATION

- **Northern Lights Conference:** Homer, Kenai, Kodiak, Skyview and Soldotna
- **Southeast Conference:** Ketchikan, Sitka, Thunder Mountain
- **Mid Alaska Conference:** Cordova, Delta Junction, Eielson, Monroe and Valdez

Conferences are responsible for setting guidelines for qualifying teams to the state tournament.

### E. GAME LIMITATIONS

1. Maximum Contests: Teams are limited to a maximum of 22 games exclusive of conference or state tournaments.
2. Jamborees: A softball jamboree shall include three or more teams. A team may play in not more than one (1) jamboree each season. Jamborees do not count as a game against the twenty-two (22) game limit. A team is limited to no more than six (6) innings total, with no more than two (2) innings against any other team. Each pitcher is limited to not more than two innings.

3. Invitational Tournaments: Each team will be allowed to attend one invitational tournament (pool play) per season, with games limited to no more than 1 hour and 5 minutes (allowing the teams to finish the inning), which will not be considered full games and do not count against the 22 game limit. The Mercy Rule will be in effect. During these regular season tournaments, each day of a tournament involving pool play shall count as one game against the 22 game limit."

### F. ENDOWMENT GAMES

ASAA encourages each school's soccer team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game is a fundraiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### F. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school softball teams while they are members of a school softball team.

### G. RULES

National Federation — Fast Pitch

### H. ADDITIONAL RULES

Called Game: When a game is called by an umpire before the completion of the required number of innings, the game is declared a "no game". The game can be replayed.

Suspended Game: A game called for any reason by an umpire after the required number of innings, where a winner cannot be determined (i.e. home team is behind and has not batted or score is tied) will be treated as a suspended game. The game shall continue from the point of suspension at a later time. The lineup and the batting order of each team

# SOFTBALL continued

will remain exactly the same lineup and batting order as when the game was suspended.

If a winner can be determined (both teams have equal at-bats or home team is ahead) the team that is ahead is declared the winner. If the game ends in a tie and the suspended game cannot be completed because of scheduling conflicts the game is considered a tie game.

## Softball Tie Breaker Rule

If, after the completion of seven (7) innings of play, the score is tied, the following tie-breaker rule will be played to determine a winning team.

Starting with the top of the eighth inning, and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on second base (if the number five batter is the lead off batter, the number four batter in the line up will be placed on second base. A substitute may be inserted for the runner).

Courtesy Runners: By Board of Directors approval, local leagues may adopt courtesy runner rules for league play. Courtesy runner rules may be used during state tournament play. If a team decides to use a courtesy runner, they will follow these guidelines:

- The team at bat will use courtesy runners for the pitcher and catcher as soon as they get on base. The same runner may not be used for both positions. Neither the pitcher nor catcher will be required to leave the game under such circumstances.
- Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.
- A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.
- For illegal substitution of a courtesy runner, such substitution shall be disqualified for the duration of the game.

Ending a Regulation Game: By State Association adoption, the game shall end when either team is 15 runs behind after 3 innings, 12 runs behind after 4 innings, or 8 runs being after 5 innings.

## **I. STATE CHAMPIONSHIPS**

1. DATE: June 1-2, 2012
2. SITE: Cartee Fields  
Hosted By: ASAA and Anchorage Sports Association (ASA)
3. TOURNAMENT FORMAT  
There are two separate state tournaments that

are conducted simultaneously at the same venue. State tournament berths and bracketing is as follows.

## LARGE SCHOOL CLASSIFICATION

- Berths to State  
Cook Inlet Conference - 4 berths  
Railbelt Conference - 4 berths
- Bracketing  
Eight-team bracket; double elimination
- Seeding  
Top Bracket  
Railbelt #1 vs. Cook Inlet #4  
Cook Inlet #2 vs. Railbelt #3  
  
Bottom Bracket  
Cook Inlet #1 vs. Railbelt #4  
Railbelt #2 vs. Cook Inlet #3

## SMALL SCHOOL CLASSIFICATION

- Berths to State  
Southeast Conference = 2  
Northern Lights Conference = 2  
Mid Alaska Conference = 2
- Bracketing  
Six-team bracket; double elimination
- Seeding for 2012:  
Mid Alaska #2 vs. Northern Light #2  
Northern Lights #1 vs. Southeast #2  
Mid Alaska #1 = bye  
Southeast #1 = bye
- Seeding for 2013:  
Mid Alaska #2 vs. Southeast #2  
Southeast #1 vs. Northern Lights #2  
Northern Lights #1 = bye  
Mid Alaska #1 = bye
- Seeding for 2014:  
Northern Lights #2 vs. Mid Alaska #2  
Mid Alaska #1 vs. Southeast #2  
Southeast #1 = bye  
Northern Lights #1 = bye

## 4. OTHER STATE EVENT GUIDELINES

- a. Coaches Uniforms — Any coach participating in either pre-game or regular game activities must be in the uniform of the school at all times. The minimum uniform: hat, pants, appropriate socks, shoes and a warmup jacket or regular uniform top.

# SOFTBALL continued

- b. Coaching — Coaches boxes may be occupied by a coach, player or eligible substitute. This means that there may be one coach in each coach's box as long as that person is a regular coach of the school. The coach shall be in proper uniform.
- c. Selection of Home Team — The state tournament director or head official will conduct a coin toss with the two coaches. Coin tosses for the first games at the state tournament will be conducted at the coaches meeting. Afterward, the coaches of each game will meet with the tournament official for the coin toss. The winner will choose to be the home team or visitor. The loser will choose dugouts. For the championship game, the undefeated team shall be the "home team."
- d. Player Provision — It is not a regulation game if a team does not have nine (9) players in its lineup throughout the game, and the game will be forfeited to the opponents by the umpire-in-chief.
- e. Length of Game — A regulation tournament game shall be seven (7) innings in length unless extended because of a tie, or shortened because the home team needs none of its half of the seventh inning or only a fraction of it, or because of weather or similar conditions. (If 5 full innings or more have been played at the time of interruption, it is a regulation game.) All games except for the championship game shall be limited to one and one-half hours.
- f. Continuation of Suspended Game — Any game that is interrupted with teams having played less than the required number of innings will be continued from the point of suspension. The tournament director shall determine when the game will be completed. Team lineup and batting order shall be exactly the same as the lineup and batting order at the moment of suspension, subject to rules governing the game.
- g. Postponed Games — When necessary to postpone any tournament game, it shall be the responsibility of the tournament manager to re-schedule according to ASAA policy. The tournament director shall have a plan for rainouts worked out in advance.
- The Director shall keep everyone informed, including the ASAA office.
- h. ASAA-adopted Game-ending Procedures:
- 15 runs after 3 innings, 12 runs after 4 innings, or 8 runs after 5 innings.
  - One and ½ hour time limit except for state championship games.
6. IMPORTANT DATES
- Following items are due by 12:00pm Sunday, May 27th, 2012
    - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
    - Team Roster Online Form
    - Team Season Record Information Online Form
    - Good Sport Nomination Online Form
  - Following items are due by 12:00pm Tuesday, May 29th, 2012
    - Code of Conduct Online Form
    - Academic Award Online Form
7. AWARDS
- The following awards are presented for each classification:
- a. First and second place team trophies.
- b. Eighteen (18) individual medallions for first and second place team members. One (1) medallion is awarded to a team manager and one (1) for a coach of each team in the championship game.
- c. TEAM SPORTSMANSHIP AWARD
- d. ACADEMIC AWARD for the team with the highest GPA.
- e. ALL-TOURNAMENT TEAM
- All-Tournament team selections are based on outstanding performance during the tournament, regardless of position.
- Large School Classification - Twelve (12) selections
  - Small School Classification - Nine (9) selections
- f. GOOD SPORT TEAM - Two selections from each team are recognized for season-long citizenship and sportsmanship. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.

# SOLO & ENSEMBLE FESTIVAL

## (ALL CLASSIFICATIONS)

### A. SEASON 2011-12

Seasonal activity without limitation.

### B. ELIGIBILITY

Participants must meet all ASAA eligibility requirements. Participants names must be included on the Master Eligibility List sent to the ASAA office. No physical exam is required for participation.

### C. SOLO & ENSEMBLE MUSIC FESTIVAL

#### 1. DATE: TBA

#### 2. SITE:

Adjudications: University of Alaska Anchorage  
Fine Arts Building  
Command Performance: East Anchorage HS

#### 3. SELECTION:

- a. Students must be eligible according to the rules and regulations of their regions and individual schools.
- b. Students must be enrolled in grades 9-12.
- c. Students must be enrolled in their schools' music programs. Music programs shall include any music activity that is offered by the school and that has a performance objective, or any music class for which the school awards credit, whether or not that class is conducted at the school. ASAA may waive the requirement for students enrolled in alternative schools or in the event that the individual school does not offer a band, choir or orchestra program. See the ADDENDUM Section of the Music Handbook for examples of situations in which eligibility exceptions would be granted.
- d. If a regional or qualifying music festival is available to the student, but they are not able to participate in that festival because of extenuating circumstances, or their category is not available at their regional or qualifying music festival, the applicant may submit a special CD audition of their selected music as an audition to ASAA by 5:00 p.m. on Friday, March 30, 2012.

The CD must be accompanied by

- a letter from the student's school music director
- a letter from the regional or qualifying music festival chairman petitioning the cause for why this exception should be allowed

- a copy of the music to be performed on the audition. The music needs to be labeled with school and student identification with the measures numbered.

All entries submitted in this manner will be handled on an individual basis. (HIGHLIGHT) **The decision of the adjudicator will be final.** The CD will be adjudicated and the applicant will be notified by April 13th as to whether or not they qualify for the state music festival. The cost of \$10 will be added to the applicant's fee. (See the Music Handbook for further guidelines and information if using this procedure.)

### D. RULES

#### 1. REGIONAL ADJUDICATION FORM:

Application forms for solo and ensemble events at the state level must include a copy of the same adjudication form which was completed at the regional level, showing the Superior or 1 rating received. Applications will not be considered unless this form is included.

NFHS Music Adjudication Forms will be furnished by ASAA. The same rating sheet should be used at the regional, district and local levels. Copies are available upon request and are included in the Music Handbook

#### 2. APPLICATION FORMS

are available in the Music Handbook. Directors are to submit their applications online at [www.asaa.org](http://www.asaa.org), under Music: Forms.

#### 3. APPLICATION DEADLINE:

All regions are to complete their regional Solo & Ensemble festivals before April 20th. The deadlines are:

- **March 30th** for all Qualifying Solo & Ensemble festivals held in February and March
- **April 13th** for all Qualifying Solo & Ensemble festivals held before April 13th
- **April 20th** for all Qualifying Solo & Ensemble festivals held after April 13th

#### 4. ENTRY FEES:

There is an entry fee of \$10 per participant regardless of the number of events entered by a student. There are no refunds. Accompanists are not required to pay entrance fees.

Each school is required to provide a purchase order number (PO #) when submitting their applications. Fees do not need to accompany

# SOLO & ENSEMBLE FESTIVAL continued

the applications. ASAA will invoice all schools at the conclusion of the festival.

If a director **WITHDRAWS** a student or event before the "drop dead date" of April 30th, 2012, there will be NO FEE charged for the withdrawn student or event. Schools will be charged the \$10 per-student festival if

- a) a student is a **NO SHOW** for the event in which they were originally submitted for adjudication; or
- b) the director does not give **TIMELY NOTICE** that a student will not be participating in the festival.

The following additional fees will be assessed if applicable:

— \$10 fee for each CD submitted per section 3.d. above.

— \$25 fee for the use of a Festival Accompanist, which includes one rehearsal, the adjudication, and a Command Performance, if applicable. If a festival accompanist is needed for more rehearsal time, the school is responsible for making these arrangements with the festival accompanist and paying an additional \$25 fee for each half hour of time.

5. **ENSEMBLES NUMBERS:** The number of students participating in a string ensemble, brass ensemble or woodwind ensemble will be limited to eight (8) with the exception of a hand bell, steel drum, percussion, or vocal ensemble, which will be limited to sixteen (16) or a jazz band which will be limited to twenty (20). A small ensemble will consist of 2 to 8 performers and a large ensemble will consist of 9 to 16 performers. **Doubling of instrument parts** in an ensemble is not permitted with the exception of a vocal ensemble that may include up to four voices per part or a percussion ensemble.
6. **ENTRIES PER STUDENT — "RULE OF 4":** Students may perform in no more than four (4) events with the following restrictions.
  - a. **LIKE ENSEMBLES:** There can be no duplication of personnel in like ensembles, i.e., two clarinet duets, two large men's ensembles, etc.
  - b. **NON-RELATED EVENTS:** Students may enter in more than one (1) solo event on a different instrument (or voice and instrument) providing that they are not related. Related instruments are defined as: alto, tenor, baritone saxophone; A, Bb, Eb, soprano clarinet;

net; marimba, xylophone or any keyboard instrument; flute, piccolo; etc.

- c. **QUALITY:** When advising students, directors should consider the quality of performance and the preparation time required for development of that quality.
  - d. **JAZZ/SWING, SHOW & MUSICAL THEATER:** Vocal and instrumental music of the jazz/swing, show choir & musical theater idiom will have their own judging categories. Be sure that vocal ensembles are entered in the right category as their audition is adjudicated according to their vocal category.
7. **SUBSTITUTIONS:** Through illness, eligibility or other extenuating circumstance, an ensemble member may be substituted in a qualifying regional ensemble as long as not over 25% of an ensemble is changed. i.e., no one from a qualifying duet or trio could be substituted, but one member of a qualifying quartet could be substituted if needed to participate at state.
  8. **ACCOMPANISTS:** Directors are encouraged to limit the number of events a pianist may accompany in order to aid in the overall scheduling of the festival.
  9. **MUSICAL SELECTIONS:** It is recommended and it is in the best interest of all, that soloists and ensembles perform the same musical selection at the state festival that was performed at the regional, district or local festival. Given teacher recommendation, a student may select another piece for the state festival, however, the student is required to enter the state festival in the same category in which they received a Superior Rating at the regional event. Students cannot change instrument or voice categories.

Alaska does not have a required state music list for choosing music selections. Directors are cautioned to direct entries into the Jazz/Swing, Show or Musical Theater category if they are better suited, versus entry in the more traditional, classical categories at this festival. "Pop music" is discouraged at the state level.
  10. **TIME LIMITS:** Performances shall not exceed six (6) minutes. Cuts may be needed to accomplish this, i.e., no repeats, not all movements, etc.
  11. **ORIGINAL MUSIC:** Each soloist or ensemble will furnish one published copy of the music to be performed for the adjudicator's use. Ensembles

# SOLO & ENSEMBLE FESTIVAL continued

are to present a score of the ensemble rather than original music for each individual part. For a soloist, an original copy of the instrument part is preferred over an orchestral or band score or piano transcription, which may or may not indicate the solo part. Do not mail music with the application; bring it to the festival and give it to the adjudicator. Please number each measure in the music.

12. **ARRANGEMENTS and TRANSCRIPTIONS of ORIGINAL WORKS** and/or the use of **NEWLY COMPOSED WORKS by STUDENTS or DIRECTORS:** A formal statement is being developed on this matter. Until it is completed:

- a. Arrangements, transcriptions and original works need to go through a "copy right" process to be used at state festivals. Authorization for an arrangement or transcription of an original composition needs to accompany the copy that is given to the adjudicator at the festival.
- b. If music is purchased from off of the internet and downloaded and thus "copied", a copy of the invoice for the purchase of that music needs to be included with the music given the adjudicator.

13. **DISQUALIFICATIONS:** A soloist or ensemble can be disqualified if:

- a. They do not present original music to the adjudicator.
- b. They have not numbered each measure of their music.

14. **ADJUDICATOR SCORES:** The adjudicators will not give a numerical score on the adjudication rating sheets. Students will receive (a) an "I", (b) "C" for comments only, or (c) a combination of "I" and comments.

15. **FESTIVAL FOCUS:** The focus of the State Solo & Ensemble Festival will be on the adjudication process for the student — a thoughtful accurate and educationally sound interaction between adjudicator and student. Students should be encouraged to take advantage of the opportunity to listen to others' performances during the festival.

16. **EXHIBITION ENTRIES:** Entries composed of students attending different schools are allowed. Such entries should be entered using the on-line EXHIBITION ENSEMBLE APPLICATION.

17. **DRESS CODE:** Students are asked to wear their school music uniform when performing. If a school does not have a school music uniform, then student dress should be clean, in good repair, modest, professional and appropriate for a concert performance. (See the Music Handbook for further details.)

18. **STUDENT FESTIVAL SUPERVISION:** Music directors are responsible for the supervision of students at all times while the participants are at the festival and must ensure that students are appropriately involved in festival activities. Students cannot participate at the state music festival without their festival badge which must be given to the students by their school music director or their authorized representative. The student's supervisor must be present for the student's adjudication and if nominated, their Command Performance presentation.

19. **SCHEDULE:** A general schedule of the vocal and instrumental adjudication time blocks can be found in the Music Handbook. Students need to be available for all days of the adjudication process as some instruments will only occur on one day while others will appear on both days.

## E. AWARDS

1. Each participant will receive a Participant Pin or a Superior Performance Pin and a certificate.
2. An Outstanding Performer's Certificate and letter of commendation will be sent to those students by ASAA who are nominated by the adjudicators for Command Performance consideration to be used for their personal resumes and/or portfolios.
3. **ACADEMIC AWARD** for highest school GPA. (*School must have a minimum of ten (10) musicians to be eligible for the Academic Award.*)
4. The Solo & Ensemble Festival will close with a Command Performance by selected students nominated by the adjudicators.

# STUDENT GOVERNMENT

## (ALL CLASSIFICATIONS)

Student government activities are organized by the Alaska Association of Student Governments (AASG). Sponsored by the Alaska School Activities Association, AASG is governed by a student executive board consisting of officers and region representatives. ASAA member schools join AASG by paying yearly dues. For more information about AASG programs and membership, contact visit [www.aasg.org](http://www.aasg.org) or call the ASAA office, (907) 563-3723.

### AASG MISSION

The purpose of the Alaska Association of Student Governments (AASG) is to provide experience in leadership and communication, and to provide a student voice on issues at the local, state and national levels.

### AASG GOALS

1. To promote leadership, character, integrity, cooperation and unity across Alaska's diverse cultures.
2. To promote student leadership and political action through statewide conferences.
3. To provide a collective voice for Alaskan students regarding educational, political and other pertinent issues.
4. To provide opportunities for member schools to experience responsibility, growth, and program organization by hosting an AASG conference.
5. To expose students to a variety of Alaskan communities and lifestyles by rotating the location of AASG conferences.
6. To provide forums for students to experience the benefits, issues, and pride involved with community service.
7. To provide a forum for student autonomy through a student-led organization.

### A. SEASON 2011-12

Seasonal activity without limitation.

### B. ELIGIBILITY

AASG requires that participants meet all ASAA eligibility requirements when participating at the state level. No physical exam is required for participation. Schools pay yearly dues so that students can participate.

### C. AASG STATE CONFERENCES

1. FALL CONFERENCE  
October 13-14-15, 2011  
Service High School
2. SPRING CONFERENCE  
April 12-13-14, 2012  
Kodiak High School

# SWIMMING & DIVING

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: August 8th, 2011  
Last Regular Season Contest: October 29th, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school swimming & diving teams while they are members of a school swimming & diving team.

### F. RULES

1. National Federation
2. The schedule of dives should follow the National Federation Rule Book Schedule. The third weekend of the season, which is August 26th and 27th, 2011, will be considered as week one (1) for diving competition.
3. Supplemental Rule — Body Art:  
Body art (drawings, writings and tattoos) is not a problem simply because it is on a swimmer. Body art that may be deemed offensive (profanity, ethnic slurs, taunting, obscene pictures) is a problem. If body art is brought to the referee's attention, and the referee deems that it may be offensive to someone, the swimmer should be given the opportunity to remove it or to cover it. If the swimmer refuses, he/she is disqualified from the meet. If the body art is not seen until the swimmer is competing, then he/she shall be disqualified, as in the rule applicable to jewelry, and given the opportunity to remove it or to cover it prior to the next swim. Coaches who have doubts should have their swimmers check with the referee prior to the start of the meet.

### G. CONFERENCE MEETS

There are four conferences that were formed in 2009:

- **Cook Inlet Conference:** Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West

- **Mid Alaska Conference:** Hutchison, Lathrop, Monroe, Nome, North Pole, West Valley

- **Northern Lights Conference:** Colony, Cordova, Homer, Kenai, Kodiak, Palmer, Seward, Skyview, Soldotna, Valdez, Unalaska, Wasilla

- **Southeast Conference:** Craig, Haines, Juneau, Ketchikan, Petersburg, Sitka, Thunder Mountain

All swimmers and divers must compete in a conference tournament in order to qualify for the state tournament. Schools hosting a conference tournament are responsible for notifying ASAA of the results promptly following the event. Only results of athletes in final heats will be considered for qualification to state.

### H. STATE CHAMPIONSHIPS

1. DATE: November 4th & 5th, 2011
2. SITE: Bartlett High School Pool (Anchorage)
3. MEET BERTHS/QUALIFICATIONS

#### a. Individual Swimming Events:

Prelims will be run to select the top 8 qualifiers from each conference for finals. The top finisher from each conference's finals automatically qualifies to the State Tournament. Should that first place winner decide not to attend state, that position cannot be transferred to the second place finisher in that conference. Each conference's top eight swimmers from prelims will be considered for qualification as described below:

- **Berths from Conferences which use an 8-lane pool:** Only those 8 in the finals will be submitted for qualification.

- **Berths from Conferences which uses an 6-lane pool:** The top 6 qualifiers in the finals will be submitted for qualification. Consolation finals will be held to determine the times for the 7th and 8th swimmers in the prelims. The 7th and 8th top qualifiers will swim in lanes 3 & 4 of the consolation finals. Their times IN THIS RACE will also be submitted for qualification. (*Note: In the event*

# SWIMMING & DIVING continued

*that another swimmer in consolation finals swims faster than the swimmers in lanes 3 and 4, their times would not be submitted, as their times in the prelims did not put them in the top 8.)*

• **Submissions to ASAA by Regional Conference Tournament Directors:**

- Submit only the 8 swimming times for each event as specified above.

- Do not submit any preliminary times.

- Submit only the top 8 divers' scores. In the event of a tie, only a tie for 16th place will result in an additional athlete being included in that event. All other ties are counted as part of the pool of sixteen

b. Relay Events:

The first place relay team from each conference qualifying meet finals, plus the next four fastest overall team times statewide.

c. Divers

The top two (2) finishers from each conference qualifying meet finals plus the next eight best scores will qualify for a total of 16 divers.

d. Member of Statewide Correspondence Programs:

Any student enrolled full time in a member statewide correspondence program may qualify for the state tournament by becoming a finalist at a conference tournament. The student would not be allowed to participate in the conference finals as this would displace another student from that region. Rather, this student's best time in the prelims would be added to the at-large pool of candidates from which the remaining berths for each event would be filled.

#### 4. IMPORTANT DATES

• Following items are due by 12:00pm Sunday, October 31st, 2011

- Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)

• Following items are due by 12:00pm Tuesday, November 1st, 2011

- Code of Conduct Online Form

- Academic Award Online Form

#### 5. AWARDS

a. First and second place team trophies for both boys and girls.

b. Individual medallions for places first through fourth in each event, including relays for both boys and girls.

c. ACADEMIC AWARD to boys and girls teams with the highest team GPA. (Teams must have a minimum of five (5) members of one gender to be eligible.)

d. ASAA SPORTSMANSHIP AWARD for both boys and girls.

e. OUTSTANDING SWIMMER and DIVER AWARDS for both boys and girls.

# TENNIS

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: August 1st, 2011  
Last Regular Season Contest: October 1st, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. MATCH COMPOSITION

Tennis teams are both single sex and co-ed. Singles, doubles and mixed matches are played.

### F. RULES

The United State Tennis Association (USTA) rules will be utilized with Alaska Rule modifications on scoring. At the state tournament, each team would score one point for each win towards the team championship. If there is a tie for first, both teams would be declared co-champions. Specific rules regarding 2 out of 3 and point maximums might be adopted for this tournament to fit within the time frame of two days.

### G. CONFERENCES

Tennis is an emerging sport in Alaska. Tennis teams are not currently categorized into conferences. Schools with tennis programs include the following:

#### ANCHORAGE

- Bartlett
- Chugiak
- Dimond
- Eagle River
- East Anchorage
- Service
- South Anchorage
- West Anchorage

#### FAIRBANKS

- Eielson
- Hutchison
- Lathrop
- Monroe Catholic
- North Pole
- West Valley

#### KODIAK ISLAND

- Kodiak

#### SOUTHEAST

- Juneau-Douglas

#### MULTI-REGION

- IDEA

### H. STATE CHAMPIONSHIPS

1. Dates: 14th-15th, 2011
2. Site Anchorage (Alaska Clubs East and North)
3. Berths to State
  - a. Each school will be invited to send one team of 8 individuals (4 boys and 4 girls) to the state tournament. In addition, each school may send one alternate boy and girl to the state tournament.
  - b. Any student enrolled full time in a member statewide correspondence program classified as 1A,2A,3A, or 4A may qualify for the state tournament by participating in a regional tournament if held in that area.
4. Seeding and Competitions
  - a. Each coach will be encouraged to submit a seeding form for any athlete they would like to have considered for seeding.
  - b. A committee appointed by ASAA of knowledgeable tennis individuals will seed each competition (M&W singles, M&W doubles, and Mixed doubles). Only 4 competitors per division will be seeded. The rest will then be randomly drawn into the 16 person bracket.
  - c. Seeding Criteria for Individual Players. The following criteria should generally be considered sequentially. If more than two players are being considered for a given seed, the same process is applied until one player is separated (either selected as seed, or eliminated.) The process returns to step 1 to assess the remaining players:
    - 1) **In-Season Head-to-Head Results**
      - 1a) win-loss record between players
      - 1b) percentage of sets won (all matches directly between players considered)
      - 1c) quality/decisiveness of wins between players, if split.
    - 2) **Out-of-Season Head-to-Head Results**  
Out-of-season matches includes matches played before the season started, or outside ASAA sanctioned events (e.g. senior tournaments held during the season.) Preference is given to sequence – matches played closer in time to the ASAA season are given greater weight.
    - 3) **Common Opponents**  
In general, apply 1a-1c criteria consider-

# TENNIS continued

ing all matches played between players under consideration and the common opponent(s).

## 4) **Notable Wins and Losses**

This criterion considers match results against players/teams other than common opponents included in criterion #3. Notable wins include those over generally-accepted strong players/teams who are not otherwise being considered for seeding in this event. Conversely, notable losses include those to players/teams who are generally considered significantly weaker than the teams being considered for seeding.

## 5) **Region Tournament Results**

Performance in a region tournament does not necessarily provide comparative data, but typically does indicate a minimum level of accomplishment. Preference is limited to those who reach at least the quarter-finals of their region tournament.

## 6) **Overall Season Win-Loss Record**

Due to the difference in number of matches each player may have in a season, a win-loss differential is more important than the raw win-loss record.

## 7) **Previous Year's State Tournament Results**

This preference is reserved for players who were champions or runners-up of the previous year's state tournament.

- d. Seeding Criteria for Doubles. Seeding for doubles presents an additional challenge for strong teams that have not played many matches together, and thus do not have an extensive match resume. For those teams that do have match histories, the criteria for singles seeding should also be applied to doubles seeding. For teams that do not have match histories, the process will be more subjective, but should consider the following factors:

- 1) Doubles resumes with different partners (both players)
- 2) Singles resumes (both players)
- 3) Overall win-loss differential. In general, all else being equal, preference should be given to teams that have an established record playing together.

## 5. Officials

- a. There will be two certified head officials at each site. Games will be called by participants as is presently done during the season. A Board of Control will be created that includes one head official, Tournament Directors, and ASAA staff.

## 6. IMPORTANT DATES

- Following items are due by 12:00pm Sunday, October 2nd, 2011
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, October 4th, 2011
  - Code of Conduct Online Form
  - Academic Award Online Form

## 7. Awards

- a. First and second place trophies (one for each gender) and a USTA traveling trophy for the winning team to keep for one year.
- b. Eight individual medallions for each of first and second place team members. One medallion each for team manager and coach.
- c. Medals for the top four in each division (M&F singles, M&F doubles, Mixed Doubles)
- d. One Sportsmanship Award.
- e. Good Sport Team certificates and t-shirts for one girl and one boy from each team as selected by their coach.
- f. Academic Award (1) for the coed team with highest GPA over the previous semester.

# TRACK & FIELD

## (BOYS AND GIRLS • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

First Date of Season: March 5th, 2012  
Last Regular Season Contest: May 12th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MEET LIMITATIONS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

### E. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school track & field teams while they are members of a school track & field team.

### F. RULES

National Federation

### G. SANCTIONED EVENTS

Only track & field events that have been previously sanctioned by the Board of Directors may be included in seasonal and championship meets.

### H. REGIONAL MEETS

Regions will host meets for both classifications with the first place winner in each event getting an automatic berth to state. All other results are placed in a pool for selection. Should the first place winner decide not to attend state, that position cannot be transferred to the second place finisher in that region.

### I. STATE CHAMPIONSHIPS

Date: May 18-19, 2012  
Site: Lathrop High School, Fairbanks  
Host: ASAA, Lathrop High School, and Running Club North

#### 1. STATE MEET BERTHS

There will be two state tournaments to be held jointly. One for Schools in 1A-2A-3A classifications in which only finals will be run; One for only 4A Schools in which both prelims and finals will be run.

1A-2A-3A Individual Berths: The top finisher from the finals from Regions 2,3,5,6 plus the next four statewide best times or distances will qualify for finals at the State Tournament. (If Region 1 has a qualifier, then the next three statewide best times or distances will be invited to state.)

4A Individual Berths: The top finisher from the finals from Regions 3,4,5,6 plus the next 12 statewide best times or distances will qualify for the 4A State Tournament.

1A-2A-3A Relay Berths: The top top relay team from the finals from Regions 2,3,5,6 plus the next four statewide best times will qualify for finals at the State Tournament.

4A Relay Berths: The top relay team from the finals from Regions 3,4,5,6 plus the next four best statewide best times will qualify for the finals at the State Tournament.

Member Statewide Correspondence Programs: Any student enrolled full time in a member statewide correspondence program classified as 1A, 2A, 3A, or 4A may qualify for the state tournament by becoming a finalist at a respective regional tournament. In all cases, this berth would be at-large within the respective classification, and the student would not displace an athlete from a school within that region. In addition, the student would not be eligible for regional awards.

#### 2. STATE MEET FORMAT

- The 1-2-3A State Meet will consist only of finals for each event. Field events may be run concurrently with 4A field events. Running events will be run prior to the 4A events as scheduled.
- The 4A State Meet will consist of prelims and finals in each event except the 1600 meter and 3200 meter run and relays.
- Specific guidelines for each event will be posted on the track page of the [asaa.org](http://asaa.org) website.

#### 3. IMPORTANT DATES

- Following items are due by 12:00pm Sunday, May 13th, 2012
  - Team Photo turned into Isaiah Vreeman ([isaiah@asaa.org](mailto:isaiah@asaa.org))
- Following items are due by 12:00pm Tuesday, May 15th, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

#### 4. AWARDS

- First and Second Place team trophies for boys and girls in each tournament.
- Individual medallions for first, second, third, and fourth places in each event including relays for both boys and girls.
- Separate academic awards for highest team GPA for both boys and girls for both tournaments. Note: Teams must have minimum of five (5) members of one gender to be eligible.)
- Outstanding Competitor Award for boys and girls for each tournament.
- School sportsmanship award for both boys and girls for each tournament.

# VOLLEYBALL

## (GIRLS AND MIXED SIX • ALL CLASSIFICATIONS)

### A. SEASON 2011-12

1. 3A and 4A Classification:  
First Date of Season: August 8th, 2011  
Last Regular Season Contest: November 5th, 2011
2. 1A/2A and Mixed 6 Classification  
First Date of Season: September 26th, 2011  
Last Regular Season Contest: December 3rd, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before his/her first day of competition.

### D. MATCH LIMITATIONS

A maximum of twenty-two (22) matches exclusive of conference playoff games and state tournament games. Mini-matches that are limited to 1, 2 or 3 games are not considered full matches and do not count against the 22-match limit. During regular season tournaments, each day of a tournament involving mini-matches (pool play) shall count as one full match.

### E. ENDOWMENT GAMES

ASAA encourages each school's volleyball team to play two Endowment Games during the season, above and beyond the 22-game/match limit. The Endowment Game is a fundraiser for the Alaska Endowment for Youth Activities. School teams may play endowment games at any time during the regular season, beginning with the date of the first contest and extending through the time period between the conference qualifying tournament and the state tournament. Endowment games do not count in a team's overall season record for seeding purposes.

Schools wishing to host Endowment Games must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the game. (Under no circumstances may an Endowment Game be played until this form is received by ASAA.) The form must be accompanied by a check for \$200 for one game or \$350 for two games. Without the check, the application will not be approved.

### F. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school volleyball teams while they are members of a school volleyball team.

### G. RULES

National Federation Rules will apply with the following exceptions:

Varsity level competition will be three (3) out of five (5) games per match. Schools are encouraged to play 3/5 at the C and JV levels as well, in order to afford more playing time to athletes.

*Note: Region 2 plays only best 2 out of 3 during the conference season due to travel restrictions.*

### H. JAMBOREE REGULATIONS

1. Two games maximum against each team.
2. All players must have ten (10) separate days of practice prior to the day of the jamboree.
3. Each team may play in no more than one jamboree each season. Jamboree matches do not count against the twenty-two (22) match limit.

### I. STATE CHAMPIONSHIPS

1. DATES & SITES
  - a. 3A & 4A Classifications  
Dates: November 10-11-12, 2011  
Site: Curtis Menard Sports Complex (Wasilla)

- b. 1A/2A Mixed Six Classifications  
Dates: December 8-9-10, 2011  
Site: Dimond High School

#### 2. STATE TOURNAMENT STRUCTURE

- a. Number of Teams
  - All Tournaments are eight (8) teams.

#### b. Formats

Each Tournament will be single elimination with first day winners competing in the "winners bracket" and the first day losing teams competing in the "consolation bracket." Second day losing teams in the "consolation bracket" are eliminated and do not play for 7th and 8th place.

#### 3. TOURNAMENT BERTHS & SEEDING **1A and 2A Tournament**

There are four conferences (see list of schools at back of handbook).

#### BERTHS FOR STATE

Aurora Conference = 2 berths  
Borealis Conference = 2 berths  
Southeast Conference = 2 berths  
Great Alaska Conference = 2 berths

# VOLLEYBALL continued

## SEEDING FOR 2011-12

Great Alaska #1 vs. Borealis #2  
Southeast #1 vs. Aurora #2  
Borealis #1 vs. Great Alaska #2  
Aurora #1 vs. Southeast #2

## SEEDING FOR 2012-13

Aurora #1 vs. Great Alaska #2  
Borealis #1 vs. Southeast #2  
Southeast #1 vs. Borealis #2  
Great Alaska #1 vs. Aurora #2

## SEEDING FOR 2013-14

Southeast #1 vs. Great Alaska #2  
Aurora #1 vs. Borealis #2  
Great Alaska #1 vs. Southeast #2  
Borealis #1 vs. Aurora #2

## **Mixed Six Tournament**

There are six (6) Conferences (see list of schools at back of handbook):

## BERTHS FOR ALL YEARS

Arctic Conference = 2 berths  
Western Interior Conference = 2 berths  
Yukon River Conference = 2 berths  
Kuskokwim Conference = 1 berth  
Southwest Conference = 1 berth

## SEEDING FOR 2011-12

Western Interior #1 vs. Yukon River #2  
Southwest vs. Arctic #2  
Yukon River #1 vs. Kuskokwim  
Arctic #1 vs. Western Interior #2

## SEEDING FOR 2012-13

Yukon River #1 vs. Western Interior #2  
Arctic #1 vs. Kuskokwim  
Western Interior #1 vs. Yukon River #2  
Southwest vs. Arctic #2

## SEEDING FOR 2013-14

Western Interior #1 vs. Arctic #2  
Kuskokwim vs. Yukon River #2  
Arctic #1 vs. Western Interior #2  
Yukon River #1 vs. Southwest

## SEEDING FOR 2014-15

Arctic #1 vs. Yukon River #2  
Western Interior #1 vs. Southwest  
Kuskokwim vs. Western Interior #2  
Yukon River #1 vs. Arctic #2

## **3A Tournament**

There are three (3) Conferences (see list of schools at back of handbook):

## BERTHS FOR STATE

Aurora Conference = 2 berths  
Southcentral Conference = 2 berths  
Southeast Conference = 2 berths  
Western Conference = 2 berths

## SEEDING FOR 2011-12

Western #1 vs. Southcentral #2  
Southeast #1 vs. Aurora #2  
Southcentral #1 vs. Western #2  
Aurora #1 vs. Southeast #2

## SEEDING FOR 2012-13

Aurora #1 vs. Western #2  
Southcentral #1 vs. Southeast #2  
Southeast #1 vs. Southcentral #2  
Western #1 vs. Aurora #2

## SEEDING FOR 2013-14

Southeast #1 vs. Western #2  
Aurora #1 vs. Southcentral #2  
Western #1 vs. Southeast #2  
Southcentral #1 vs. Aurora #2

## **4A Tournament**

There are four (4) Conferences (see list of schools at back of handbook):

## BERTHS FOR ALL YEARS

Northern Lights 3 berths  
Cook Inlet 3 berths  
Southeast 1 berth  
Mid Alaska 1 berth

## SEEDING FOR 2011-12

Southeast #1 vs. Cook Inlet #2  
Mid Alaska #1 vs. Northern Lights #2  
Cook Inlet #1 vs. Northern Lights #3  
Northern Lights #1 vs. Cook Inlet #3

## SEEDING FOR 2012-13

Southeast #1 vs. Northern Lights #3  
Cook Inlet #1 vs. Northern Lights #2  
Mid Alaska #1 vs. Cook Inlet #3  
Northern Lights #1 vs. Cook Inlet #2

## SEEDING FOR 2013-14

Mid Alaska #1 vs. Cook Inlet #2  
Northern Lights #1 vs. Cook Inlet #3  
Cook Inlet #1 vs. Northern Lights #3  
Southeast #1 vs. Northern Lights #2

## SEEDING FOR 2014-15

Northern Lights #1 vs. Cook Inlet #2  
Southeast #1 vs. Cook Inlet #3  
Mid Alaska #1 vs. Northern Lights #3  
Cook Inlet #1 vs. Northern Lights #2

# VOLLEYBALL continued

## 4. IMPORTANT DATES

- Following items are due by 12:00pm Sunday, November 6th, 2011
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
  - Team Roster Online Form
  - Team Season Record Information Online Form
  - Good Sport Nomination Online Form
- Following items are due by 12:00pm Tuesday, November 8th, 2011
  - Code of Conduct Online Form
  - Academic Award Online Form

## 5. AWARDS

- First and second place team trophies in each tournament.
- Twelve (12) individual medallions for each of first and second place team members in each classification. One (1) medallion each for a team manager and the head coach.
- ACADEMIC AWARD for highest GPA in each tournament.
- SPORTSMANSHIP AWARD in each tournament.
- GOOD SPORT TEAM — Two (2) selections from each team in the playoffs are recognized for outstanding citizenship and sportsmanship demonstrated throughout the whole season. GOOD SPORT TEAM T-SHIRTS are awarded to each team member.
- ALL TOURNAMENT TEAM — Twelve (12) selections for each tournament. For Mixed-Six, there must be at least four (4) of each gender on the All-Tournament team.
- OUTSTANDING PERFORMANCES—coaches will vote on players for the categories of Best Hitter, Best Server, and Best Defensive Person who will receive awards.

## MIXED SIX RULES

The National Federation Rules in general shall govern play for females and males on the same team with the following exceptions:

- Mixed-Six volleyball is intended to be played with three males and three females on the court at all times. The serving order and positions on the floor shall alternate. If a male position is the first server, the positions shall be male, female, male, female, male, female. If a female position is the first server, the positions shall be female, male, female, male, female, male.
  - In the event that three male player are not available (not on the roster, not at the playing site,

not academically eligible, or not able to play because of injury or illness), then a female may fill a male position. A female shall never replace an available male player because of skill level or performance.

- A male may never fill a female position.
  - No more than three males may be on the court at any time.
  - There must be at least one male on the court to begin a match.
- The height of the net for mixed-six play shall be 2.43 meters (7' 11-5/8").
  - When the ball is played more than once by a team, at least one of the contacts shall be made by a female player. Contact of the ball during blocking shall not constitute a play on the ball under this rule. There is no requirement for a male player to contact the ball, regardless of the number of plays by a team.
  - Uniforms of players shall be identical within the following provisions:
    - All females shall be attired in identical jerseys and shorts or one-piece uniform.
    - All males shall be attired in identical jerseys and shorts or one-piece uniform.
  - When only one male player position is in the front row at service, one male back-row player position may be forward of the attack line for the purpose of blocking. The remaining back-row male player must be behind the attack line until the ball has been contacted by the block or has been hit in such a manner that no block is possible. If a male back-row player is not forward of the attack line for the purpose of blocking, there is no restriction on both back-row male players being forward of the attack line.
    - Male back-row players when playing the ball in other than blocking actions shall be governed by provisions of the National Federation Rule 9, Section 5, Art 5b which states:

*"a back-row player shall not attack a ball which is completely above the height of the net while positioned:*

      - On or in front of the attack line or its out-of-bounds extension.
      - In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.
    - No female back-row player may participate in a block.
  - The Libero Player will not be used in Mixed Six matches.

# WORLD LANGUAGE DECLAMATION

## CALL CLASSIFICATIONS

### A. SEASON 2011-12

Seasonal activity without limitation.

### B. ELIGIBILITY

Participants must meet all ASAA eligibility requirements. Participants names must be included on the Master Eligibility List sent to the ASAA office prior to the regional competition, if held. No physical exam is required for participation.

### C. WORLD LANGUAGE DECLAMATION STATE COMPETITION

1. DATE: February 19, 2012

2. SITE: East Anchorage High School  
Participation Fee: \$10 per participant (each school will be invoiced after the competition)

3. REGISTRATION AND CATEGORIES  
Students must be currently enrolled in a high school world language course to participate; specifically a language class corresponding to the same language and level of competition.

Schools in Regions 3, 4, and 6 may register the top three (3) contestants in poetry and impromptu per level, per language from regional competition, schools not in Regions 3, 4, and 6 may register up to three (3) students per level, per language.

The levels for poetry are 1,2,3,4,5, AP, Immersion 9/10 and Immersion 11/12 (Japanese and Spanish) and native speaker. The levels for impromptu speaking are 1,2,3, 4/5/AP, 9/10 Immersion and 11/12 Immersion. There is no native speaker category for impromptu. Spanish Immersion students enrolled in an AP Spanish course must compete in the Immersion category, not AP.

Schools in Regions 3, 4, and 6 may register the top three (3) pairs of contestants from regional competition in the dialogues category per language in the following levels: 1,2,3 and 4/5/AP, Immersion 9/10 and Immersion 11/12. Schools not in Regions 3, 4, and 6 may register up to three (3) pairs per level and language. There is no native speaker category for the dialogues category. Spanish Immersion students enrolled in an AP Spanish course must compete in the Immersion category, not AP.

The top five (5) contestants from Regions 3, 4, and 6 in French, German, Latin, and Spanish Cultural Trivia may register to compete at the state competition in the following levels: 1,2,3 and 4, AP, and Spanish Immersion/Native Speaker. There is no level 5/native speaker (except for Spanish) category for Cultural Trivia. Schools not in Regions 3, 4, and 6 may register five (5) per language and level as previously described.

Native speaker category: Students who do not speak English as a first language must compete at the native speaker level in poetry. Such students are typically exchange students. "Heritage Speakers" (defined as students who grow up in a home where another language other than English is spoken but are not native speakers) are allowed to compete in non-native speaker categories if they are enrolled in a language class corresponding to level of competition. Teachers are responsible for the appropriate placement of students (including foreign exchange students and those who have studied abroad).

#### 4. REGIONAL CONTESTS

Regional contests do not follow the same structure as athletic activities. Regional contests are held at least one month to 2 weeks prior to the state contest at the following sites:

- Anchorage
- Fairbanks
- MatSu (beginning 2012)

#### 5. LANGUAGE CATEGORIES

- French
- German
- Latin
- Japanese
- Spanish
- Chinese

6. EVENT CATEGORIES (please note that not all categories are available in every language)  
Detailed rules and guidelines for all events are available online at the ASAA website.

- Poetry
- Dialogue
- Impromptu
- Cultural Trivia

#### 7. PROCEDURE FOR POETRY

Students will recite two poems in a world language, one required and one alternate (in two different rounds). Copies of the poems are available online prior to the contest.

A panel of judges (native or near-native speak-

# WORLD LANGUAGE DECLAMATION *continued*

ers when possible in the language is selected to rate the students according to the following criteria:

- Memorization
- Pronunciation
- Delivery
- Expression

Students are disqualified if only one poem is presented. Singing, costumes and props are not allowed. Gestures are allowed, but not excessive moving around.

**IMPROMPTU SPEAKING:** Students select a topic and after two (2) minutes preparation time without books, dictionaries, or notes, they speak in the target language about that topic before a panel of judges. The specific topics are provided in advance available online at the ASAA website for levels 1 and 2 only, while several examples of topics, but not all topics, are provided for levels 3 and 4/5/AP, Immersion 9/10 and Immersion 11/12. A panel of judges (native or near native when possible) will rate the students based on pronunciation, range of vocabulary, grammatical correctness, comprehensibility, fluency/delivery and staying on topic. There are specific minimum/maximum times for each level (See information posted on ASAA website). Also, judges are allowed to ask questions if a competitor pauses. This is to encourage continued speaking.

**IMPROVISATIONAL DIALOGUES:** The procedure and criteria for dialogues are identical to impromptu speaking, except that there is a pair of speakers instead of one individual speaker. A panel of judges rates each student in the pair separately.

**CULTURAL TRIVIA:** Contest is available to French, German, Latin, and Spanish students in levels 1,2,3,4,AP, and Spanish Immersion/Spanish Native Speaker. There is no level 5 for this category. Students take a 50-question scantron test. Many, but not all of the questions are taken from the Teacher's Discovery cultural trivia card sets. The tests in levels 1 and 2 are in English, while the tests in levels 3, 4, AP, and Spanish Immersion/Spanish Native Speaker are in the target language.

## 8. AWARDS

- Medals are awarded to first, second, and third place winners in each level of each language category.
- ACADEMIC AWARD will be presented to the school with the highest overall GPA. *(The school must have a minimum of ten (10) students participating to be eligible.)*



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### PERSONAL AND BUSINESS PLANNING

# WRESTLING

## (ALL CLASSIFICATIONS)

### A. SEASON 2011-12

1. 4A Classification:  
First Date of Season: October 31st, 2011  
Last Regular Season Contest: January 28th, 2012
2. 123A Classification:  
First Date of Season: September 26th, 2011  
Last Regular Season Contest: December 3rd, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before his/her first day of competition.

**Exception:** ASAA may grant a waiver of five (5) practice days for returning high school wrestlers who are also football players, when the seasons overlap.

### D. MATCH LIMITATIONS

A maximum of 24 individual weigh-ins, exclusive of forfeits by opponents, exclusive of district or regional tournaments.

### E. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school wrestling teams while they are members of a school wrestling team.

### F. RULES

National Federation rules apply.

**Exception:** Allow girls to wrestle and all girls to weigh in, either in front of a female representative of each school, or to wear a bikini type swimsuit and weigh-in with the official and two coaches.

**Exception:** ASAA has not adopted the new NFHS Weight Control Program for 2006-07.

### G. CONFERENCE TOURNAMENTS

All teams are assigned to conferences (see the section in the back of this handbook.)

Conferences are responsible for setting guidelines for seeding into their respective season ending conference tournaments. Schools hosting conference tournaments are responsible for notifying ASAA of state qualifiers in a timely manner.

A forfeit due to late arrival at the tournament site because of weather or transportation problems shall not eliminate a contestant from further competition in a tournament. The athlete will be placed in the consolation bracket.

If a team is delayed due to weather or transportation problems and arrives after weigh-ins have occurred, these contestants shall be weighed by themselves upon arrival prior to their first match.

### H. TAKEDOWN TOURNAMENTS

All wrestlers must have ten (10) separate days (Note: see exception in c above) of practice prior to the day of the tournament. Matches are determined either by a specified number of takedowns or a time limit. Each wrestler may participate in no more than one takedown tournament each season. Takedown matches do not count as a match against the twenty-four (24) weigh-in limit.

### I. WRESTLING WEIGHT CERTIFICATION

A wrestler must have the lowest weight class in which he/she may wrestle determined within sixty (60) calendar days prior to the first team competition of the season. Certification at a lower weight during the season is prohibited. After certification, a wrestler may not weigh in and wrestle at more than one weight class above the weight of certification without recertifying at a higher weight. Certification should be done before practice begins by a physician, physician assistant, or advanced nurse practitioner.

Each wrestler is required to have at least one-half of his/her weigh-ins during the season at the minimum weight he/she will wrestle during the state tournament series. This determination must be in writing and signed by a person authorized to sign the medical exam form and the student's parent. These minimum weights must be an integral part of the eligibility roster. A student starting wrestling after the start of the season must have his/her minimum weight determined before his/her first competition.

*Note: The Board of Directors will be considering changes to Weight Certification deadlines and the number of seedable wrestlers at its October Meeting.*

### **GROWTH ALLOWANCE POLICY:**

For 4A Classification

One pound on the last Monday in November (November 28th, 2011)

One pound on the last Monday in December (December 26th, 2011)

For 123A Classification

One pound on the last Monday in October (October 31st, 2011)

One pound on the last Monday in November (November 28th, 2011)

### J. WEIGHT CATEGORIES (new weight classes)

106	113	120	126
132	138	145	152
160	170	182	195
220	285		

# WRESTLING continued

## K. STATE CHAMPIONSHIPS

### 1. DATES & SITES

4A Classification:

DATE: February 3rd-4th, 2012

SITE: Bartlett High School, Anchorage

123A Classification:

DATE: December 9th-10th, 2011

SITE: Nikiski High School, Nikiski

### 2. STATE TOURNAMENT STRUCTURE

a. Entrants: Each tournament is a sixteen (16) person bracket with consolation rounds. Every attempt will be made to fill all slots on 16 person bracket during qualifications. Crossover will occur after the first round of matches.

b. Scoring: The top 6 finishers in each weight class will score bonus points to team points.

c. Qualifying: Qualifying must occur at a conference tournament. After names are submitted, substitutions can only occur from the list of alternates in case an athlete must withdraw due to injury, illness, or ineligibility. ASAA will determine the deadline for substitutions.

### 3. TOURNAMENT BERTHS

#### **1A-2A-3A TOURNAMENT**

- Northern Conference . . . . . 3 berths  
Includes: Barrow, Buckland, Gambell, Kotzebue, Koyuk, Nome, Savoonga, Shaktoolik, Shismaref, St. Michael, Stebbins, Unalakleet
- Great Alaska Conference . . . . . 4 berths  
Includes: Aniak, Akiachak, Bethel, Bristol Bay, Dillingham, King Cove, Manokotak, Newhalen, New Stuyahok, Port Lions, Sand Point, St. Paul, Tuluksuk, Unalaska
- Southeast Conference . . . . . 4 berths  
Includes: Angoon, Craig, Hoonah, Hydaburg, Kake, Klawock, Metlakatla, Mt. Edgecumbe, Petersburg, Skagway, Sitka, Thorne Bay, Wrangell, Yakutat
- Denali/Kachemak Conference . . . 5 berths  
Includes: Anderson, Anchorage Christian, Cook Inlet Academy, Cordova, Delta Junction, Eielson, Fort Yukon, Galena, Grace Christian, Glennallen, Homer, Houston, Hutchison, Kenai, Kenny Lake, Nenana, Nikiski, Ninilchik, Seldovia, Seward, Skyview, Su Valley, Tok, Tri Valley, Valdez.

*Note: The following conferences may work together to fill open berths if there are not enough wrestlers to fill the specific allotment:*

*Northern and Great Alaska Conferences  
Southeast and Denali/Kachemak Conferences*

#### **4A TOURNAMENT**

- Northern Lights Conference. . . . . 6 berths  
Includes: Colony, Kodiak, Palmer, Soldotna, Wasilla
- Cook Inlet Conference . . . . . 6 berths  
Includes: Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West
- Southeast Conference. . . . . 1 berths  
Includes: Juneau, Ketchikan, Thunder Mountain
- Mid Alaska Conference . . . . . 3 berths  
Includes: Lathrop, North Pole, West Valley

*Note: The following conferences may work together to fill open berths if there are not enough wrestlers to fill the specific allotment:*

*Northern Lights and Cook Inlet Conferences  
Southeast and Mid Alaska Conferences*

### 4. SEEDING

The following seeding process was adopted by the ASAA Board of Directors:

- a. ASAA will select a seeding committee of three (3) individuals with wrestling background and interest.
- b. The seeding committee will meet 1-2 days before the state tournament to seed the wrestlers based on information provided by each school's coaches.
- c. The committee will use the prioritized criteria to seed the wrestlers.
- d. At the coaches meeting, the seeding committee will announce the seeding results. The committee will ask if there are any glaring errors in the seeding and will correct any such errors as per the prioritized criteria.
- e. Seeding begins with the 106-pound class and proceeds up.
- f. Must have a winning record in order to be considered for seeding.
- g. The seeding committee will seed no more than

# WRESTLING continued

the top six in each weight category. Byes and the remaining wrestlers will be drawn into the bracket after the seeding results have been certified at the coaches meeting.

**Note:** *The Board of Control will consider a request to include the top eight in certain instances at their Fall Meeting.*

## 5. SEEDING CRITERIA

This criteria was reprioritized by the Board of Directors in May 2003

- a. This year head-to-head competition results.
- b. Common opponent criteria will be determined by the highest winning percentages versus common opponents.
- c. Conference champion takes precedence over the other place winners in that conference.
- d. Contestants with exceptional record against acknowledged strong competition (ie. state placers, seeded wrestlers in either tournament) at weight entered at state tournament.
- e. Returning state champion or runner-up in any weight class.
- f. Returning state-place winner in any class.
- g. Contestant with best overall varsity record at the weight entered at the state tournament.

A completed seeding form listing all match records of each state entrant, along with their performance at the conference tournament, must be forwarded to ASAA on the Monday before state tournament. (This is the responsibility of the Conference Tournament Director.)

## 6. 4A CLASSIFICATION IMPORTANT DATES

- Following items are due by 12:00pm Sunday, January 29th, 2012
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
- Following items are due by 12:00pm Tuesday, January 31st, 2012
  - Code of Conduct Online Form
  - Academic Award Online Form

## 123A CLASSIFICATION IMPORTANT

- Following items are due by 12:00pm Sunday, December 4th, 2011
  - Team Photo turned into Isaiah Vreeman (isaiah@asaa.org)
- Following items are due by 12:00pm Tuesday, December 6th, 2011
  - Code of Conduct Online Form
  - Academic Award Online Form

## 7. AWARDS

- a. First and second place team trophies.
- b. Individual medallions for places first through fourth in each weight class. (Points are scored through sixth place in each weight class).
- c. Academic Award for the highest Team GPA the previous semester. (*Teams must have a minimum of 5 members to qualify*)
- d. SPORTSMANSHIP AWARD
- e. OUTSTANDING WRESTLER AWARD

## “MINIMUM WEIGHT” WEIGH-IN POLICY AND INTERPRETATION

### 1. Interpretation of State Tournament Weight Class

Each wrestler is required to have at least one-half of his/her weigh-ins during the season at the minimum weight he/she will wrestle during the state tournament series.

### 2. Interpretation of “Minimum Weight”

After certification, a wrestler may not weigh in and wrestle at more than one weight class above the weight of certification without recertifying at a higher weight.

- NFHS Rule 4, sec. 4, art. 2 “A contestant shall not wrestle more than one weight class above that class for which the actual weight, at the time of weigh-in, qualifies the competitor.
- NFHS Rule 4, sec. 5, art. 8 “Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class. That contestant may weigh-in at a higher weight class.”

- **Question #1:** A wrestler, certified at 125 pounds, has 75% of his/her weigh-ins at the 125 pound weight class during the majority of the season. S/he chooses to go up a weight class and 25% of his/her weigh-ins are at the 130 pound weight class for the remainder of the regular season. What weight class can this wrestler compete in legally at the State Tournament?

**Answer #1:** The wrestler may wrestle at the 125 weight class and no lower; or at 130 or 135 pound weight class provided he/she abides by NF Rule 4-4-2, which states that a contestant shall not wrestle more than one weight class above the class for which the actual weight, at the time of weigh-in, quali-

# WRESTLING continued

fies. This wrestler could legally wrestle at 125 pounds because of the "one-half rule" or at a higher weight class without regard to the "one-half rule."

- **Question #2 :** A wrestler, certified at 125 pounds, weighs in and makes weight for the 130 pound weight class. What weight class can this wrestler compete in legally and how does it effect his/her weight certification?

**Answer #2:** The wrestler may wrestle at the 130 or 135 pound weight class This has no effect on the wresster's weight certification.

- **Question #3:** A wrestler, certified at 125 pounds, weighs in and makes weight for the 135 pound weight class. What weight class can this wrestler compete legally and how does it effect his/her weight certification?

**Answer #3:** The wrestler may wrestle at the 135 or 140 pound weight class. The wrestler would automatically be recertified at 130 pounds (one weight class below that which he/she weighed in.)

### 3. Interpretation of "one-half of that wrestler's weigh-ins"

Only actual certified weigh-ins will count toward the one-half rule, not number of matches wrestled.

- **Example**

A wrestler participates in a 2-day tournament on Friday and Saturday. He/she weighs-in both on Friday and on Saturday for a total of two weigh-ins. He/she wrestles a total of four matches during the tournament. This wrestler may count only the two individual weigh-ins toward the "one-half rule."

### 4. Conference Tournaments

Conference tournaments count toward the "one-half Rule". "

## RINGWORM POLICY

Ringworm infection among Alaska high school wrestling teams the past few years has been a continuing problem. To help schools, coaches and officials in dealing with this problem, ASAA has officially adopted the following position based on two primary sources of authority; the National Federation Wrestling Rule Book and the State of Alaska, Department of Health and Social Services, Division of Public Health, Section Epidemiology.

### 1. NF Wrestling Rule Book states in Rule 4-2-3:

"If a participant is suspected of having a skin disease

or any other condition that may be communicable, his coach shall provide current written documentation from a physician stating that the suspected disease or condition is not communicable and that the athlete's participation would not be harmful to his opponent. This document shall be furnished at the weigh-in or upon arrival at the site of the dual meet or tournament. Covering a communicable condition shall not be considered acceptable and does not make the wrestler eligible to participate."

### 2. State of Alaska, Department of Health and Social Services, Division of Public Health, Section of Epidemiology (907-269-8000) Recommendations

- a. Coaches should examine their wrestlers for the development of any ringworm-like rash. Any identified wrestler should be referred to the school nurse or other health care provider for further evaluation.
- b. A qualified trainer or health care provider familiar with the appearance of ringworm should be appointed as medical officer for each competition or tournament. All wrestlers should be examined on the day of competition by the medical officer. The medical officer's determination is final and not subject to appeal.
- c. Wrestlers with ringworm can continue to train with the team in activities that do not have body contact, e.g., weight training, aerobic conditioning.
- d. Wrestlers can resume training involving body contact and wrestling competition only when the ringworm lesions have completely healed.
- e. Wrestlers with ringworm should continue treatment for a minimum of 4 weeks.
- f. Wrestlers should shower thoroughly with soap and water immediately after each practice and tournament.
- g. Wrestling mats should be routinely cleaned.
- h. Disqualified wrestlers should be provided with an information sheet to take home and to their health care provider. (Presented below).

# SANCTIONED ACTIVITIES WITHOUT STATE TOURNAMENTS

## BOWLING

### A. SEASON 2011-12

First Date of Season: October 3rd, 2011  
Last Regular Season Contest: February 25th, 2012

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before the first day of competition.

### D. MEET LIMITATIONS

ASAA does not place a limit on the number of bowling meets that an athlete or team may compete in during a season.

### E. CONFERENCES

Currently there is only one conference (Cook Inlet) in the state as this is an emerging sport. Schools participating include: Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West.

## FLAG FOOTBALL (GIRLS)

### A. SEASON 2011-12

First Date of Season: August 1st, 2011  
Last Regular Season Contest: October 15th, 2011

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS OF PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before her first day of competition.

### D. GAME LIMITATIONS

A maximum of 20 games exclusive of a playoff system adopted by Cook Inlet Conference.

### E. INDIVIDUAL PARTICIPATION LIMITATION

An athlete may play in six (6) quarters of play per day of competition.

### F. RULES

National Intramural-Recreational Sports Association (NIRSA) rules apply.

### G. CONFERENCES

Currently there is only one conference (Cook Inlet) in the state as this is an emerging sport.

COOK INLET CONFERENCE—Bartlett, Chugiak, Dimond, Eagle River, East Anchorage, Service, South Anchorage, West Anchorage.

## H. CHAMPIONSHIP PLAYOFF FORMAT

Currently there is no state tournament for flag football. Placement in Conference playoff games will be determined by Cook Inlet standings at the end of competition.

### Quarterfinals:

Game 1: Number 1 seed vs. Number 8 seed  
Game 2: Number 2 seed vs. Number 7 seed  
Game 3: Number 3 seed vs. Number 6 seed  
Game 4: Number 4 seed vs. Number 5 seed

### Semi-finals:

Winners of Game 1 and Game 4  
Winners of Game 2 and Game 3

### Conference Championship

Winners of the Semi-finals

## GYMNASTICS

### (GIRLS • ALL CLASSIFICATIONS)

#### A. SEASON 2011-12

First Date of Season: August 8th, 2011  
Last Regular Season Contest: November 5th, 2011

#### B. PRESEASON

No restrictions on students.

#### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of ten (10) different days of physical practice before her first day of competition.

#### D. MEET LIMITATIONS

ASAA does not place a limit on the number of gymnastics meets that an athlete or team may compete in during a season.

#### E. RULES

National Federation rules are used.

#### F. CONFERENCES

Gymnastics teams are not currently categorized into conferences. Schools with gymnastics programs include the following:

- Bartlett
- Chugiak
- Dimond
- Eagle River
- East Anchorage
- Lathrop
- North Pole
- Service
- South Anchorage
- West Anchorage
- West Valley

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