

# ACTIVITY SPECIFIC POLICIES & PROCEDURES

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# ALL-STATE ART

## ALL CLASSIFICATIONS

### A. SEASON

#### 2016-2017 SEASON

February 27 - March 13, 2017 - Complete Intent to Participate Form online

March 27, 2017 - Deadline to enter student in All-State Art Eligibility List

March 27 - April 5, 2017 - Submit artwork entries online

April 12-18, 2017 - Adjudication process

April 20, 2017 - Results are announced, posted to website and awards mailed out.

April 21, 2017 - Artwork is displayed on website

### B. PURPOSE

The ASAA/First National Bank Alaska All-State Art Competition offers Alaska high school students an online exhibition on an art dedicated website. Awards are presented for original and outstanding 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 2016 and March 27, 2017. Graduates of 2016 may not enter.

Participants must meet ASAA eligibility requirements. A Physical Examination and the Concussion Information Form are not required. Participants names must be entered on the Eligibility list.

(<https://www.asaaeligibility.org>)

### D. ENTRIES

The number of entries submitted is limited to five (5) per teacher or fifteen (15) per school whichever is greater, with no more than five (5) in any one category. The only exception to this limit is if the art teacher is an art instructor 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 selected jurors. All entries will be displayed on the ASAA Art Website.

### E. CATEGORIES

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

- Sculpture

## **F. LOGISTICS OF ENTERING**

### **1. Originality of art work**

All entries must be photographs of the original artwork, of high quality, and executed solely by a student. Work that has been directly copied from any published source, may not be entered unless the student has creatively modified or reinterpreted the original work using the student's own vision or style.

### **2. Online Entry Form**

All student entries must be submitted via an online entry form by the art instructor. The general information on this form will require a "Student Artist Statement" asking for what inspired their work of art. The URL for the online art entry form will be provided March 27, 2017 to Art Instructors who have submitted the Intent Form.

### **3. Photography Tips**

Photos of artwork should be taken against a white, gray or black background depending on the color of the artwork. Please do not use backgrounds with any other colors. Make sure you use good lighting. Photos can be either "Landscape" or "Portrait." Submit only 1 photo for 2-D artwork, up to 3 photos for 3-D artwork only.

## **G. AWARDS**

All students that submit entries will receive Participation Certificates. Individual medallions for the three (3) highest placing pieces in each category will be presented, as well as Honorable Mention awards as the juror (s) see fit.

Plaques will be awarded to:

- Best of Show – 1 plaque
- Congressional Award – 1 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

## ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season  
Seasonal activity without limitation.

### B. ELIGIBILITY

Deadline October 28, 2016

Participants must meet ASAA eligibility requirements. A Physical Examination and the Concussion Information Form are not required. Participant's names must be entered on the Eligibility list. (<https://www.asaaeligibility.org>)

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 performing class for which the school awards credit, whether or not that class is conducted at the school.
4. In order to participate in the All-State Music Festival, students in an "alternative education program" as defined in the ASAA General Handbook under Article 1, Section 8, must be enrolled in a corresponding music performing class at their School of Eligibility, at which they may be selected for participation through a competitive audition process.

ASAA may waive this requirement for students in the event that the individual's school of eligibility does not offer a performing music class.

### C. ALL-STATE MUSIC FESTIVAL

#### 1. DATE

November 17-18-19, 2016

#### 2. SITE

Rehearsals: East Anchorage High School  
Concert: West Anchorage High School

#### 3. SELECTION:

- a. Students are selected from auditions for four All-State Music groups: the All-State Band, All-State Mixed Choir, All-State Orchestra and All-State 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 2016 the odd-numbered rankings will be placed in Treble Choir and the even-numbered rankings will be placed in Mixed Choir.

c. Chair placements (i.e. first chair first violin, first chair first flute, first chair soprano I, 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 after the festival.

## E. RULES

Each school should review the 2016-2017 ASAA Music Handbook for complete audition requirements, regulations and deadlines. Requirements are also found on the ASAA web site at <http://asaa.org/activities/music/music-all-state-music-festival/>. The following is a brief guideline:

1. INTENT FORM: At the beginning of the school year, the school music director should fill out and complete the on-line Intent Form at <http://asaa.org/activities/music/music-festival-intent-form/>
2. Click and complete the on-line Intent Form. This will place the director on an email database for the 2016-2017 music season for receiving festival updates and information.
2. AUDITION DEADLINE: Auditions are due on-line by 11:55 PM on Wednesday, September 21, 2016. You may begin submitting the on-line auditions on Monday, September 5, 2016.
3. AUDITION REQUIREMENTS: Are located in the Music Handbook under the 2016 All State Auditions for Band, Choir and Orchestra, the 2016 Memo 1 and online at <http://www.asaa.org> under All State Music Festival Auditions. 2016 IS NOT an All-Northwest year.
4. DISQUALIFICATIONS: For the 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 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.
  - 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. An on-line audition is found with inappropriate language used while performing exercises or for identifying exercises or selections.

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 for or 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 and a First Chair certificate 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)

## **G. FURTHER DETAILS AND FORMS**

Additional details and forms can be found in the 2016-2017 ASAA Music Handbook.

# BASEBALL

## BOYS - ALL CLASSIFICATIONS

### A. SEASON

2017 Season

March 1, 2017 - First Practice

March 16, 2017 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

May 27, 2017 - Last Contest (Regular Season or Conference Championship)

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

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

### D. 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.

### E. RULES

National Federation of High School (NFHS) Baseball rules apply.

ASAA adopted a Mercy Rule for baseball which states: The game shall end when; the visiting team is behind 10 or more runs after 4.5 innings; or after the 5th inning if either team is 10 runs behind and have had an equal number of times at bat.

### F. CONFERENCES

All teams are assigned to one of the following four conferences: Cook Inlet, Southcentral, Southeast, and Mid Alaska Conferences. See the Sport Specific Conferences Section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is not a conference tournament, and state qualifying is based on the regular season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

### G. TEAM GAME LIMITATIONS

A team may play 22 regular season games exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

## H. ENDOWMENT GAMES

ASAA encourages each school's team to play Endowment Games during the season above and beyond the 22 game/match limit. Two additional Endowment Games may be played each season. 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 has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school for \$200 for one game or \$350 for two games.

## I. JAMBOREE REGULATIONS

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.

## J. PITCHING RULE

A pitcher shall not pitch more than 10 innings in a 3 day period. This regulation is mandatory. The following examples are 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 1 inning. Penalty: The penalty for violation of the pitching rule is forfeiture of the game in which the pitcher exceeds the limit.

## K. 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.

**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 be continued from the point of suspension at a later time. The lineup and batting order of each team will remain exactly the same at moment of suspension. If a winner can be determined (both teams have equal at bats or home team is ahead) the team that is ahead will be considered 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. At the state championships onsite ASAA staff and the Tournament Director shall determine when a suspended game will be completed.



Speed Up: The courtesy runner speed-up rules 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 will be used in the state championship tournament. The following is a speed-up rule summary:

- The team at bat may 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 as courtesy runners.
- A player may not run as a courtesy runner for the pitcher or catcher and then 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.

## L. STATE CHAMPIONSHIP

### 1. DATE

June 1-2-3, 2017

### 2. SITE & HOST

Mulcahy Stadium - Anchorage  
Hosted by ASAA and American Legion

### 3. STATE CHAMPIONSHIP FORMAT

#### a. Tournament Berths

Southcentral Conference	2 Berths
Cook Inlet Conference	2 Berths
Southeast Conference	2 Berths
Mid Alaska Conference	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. Championship Schedule

A detailed schedule and bracket will be available online on the Baseball State Information page.

#### d. Bracketing Rotation Matchups

It is on a three year rotation. Session schedules may be adjusted on the first day.

#### 2016-17

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

#### 2017-18

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

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

2018-19

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

#### 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining baseball championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Baseball State Information webpage. State qualifying teams are required to review this document.

#### 5 STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Baseball section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, May 27, 2017 - 10:00pm

- Email State qualifiers to (championships@asaa.org)

Sunday, May 28, 2017 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, May 30, 2017 - 2:00pm

- Academic Award Entry Form

#### 6. AWARDS

a. First and second place trophies

b. 18 individual players, one team manager, and one head coach medallion for each of the first and second place teams

c. Team Sportsmanship Award

d. Academic Award

e. 12 All Tournament Team medallions

Awarded for outstanding tournament play, regardless of player position on the field.

f. Two Good Sport Team Members Per Team

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# BASKETBALL

## GIRLS & BOYS - ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

November 30, 2016 - First Practice

December 15, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

March 11, 2017 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. 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.

### E. RULES

National Federation Rules of High School (NFHS) Basketball rules apply.

ASAA adopted a Mercy Rule for basketball which states: Upon reaching a 40 or more point differential at the end of the third (3rd) quarter or thereafter, a running clock will be used. Once begun, the running clock will be stopped only for team, official, or injury time outs, and for technical fouls.

### F. CONFERENCES

All teams are assigned to conferences. See the Sports Specific Conferences section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is not a conference tournament, and state qualifying is based on the regular season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

### G. TEAM GAME LIMITATIONS

A team may play 22 regular season games or 19 games and one invitational tournament of three or more games, exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

## **H. ENDOWMENT GAMES**

ASAA encourages each school's basketball team to play Endowment Games during the season above and beyond the 22 game/match limit. Two additional Endowment Games may be played each season, additionally, two more Endowment Games may be played in the sport of basketball provided the schools involved are at different classifications. 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 has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school for \$200 for one game or \$350 for two games. Endowment Games DO NOT count in the WPI.

## **I. JAMBOREE REGULATIONS**

1. Time against each opponent cannot exceed 6 minutes.
2. Total time against all teams during one day cannot exceed 30 minutes.
3. All players must have 10 days of practice prior to the day of the jamboree.
4. Each school may participate in only 1 Jamboree per year, which does not count as a game against the 22 game season limitation.

## **J. INDIVIDUAL PARTICIPATION LIMITATION**

No player may participate in more than six quarters of play per day exclusive of invitational, conference and state tournaments (NFHS 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.

## **K. WINNING PERCENTAGE INDEX (WPI) REPORTING**

1. All schools (1A, 2A, 3A, 4A) must submit their varsity level basketball team schedules to ASAA by either entering them on ASAA365.com or by sending them directly to ASAA via either email or fax. This must be done by the first day of practice.
2. Enter all scores on ASAA365.com from the previous week by Tuesday 7:00 PM for each week of the regular season.
3. Enter all scores on ASAA365.com from the conference tournament by Sunday, 8:00 AM.
4. School failing to met these mandates will be given a warning for the first offense, fined \$200 for the second offense, and then fined \$200 plus a deduction of .01 points from their final WPI for further violations.

## L. STATE CHAMPIONSHIPS

### 1. DATES

- 1A Classification – March 15-16-17-18, 2017
- 2A Classification – March 16-17-18, 2017
- 3A & 4A Classifications – March 23-24-25, 2017

### 2. SITE & HOST

Alaska Airlines Center - Anchorage  
Hosted by ASAA, UAA, and ASD

### 3. STATE CHAMPIONSHIP FORMAT

#### a. Number Of Teams

1A Classification conducts a 16-team tournament for both boys and girls. 2A/3A/4A classifications conduct an eight-team tournament for both boys and girls at a common site.

#### b. Type of Elimination

All the championship 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. In the 1A bracket teams, losing for a second time are eliminated.

#### c. Championship Schedule

A detailed schedule and bracket will be available online at the Basketball State Information page.

### 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining basketball championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Basketball Coaches webpage. State qualifying teams are required to review this document.

### 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Basketball section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, March 11, 2017 - 10:00pm

- Email State qualifiers to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, March 12, 2017 - 2:00pm

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo was not submitted with Roster Form above)
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, March 14, 2017 - 2:00pm

- Academic Award Entry Form

### 6. AWARDS: For each classification and gender

- a. First and second place trophies
- b. 12 individual players, one team manager, and one head coach medallion for each of the first and second place teams
- c. Team Sportsmanship Award
- d. Academic Award
- e. 10 All Tournament Team medallions / 16 All Tournament Team medallions (1A)  
Awarded for outstanding tournament play, regardless of player position on the court.
- f. Two Good Sport Team Members Per Team  
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.
- g. 1A/2A Skills Contest  
Winners of the 3 point shooting contest and knockout competition will receive an award. The winners of the 3 point competition will also participate in the King and Queen of the Court.

## 7. CHAMPIONSHIP BRACKETING

- a. 3A & 4A Classification use the Winning Percentage Index (WPI) to rank #1 through #8. The final berth for 3A and final two berths for 4A will be determine by the highest ranked WPI which did not automatically qualify.
- b. 1A & 2A Classifications will be seeded by an ASAA Seeding Committee composed of representatives from Regions 1, 2 and 5.
- c. Boys and girls championships in each classification will alternate yearly to determine which gender plays the first games (8:00 AM & 9:40 AM). For semi-finals and finals, girls play the early game and boys play the late game.

### **4A CLASSIFICATION**

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

### **3A CLASSIFICATION**

- Berths to State Championship
- South-central Conference = 2 Berths
  - Aurora Conference = 2 Berths
  - Southeast Conference = 1 Berth
  - Western Conference = 2 Berths
  - WPI At Large = 1 Berth

Bracket Match-ups, details regarding the WPI, and final standings are available at [ASAA.org](http://ASAA.org) Basketball page, and [ASAA365.com](http://ASAA365.com). Session schedules may be adjusted on the first day.

WPI #1 vs. WPI #8  
 WPI #4 vs. WPI #5  
 WPI #3 vs. WPI #6  
 WPI #2 vs. WPI #7

**2A CLASSIFICATION**

Berths to State Championship

- Great Northwest Conference = 2 Berths
- Southeast Conference = 2 Berths
- Southwest Conference = 2 Berths
- Interior Conference = 2 Berths

**1A CLASSIFICATION**

Berths to State Championship

- Alaska Coastal = 1 Berth
- Aleutian Chain = 2 Berths
- Bering Sea = 2 Berths
- Golden Heart = 1 Berth
- Greater Kuskokwim = 1 Berth
- Northwest Arctic = 2 Berths
- North Slope = 1 Berth
- Peninsula = 2 Berths
- Southeast = 2 Berths
- Yukon Delta = 2 Berths

Bracket Match-ups: 1A and 2A Classification will be seeded by an ASAA Seeding Committee composed of representatives from Regions 1, 2 and 5.

# **BOWLING**

## **GIRLS & BOYS - ALL CLASSIFICATIONS**

### **A. SEASON**

2016-2017 Season

September 26, 2016 - First Practice

October 6, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

February 25, 2017 - Last Contest (Regular Season or Conference Championship)

### **B. PRESEASON**

No restrictions on students.

### **C. MINIMUM DAYS PRACTICE**

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

### **D. INDIVIDUAL NON-SCHOOL PARTICIPATION**

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

### **E. CONFERENCES**

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

### **F. 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.



# CHEER

## GIRLS & CO-ED - ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

Football Sideline Cheer

July 27, 2016 - First Practice

August 11, 2016 - First Event

\*Eligibility List due prior to First Event (Article 12, Section 9)

October 1, 2016 - Last Event (Regular Season or Conference Championship)

Fall Competitive Cheer

July 27, 2016 - First Practice

August 11, 2016 - First Event

\*Eligibility List due prior to First Event (Article 12, Section 9)

October 1, 2016 - Last Event (Regular Season or Conference Championship)

Hockey Sideline Cheer

October 12, 2016 - First Practice

October 27, 2016 - First Event

\*Eligibility List due prior to First Event (Article 12, Section 9)

February 4, 2017 - Last Event (Regular Season or Conference Championship)

Basketball Sideline Cheer

November 30, 2016 - First Practice

December 15, 2016 - First Event

\*Eligibility List due prior to First Event (Article 12, Section 9)

March 11, 2017 - Last Event (Regular Season or Conference Championship)

Winter Competitive Cheer

November 30, 2016 - First Practice

December 15, 2016 - First Event

\*Eligibility List due prior to First Event (Article 12, Section 9)

March 11, 2017 - Last Event (Regular Season or Conference Championship)

### 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 cheering.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

## **E. RULES**

1. All cheer squads **MUST** adhere to the National Federation of High Schools Spirit Rules at **ALL** times. The Spirit Rule Book is available at the ASAA office. Rules and interpretations change every year please make sure your cheer coaches have one.
2. Illegal Stunts - Any squad performing an "illegal" stunt during a state championship event will be given a warning. Specific penalties will be determined by the Board of Directors.
3. Out of State Travel - All cheer squads planning to travel "out-of-state" to other competitions must agree to participate in the ASAA Cheer State Championship Competition. Acknowledgement can be found on the Out-of-State travel request form located in this handbook.

## **F. CONFERENCES**

Sideline and competitive cheer are not assigned to conferences for their regular season competitions and participation.

## **G. FOOTBALL STATE CHAMPIONSHIPS**

### **1. STATE POLICIES & PROCEDURES DOCUMENT**

This detailed document outlining football championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Football Coaches web page. Cheer coaches with sideline cheer teams accompanying a state qualified team are required to review this document.

**2. STATE CHAMPIONSHIP DEADLINES:** All forms below can be filled out online at ASAA.org, Cheer section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info **PRIOR** to the deadline

Sunday, October 2, 2016 - 2:00pm

- State Championship Roster Form
- Code of Conduct

## **H. HOCKEY STATE CHAMPIONSHIPS**

### **1. STATE POLICIES & PROCEDURES DOCUMENT**

This detailed document outlining hockey championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Hockey Coaches web page. Cheer coaches with sideline cheer teams accompanying a state qualified team are required to review this document.

**2. STATE CHAMPIONSHIP DEADLINES:** All forms below can be filled out online at ASAA.org, Cheer section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info **PRIOR** to deadline

Sunday, February 5, 2017 - 2:00pm

- State Championship Roster Form
- Code of Conduct

## **I. BASKETBALL STATE CHAMPIONSHIPS**

### **1. STATE POLICIES & PROCEDURES DOCUMENT**

This detailed document outlining basketball championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Basketball Coaches web page. Cheer coaches with sideline cheer teams accompanying a state qualified team are required to review this document.

**2. STATE CHAMPIONSHIP DEADLINES:** All forms below can be filled out online at ASAA.org, Cheer section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to deadline

Sunday, March 12, 2017 - 2:00pm

- State Championship Roster Form
- Code of Conduct

## **J. CHEER STATE CHAMPIONSHIP COMPETITION**

### **1. DATE**

March 22, 2017

### **2. SITE & HOST**

Alaska Airlines Center - Anchorage  
Hosted by ASAA, UAA, & ASD

### **3. STATE COMPETITION FORMAT**

#### **a. Competition**

The Cheer State Championship Competition is a one day, open invitation for all high school basketball sideline squads or Winter Competitive Squads from throughout the state.

#### **b. Five Divisions**

1. Non Building (no stunting - must be at least 2 members on a team)
2. Small (2-12)
3. Large (13-24)
4. Coed (3-24 with 2 or more males)
5. Winter Competitive Squad (All Winter Competitive Squads will be placed in this division)

ASAA reserves the right to move teams to another division in order to maintain the spirit of competition. If there is only one team in a division that team will be placed into another division with other teams.

#### **c. Championship Competition Schedule**

A detailed schedule will be available online at the Cheerleading State Information page prior to the event.

#### **d. Roster Information**

1. Competition Squads and Sideline Cheer Squads are allowed to have a maximum of 2 cheerleaders crossover.

2. Team members used as spotters are considered part of the team.

3. Mascots are considered part of a team.

#### 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining cheerleading competition information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Cheer Coaches web page. Cheer coaches are required to review this document.

#### 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Cheer section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Sunday, March 12, 2017 - 2:00pm

- State Championship Roster Form
- State Championship Code of Conduct Form

Tuesday, March 14, 2017 - 2:00pm

- Academic Award Entry Form (4+ participants to qualify)

#### 6. AWARDS

a. First and second place trophies for the five divisions

b. Academic Award

c. Grand Champion

NOTE: A second place trophy will only be awarded with four or more teams competing in a division.

# CROSS COUNTRY RUNNING

## GIRLS & BOYS - ALL CLASSIFICATIONS

### A. SEASON

2016 Season

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

September 24, 2016 - Last Contest (Regular Season or Regional Championship)

### 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.

### D. 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.

### E. RULES

National Federation of High School (NFHS) Cross Country rules apply.

### F. REGIONS

Teams are assigned to their Region. See the Sport Specific Section for the list of schools in each region. Regions determine state championship representatives based on regional meets. Qualifying standards and meet administration shall be the responsibility of each region. This includes whether conference participation is required for entrance into the state-qualifying tournament. Schools hosting a regional meet are responsible and required to notify ASAA of the results, state qualifying teams and individuals upon conclusion of the meet. If there is no regional meet, the region must appoint someone to notify ASAA of the state qualifiers.

### G. MEET LIMITATIONS

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

### H. STATE CHAMPIONSHIPS

1. DATE

October 1, 2016

2. SITE & HOST

Bartlett Running Trails

Hosted by ASAA, Bartlett HS and ASD

### 3. FORMAT

Separate meets are conducted for the combined classifications of 123A and the 4A classification.

Even year schedule:

123A Girls, 4A Girls

123A Boys, 4A Boys

Odd year schedule:

123A Boys, 4A Boys

123A Girls, 4A Girls

### 4. COURSE LENGTH

The course length of both boys and girls for all classifications is 5K.

### 5. QUALIFICATIONS TO STATE

#### a. 123A Berths

##### REGION 1

There are eleven small conferences with a total of 63 “at large “ berths to the State Championship. Each conference will have a set number of “at large” berths selected from the small conference championship meet. Schools running in single school races will establish a qualifying time as well. If an individual school qualifies five runners, then they will also compete as a team in the state championship event.

<b>Conference/District</b>	<b>Location</b>	<b>Schools</b>	<b>Berths</b>
Aleutians East	King Cove	4	3
Bering Straits	Unalakleet	15	3
Greater Kuskokwim	Kuskokwim	11	3
Sockeye	King Salmon	12	3
Lower Kuskokwim	Bethel	23	10
Lower Yukon	Lower Yukon	12	10
Nome	Nome	1	6
North Slope	Barrow	8	7
Northwest Arctic	Kotzebue	11	7
Southwest	Dillingham	5	5
Unalaska	Dutch Harbor	1	6
<b>TOTALS</b>		<b>103</b>	<b>63</b>

##### REGION 2

Top two teams (seven members each) and any runner in the top 10 not on the two qualifying teams.

##### REGION 3

Top four teams (seven members each) and any runner in the top 15 not on the four qualifying teams.

##### REGION 5

Top three teams (seven members each) and any runner in the top 15 not on the three qualifying teams.

## REGION 6

Top team (seven members) and any runner in the top 10 not on the 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 three teams (seven members each) and any runner in the top 15 not on the three qualifying teams.

## REGION 4

Top four teams (seven members each) and any runner in the top 15 not on the four qualifying teams.

## REGION 5

Top team (seven members each) and any runner in the top 10 not on the qualifying team.

## REGION 6

Top two teams (seven members each) and any runner in the top 10 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. SUBSTITUTIONS

Schools will have until 4:00pm Tuesday of the state meet week to submit the names of seven team members and two alternates. Schools will then have until 4:00pm 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.

## 7. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining the Cross Country Running state information (i.e. passes, deadlines, protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Cross Country Running Coaches web page. State participating teams are required to review this document.

## 8. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Cross Country Running section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, Sept. 24, 2016 - 6:00pm

- Email Region Meet results and State qualifiers to (championships@asaa.org)

Sunday, Sept. 25, 2016 - 2:00pm

- State Championship Photo Upload Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (4+ students per gender to nominate)

Tuesday, Sept. 27, 2016 - 4:00pm

- Team Qualifiers – Need to submit the names of their seven team members and two alternates
- Academic Award Entry Form

Thursday, September 29, 2016 - 4:00pm

- Notify ASAA if either of your two alternates will race in place of the seven named runners.

9. AWARDS: For each classification and gender

a. First and second place trophies.

b. Seven individuals medallions, one team manager and one Head Coach for each of the first and second place teams.

c. 15 Medallions for the top fifteen place finishers.

d. Three Medallions for the top three finishing 1A boys and girls

Three Medallions for the top three finishing 2A boys and girls

Three Medallions for the top three finishing 3A boys and girls

e. Academic Award (Must have a Boys or Girls TEAM that qualified)

f. Good Sport Team Members. Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.



# DRAMA, DEBATE & FORENSICS

## ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

October 12, 2016 - Enter students on eligibility list.

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

### B. ELIGIBILITY

Participants must meet ASAA eligibility requirements. A Physical Examination and the Concussion Information Form are not required. Participants names must be entered on the Eligibility list.

(<https://www.asaaeligibility.org>)

### C. 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.

## **D. 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.

## **E. 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 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.

## **F. STATE COMPETITION**

### **1. DATE**

February 23-24-25, 2017

### **2. SITE & HOST**

East Anchorage High School  
Hosted by ASAA, UAA, & ASD

### **3. CATEGORIES**

- Policy Debate
- Lincoln-Douglas Debate
- Public Forum Debate
- Original Oration
- Extemporaneous Speaking Domestic
- Extemporaneous Speaking Foreign
- Dramatic Interpretation
- Duo Interpretation
- Humorous Interpretation
- Expository Speaking
- Duet Acting
- Solo Acting
- Pantomime
- Reader's Theatre
- Extemporaneous Commentary

### **4. PARTICIPATION FEE**

\$20.00 per participant. Schools will be invoiced after the event.

## 5. ELIGIBILITY

- a. All schools have a maximum entry limit of 15 students. Students may enter 1-3 events. Students must be qualified in every event they enter. Consult the DDF Handbook for limitations on the number of student entries in specific categories.
- b. 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.
- c. Debate and forensics competitors must be within the top three finishers for their school in at least two competitions.
- d. Videotape and teleconference meets count as competitions for qualification purposes.

## 6. DEBATE TOPIC

The debate topic shall be the national topic.

## 7. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at [ASAA.org](http://ASAA.org), DDF section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Tuesday, February 14, 2017 - 2:00pm

- State Championship Photo Upload Form
- State Championship Code of Conduct Form
- Academic Award Entry Form (10+ participants to qualify)

## 8. AWARDS

- a. First and second place sweepstakes trophies in both 123A and 4A classifications.
- b. First place awards in Debate, Drama and Forensics in 123A and 4A classifications.
- c. Individual medallions for first through fourth place in each event (combined classifications).
- d. Academic Award in both 123A and 4A classification
- e. Sportsmanship award in both 123A and 4A classification.

# FLAG FOOTBALL

## GIRLS - ALL CLASSIFICATIONS

### A. SEASON

2016-2017 SEASON

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

October 15, 2016 - Last Contest (Regular Season or Conference Championship)

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

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

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

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

### F. CONFERENCES

Currently there is only one conference (Cook Inlet) in the state as this is an emerging sport. All ASD High Schools make up the conference.

### G. GAME LIMITATIONS

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

### H. JAMBOREE

All players must have five separate days of practice prior to the day of the jamboree; one quarter or 12 minutes maximum against each team in the jamboree; each team may play in no more than one jamboree each season which does not count as a game against their 22 game limit.

### I. INDIVIDUAL PARTICIPATION LIMITATION

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

## **J. 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: #1 seed vs. #8 seed

Game 2: #2 seed vs. #7 seed

Game 3: #3 seed vs. #6 seed

Game 4: #4 seed vs. #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

# FOOTBALL

## (11-PLAYER AND 8-PLAYER) ALL CLASSIFICATIONS

### A. SEASON

2016 Season

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

October 1, 2016 - Last Contest (Regular Season or Conference Championships)

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

National Federation Rules of High School (NFHS) Football rules apply.

ASAA has adopted a mercy rule which states: Upon reaching a 35 or more point differential at the end of the third quarter or thereafter, a running clock will be used. Once begun, the running clock will be stopped only for team, official, or injury timeouts.

### F. CONFERENCES/CLASSIFICATIONS

Football is divided into three different classifications, Large, Medium, and Small. All teams are assigned to conferences. See the Sports Specific Conferences section for the list of schools in each conference. Conferences are responsible for setting guidelines. Football conferences must appoint someone to notify ASAA of the state qualifiers and their seeds.

#### 1. 11 Player Football Teams

- Large School - Enrollment 901+
- Medium School - Enrollment 451-900
- Small School - Enrollment 450 and under

#### 2. 8 Player Football Teams

- For schools with enrollments under 150

## **G. TEAM GAME LIMITATIONS**

A team may play one game per week to a maximum of eight regular season games exclusive of conference or state championships.

## **H. JAMBOREE REGULATIONS**

All players must have five (5) separate days of practice prior to the day of the jamboree; up to 20 plays may be played against each team in the jamboree with a maximum of 100 plays per day; each team may play in no more than one jamboree each season which does not count as a game against its eight (8) game limit.

## **I. INDIVIDUAL PARTICIPATION LIMITATION**

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

## **J. FOOTBALL SCHEDULING PROCESS**

Schools have the choice of either scheduling their own games or participating in the following cooperative scheduling process. If choosing to participate in the cooperative scheduling process, schools will be considered to have broken a contract for each game not played. The following is the cooperative scheduling process.

1. School must indicate to ASAA in writing their intent to participate in the cooperative scheduling process by December 1 of the current school year in order to be scheduled for the following two (2) years.
2. Schedules will be the same for two years except for the sites will rotate. For example: Team A plays Team B at Team A's home. The following year Team A will again play Team B, but at Team B's home. (This rule may be modified, by the committee, for schools playing in areas where extreme weather or other factors may make it non-feasible.)
3. Schools off the "road system" must announce the minimal financial assistance they will provide teams traveling to play.
4. Schools scheduled to play non-road system teams, must play those games if financial assistance is met.
5. ASAA will come up with a master schedule for those teams participating in the collective scheduling process. This schedule will be reviewed and may be changed by a committee made up of a representative from each football conference. The Region that has the most schools in the conference will choose the representative.
6. Once the Committee has approved the schedule, it will be considered final.

## 7. Play in Berths

### LARGE SCHOOLS

Cook Inlet: 4 Berths

Railbelt: 4 Berths

Play in games @ Higher Seed

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

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

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

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

### SMALL SCHOOLS

Peninsula Conference: 2 Berths

Aurora Conference: 2 Berths

Play in games @ Higher Seed

Peninsula #1 vs. Aurora #2

Aurora #1 vs. Peninsula #2

## **K. FIRST NATIONAL BOWL / FOOTBALL STATE CHAMPIONSHIPS**

### 1. DATES

- Large Schools Oct. 14-15 / 21
- Medium & Small Schools Oct. 8 / 15

### 2. SITE & HOST

Anchorage Football Stadium - Anchorage (Large School Only)

Hosted by: ASAA and ASD

Palmer High School - Palmer (Small and Medium School Only)

Hosted by: ASAA and Palmer HS

### 3. STATE CHAMPIONSHIP FORMAT

(11 Player)

#### LARGE SCHOOLS

Semi-Finals @ Anchorage Football Stadium

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

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

Championship @ Anchorage Football Stadium

Winners Play

#### MEDIUM SCHOOLS

Berths

Northern Lights Conference: 2 Berths

Southeast Conference: 2 Berths

Semi-Finals @ Palmer High School



Game 1: Northern Lights #1 vs. Southeast #2  
Game 2: Southeast #1 vs. Northern Lights #2

Championship @ Palmer High School  
Winners Play

#### SMALL SCHOOLS

Championship @ Palmer High School  
Winners play

#### 4. 8 PLAYER TEAMS

There is no state playoff system or championship for 8 player teams at this time. It is an emerging sport and doesn't meet the criteria for holding a state championship.

#### 5. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining football championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Football Coaches web page. State qualifying teams are required to review this document.

#### 6. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Football Forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, October 1, 2016 - 10:00pm

- Email State qualifiers to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, October 2, 2016 - 2:00pm

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo was not submitted with Roster Form above)
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, October 4, 2016 - 2:00pm

- Academic Award Entry Form

#### 7. AWARDS

Large and Medium Schools

- a. First National Bowl Traveling Trophy
- b. First and second place trophies
- c. 48 individual players, one team manager, and one head coach medallion for each of the first and second place teams
- d. Team Sportsmanship Award
- e. Academic Award (All teams participating in playoffs beginning with the semi-finals).

f. 14 All Tournament Team medallions awarded for outstanding tournament play, regardless of player position on the field.

g. Two Good Sport Team Members Per Team Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

#### Small Schools

a. First National Bowl Traveling Trophy

b. First and second place trophies

c. 30 individual players, one team manager, and one head coach medallion for each of the first and second place teams

d. Academic Award (All teams participating in playoffs beginning with the semi-finals).

e. Seven Championship Game Outstanding Player Medals: Awarded for outstanding tournament play, regardless of player position on the field.

f. Two Good Sport Team Members Per Team Members are selected by their head coach to be honored for citizenship/sportsmanship throughout the entire season.

## **L. RECOMMENDATIONS AND GUIDELINES FOR MINIMIZING HEAD IMPACT EXPOSURE AND CONCUSSION RISK IN FOOTBALL**

The Alaska School Activities Association, along with its Sports Medicine Advisory Committee (SMAC) has reviewed the recommendations of the National Federation of State High School Associations (NFHS) regarding policies to minimizing head impact exposure and concussion risk in football. ASAA strongly recommends to its member schools and districts to adopt the following as policy.

1. Full-contact should be limited during the regular season, as well as during activity outside of the traditional fall football season. For purposes of these recommendations and guidelines, full-contact consists of both “Thud” and “Live Action” using the USA Football definitions of Levels of Contact.

Rationale: By definition, “Thud” involves initiation of contact at full speed with no pre-determined winner, but no take-down to the ground. Accordingly, the task force supports that initial contact, particularly with lineman, is just as violent with “Thud” as with “Live Action.” However, the task force also recognizes that “Live Action” likely carries a higher risk for other injuries to the body than does “Thud.” The USA Football Levels of Contact “Air,” “Bags,” and “Control” are considered no- or light-contact, and thus no limitations are placed on their use.

2. Schools in Alaska should limit contact in practices. ASAA strongly recommends that full-contact shall be allowed in no more than 2 practices per week. Full-contact shall not be permitted on more than 2 consecutive days. Full-contact time shall be no more than 30 minutes per day and no more than 60 minutes per week. In no cases should a contact practice and a game be allowed on the same day.

Rationale: There is insufficient data to specify with certainty a research-validated “best practices” standard for contact limitations. Several states (Alabama, Arizona, Maryland, and Texas) adopted varying limitations on contact prior to the 2013 football season. Preliminary High School RIO injury

surveillance data suggest these states have seen a statistically significant decrease in concussion rates during practices, with no increase in concussion or other injuries during games.

3. Prior to regular season games, practices may require more full-contact time than practices occurring during the regular season, to allow for teaching fundamentals with sufficient repetition. ASAA strongly recommends that, in these practices, full contact shall be allowed in no more than three practices per week. Full contact shall not be permitted on more than two consecutive days. Full contact time shall be no more than 30 minutes per day and 90 minutes per week.

a. Pre-season heat acclimatization protocols and regulations regarding heat and hydration take precedent and should always be followed.

b. While total full-contact practice days and time limitations may be increased during the pre-season, the emphasis should focus on the proper principles of tackling and blocking during the first several practices, before progressing to “Thud” and “Live Contact.”

Rationale: Regular season practice limitations may need to be revised during the pre-season. This should be done in a specific and systematic manner to allow coaches to spend sufficient time teaching proper tackling and blocking techniques. Emphasis should be placed upon inexperienced players, as they slowly work through tackling and blocking progressions with “Air,” “Bags,” and “Control” using the USA Football definitions of “Levels of Contact.”

4. During pre-season, if twice-daily practices are held only one session per day should include full-contact.

Rationale: The adolescent brain needs sufficient recovery time following full-contact practices. In addition, concussion signs and/or symptoms may not develop for several hours after the initial injury.

5. ASAA has reviewed and recommends no change in the current ASAA policy which sets a maximum of six quarters played during a one week time frame.

For purposes of this policy a week is defined as a NFHS numbered week, and a team must have three full calendar days between contests. For example: if a game is played on Friday, the soonest that the next game can be scheduled is on Tuesday.

After six quarters of play per week, a kicking specialist may participate in up to eight quarters per week, providing that in four quarters the player does no more than kick.

Rationale: High School RIO data consistently show that competition presents the highest risk for concussion. Participation in games at multiple levels of competition during a single week increases risk for head injury and unnecessarily increases head impact exposure. In addition, games played on consecutive days or those scheduled on the same day (C team and Junior Varsity games or Junior Varsity and Varsity games) may not allow the brain an opportunity to adequately recover. Consideration should be given to moderating these situations as much as possible.

6. Consistent with efforts to minimize total exposure to full-contact, head impact exposure, and concussion risk, organizations sponsoring football outside of the traditional fall football season should follow the policies outlined in 2 and 3 above.

The Football Camp Recommendations would be:

All campers can participate in up to 60 individual contact/thud instances per day. Camps will not have contact more than two consecutive days and will not exceed three contact days per week.

Rationale: Football played outside of the traditional fall football season presents an opportunity for learning, physical activity, and skill development. However, athletes are at further risk for head impact exposure and concussion during any full-contact activity. Consideration should be given to significantly limiting the total time of full-contact. Other factors to consider include time elapsed since the previous football season and whether individual athletes have recently been, or are currently, participating in other contact/collision sports (e.g., Ice Hockey, Lacrosse, Soccer and Wrestling). Athletes with a history of previous concussions, especially if accompanied by the factors which increase risk of concussion, should seriously consider refraining from activities characterized by head impact exposure.

7. The NFHS, the NFHS SMAC, the ASAA SMAC and ASAA agree that an Emergency Action Plan for each venue, with clearly defined written and practiced protocols, should be developed and in place at every high school. When possible, an athletic trainer should be present at all practices and games.

Rationale: An effective emergency action plan (EAP) should be in place as a prompt and appropriate response to any emergency situation can save a life. The EAP should be designed and practiced to address all teams (Freshman, Junior Varsity, and Varsity) and all practice and game sites. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.

ASAA will continue to reach out to coaches' association, working together to design and implement coach education programs that appropriately integrate youth, middle school, and high school football programs in every community. USA Football and the NFHS Fundamentals of Coaching courses will be the primary education resources for all coaches. Education for coaches should also include the proper fitting and care of helmets.

Rationale: The game of football continues to evolve and proper coaching technique at each level is fundamental to keeping the game safe and enjoyable. A proper fitting helmet may help decrease, but not eliminate, concussion risk.

ASAA will regularly educate its schools on current state concussion law and policies and recommend that schools to have a written Concussion Management Protocol. Schools should also be encouraged to share this information with coaches, parents, and students annually.

Rationale: Many schools experience frequent turnover of Athletic Directors and coaches. Frequent "refreshers" on state concussion laws and policies as well as sample concussion management protocols should be made available to ensure all schools are current on, and prepared for, safe and effective concussion management.

# GYMNASTICS

## (GIRLS) - ALL CLASSIFICATIONS

### A. SEASON

2016 Season

August 3, 2016 - First Practice

August 18, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

November 5, 2016 - Last Contest (Regular Season or Conference Championship)

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

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

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

National Federation of High School (NFHS) Girls Gymnastic rules are used.

### F. CONFERENCES

Gymnastics teams are not currently categorized into conferences.

### G. 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.

# HOCKEY

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

October 12, 2016 - First Practice

October 27, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

February 4, 2017 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA prohibits boys and girls students, who are members of a high school team, from competing as a member of a non-school comp or junior hockey or out of state traveling house 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).

### E. RULES

National Federation of High School (NFHS) Hockey rules apply.

State adopted supplemental rules (Section L) shall be followed.

ASAA has adopted a mercy rule which states: Upon reaching a 10 or more goal differential at the end of the second period or thereafter, a running clock will be used. Once begun, the running clock will be stopped only for team, official, or injury timeouts.

### F. CONFERENCES

All teams are assigned to conferences. See the Sport Specific Conferences Section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is not a conference tournament, and state qualifying is based on the regular season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

## **G. GAME LIMITATIONS**

A team may play 22 regular season games exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

## **H. INDIVIDUAL PARTICIPATION LIMITATION**

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

## **I. ENDOWMENT GAMES**

ASAA encourages each school's Hockey team to play Endowment Games during the season above and beyond the 22 game limit. Two additional Endowment Games may be played each season. 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 has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school for \$200 for one game or \$350 for two games.

## **J. JAMBOREE**

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

## **K. 2017 FIRST NATIONAL CUP / STATE HOCKEY CHAMPIONSHIP**

### **1. DATE**

February 9-10-11, 2017

### **2. SITE & HOST**

Curtis Menard Sports Complex, Wasilla  
Hosted by ASAA and Wasilla High School.

### **3. STATE CHAMPIONSHIP FORMAT**

#### **a. 4A State Berths**

- Northstar Conference - 2 Berths
- Cook Inlet Conference - 4 Berths
- Mid Alaska Conference - 2 Berths

#### **b. Greatland State Berths**

Top two teams in conference standings

### c. Type Elimination

Both championship 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.” In 4A second day losing teams in the “consolation bracket” are eliminated and do not play for 7th & 8th.

### 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

#1 vs. #2

## 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining hockey championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Hockey Coaches web page. State qualifying teams are required to review this document.

## 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at [ASAA.org](http://ASAA.org), Hockey section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline.

Saturday, February 4, 2017 - 10:00pm

- Email State qualifiers to ([championships@asaa.org](mailto:championships@asaa.org))

Sunday, February 5, 2017 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, February 7, 2017 - 2:00pm

- Academic Award

## 6. AWARDS

a. First National Cup Traveling Trophy

b. First and second place trophies



- c. 20 individual players, one team manager, and one head coach medallion for each of the first and second place teams
- d. Team Sportsmanship Award (4A only)
- e. Academic Award (4A only)
- f. 12 4A All Tournament medallions Awarded for outstanding tournament play, regardless of player position on the ice.
- g. 6 Greatland All Tournament medallions Awarded for outstanding tournament play, regardless of player position on the ice.
- h. Two Good Sport Team Members Per Team Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

## L. 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.

### 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 penalties in any one game will receive the following penalty:

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 games.

Third offense — removed for the remainder of that game, and for the next three games and a review before the school administration, before returning to play.

2. The school of a team receiving a total of 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 the current game (per NFHS Rulebook) and for the next scheduled game (per NFHS Rulebook) at the level in which the violation occurred.

4. A player receiving two major penalties in any one game will receive a game disqualification to be served at the next scheduled game (per NFHS rulebook).

5. A player receiving a second game misconduct in a season will receive a one 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 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 game suspension, and an administrative review is held.

Second disqualification in a season results in a three game suspension.

Third disqualification in a season results in a five 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 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 game suspension to be served at the next three scheduled games.

A coach who receives a third game misconduct will receive a five 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 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 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 tryouts or practices are in violation of the non-school participation rule (see Item D) 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.

#### ASAA Adopted Revision to NFHS Rule 2-4b

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

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

#### ASAA Adopted Overtime Policy

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**

2016-2017 Season

October 12, 2016 - First Practice

October 27, 2016 First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

February 11, 2017 - Last Contest (Regular Season or Conference Championship)

## **B. PRESEASON**

No restrictions on students.

## **C. MINIMUM DAYS PRACTICE**

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

## **D. INDIVIDUAL NON-SCHOOL PARTICIPATION**

ASAA prohibits boys and girls students, who are members of a high school team, from competing as a member of a non-school comp or junior hockey or out of state traveling house 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).

## **E. RULES**

National Federation of High School (NFHS) Hockey rules apply.

State adopted supplemental rules (Hockey Section L) shall be followed.

ASAA has adopted a mercy rule which states: Upon reaching a 10 or more goal differential at the end of the second period or thereafter, a running clock will be used. Once begun, the running clock will be stopped only for team, official, or injury timeouts.

## **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.

## **G. TEAM GAME LIMITATIONS**

A team may play 22 regular season games exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

## **H. STATE CHAMPIONSHIPS**

There is not currently a state championship for girls hockey, because it is an emerging sports and doesn't meet the criteria.

# NORDIC SKI

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

October 26, 2016 - First Practice

November 10, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

February 18, 2017 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

The Ski and Snowboard Association (USSA), and International Ski Federation (FIS) Rules, will be utilized with some modifications/additions as noted in the ASAA Nordic Ski Manual.

### F. MEET LIMITATIONS

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

### G. STATE CHAMPIONSHIPS

#### 1. DATE

February 23-24-25, 2017

#### 2. SITE & HOST

Kincaid Park Trails - Anchorage

Hosted by ASAA, Nordic Ski Association of Anchorage, Dimond HS, & ASD

#### 3. CHAMPIONSHIP RACE FORMAT

##### a. State Qualifying

The ASAA Nordic Ski Championship is a single classification event in which all schools are entered and compete together. All schools that have Nordic ski programs are invited to send one

boys team of six individuals and one girls team of six individuals. Schools can send less than a complete team if they wish. Team members will be selected by the head coach with no specific qualifying criteria other than normal ASAA eligibility rules.

#### b. Competition

The state championships are held over a three day period with one race for boys and girls teams each day. Races include two individual competitions and one relay competition. The style of races (classic or free) will alternate each year.

#### c. Race Order Schedule

##### ODD YEARS:

Day 1: Individual Classic Race (7.5k boys / 5k girls)

Day 2: Mass Start Freestyle Race (7.5k girls / 10k boys)

Day 3: Team Relays (4x3k girls / 4x5k boys)

##### EVEN YEARS:

Day 1: Individual Freestyle Race (5k girls / 7.5k boys)

Day 2: Mass Start Classic Race (10k boys / 7.5k girls)

Day 3: Team Relays (4x3k girls / 4x5k boys)

#### 4. SEEDING PROCEDURE

There will be 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. 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 #6.

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.

#### 5. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining Nordic skiing championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Nordic Ski Coaches web page. State qualifying teams are required to review this document.

#### 6.STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Nordic Ski section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline.

Sunday, February 19, 2017 - 2:00pm

- State Championship Entry-Roster Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (4+ students per gender to nominate)

Tuesday, February 21, 2017 - 2:00pm

- Academic Award Entry Form (4+ participants per gender to qualify)

#### 7.AWARDS

For Boys and Girls

- a. First and second place trophies

- b. Six Individual Medallions for the first and second place teams
- c. 10 Individual Medallions for the first 10 finishers in each race
- d. Four first place and second place medallions of the first and second place relay teams
- e. First place plaque for highest scoring 123A team
- f. Three Individual Medallions for the first three 123A finishers
- g. Academic Award
- h. Skimeister Award
- i. Good Sport Team Member  
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season
- j. 10 All-State Team Certificates



# RIFLE

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2016 Season

September 7, 2016 - First Practice

September 22, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

December 10, 2016 - Last Regular Season Contest

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### 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. MEET LIMITATIONS**

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

## **H. STATE CHAMPIONSHIPS**

There is not currently a state championship for rifle. It does not meet the criteria for a state championship.

## **I. 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 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**

2016-2017 Season

Coed Soccer (Region 2 Schools and others upon approval)

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

October 15, 2015 - Last Contest (Regular Season or Conference Championship)

Boys and Girls Soccer

March 1, 2017 - First Practice

March 16, 2017 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

May 20, 2017 - Last Contest (Regular Season or Conference Championship)

### **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.

### **D. 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.

### **E. RULES**

National Federation of High School (NFHS) Soccer rules apply.

Regular season games do not have overtimes.

ASAA has adopted the NFHS Tie Breaker Procedure for regional and state championship play.

### **F. CONFERENCES**

All teams are assigned to conferences. See the Sport Specific Conferences Section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is not a conference tournament, and state qualifying is based on the regular

season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

## **G. TEAM GAME LIMITATIONS**

A team may play 22 regular season games exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

## **H. ENDOWMENT GAMES**

ASAA encourages each school's team to play Endowment Games during the season above and beyond the 22 game limit. Two additional Endowment Games may be played each season. 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 has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school \$200 for one game or \$350 for two games.

## **I. STATE CHAMPIONSHIPS**

### **1. DATE**

- Coed Soccer (Region 2 Schools and others upon approval) - No state tournament
- Boys and Girls Soccer - May 25-26-27, 2017

### **2. SITE & HOST**

Eagle River & Service High Schools - Anchorage  
Hosted by ASAA, Eagle River HS, Service HS & ASD

### **3. STATE CHAMPIONSHIP FORMAT**

#### **a. State Berths**

Cook Inlet Conference - 3 Berths  
Mid Alaska Conference - 1 Berth  
Northern Lights Conference - 3 Berths  
Southeast Conference - 1 Berth

#### **b. Type of Elimination**

Both championship tournaments are an eight team single elimination, consolation bracket. The first day winners compete in the "Championship bracket" and the first day losing teams compete in the "consolation bracket." Second day losing teams in the "consolation bracket" are eliminated and do not play for 7th and 8th place.

#### **c. Overtime Policy**

All state tournament games (with the exception of those for third and fourth place) will follow the NFHS adopted overtime procedure.

### **4. SEEDING PROCESS**

The eight qualified state teams for boys and girls will be seeded using a blind draw

### **5. STATE POLICIES & PROCEDURES DOCUMENT**

This detailed document outlining soccer championship information (i.e. roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Soccer Coaches web page. State qualifying teams are required to review this document.

#### 6. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Soccer section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadlines.

Saturday, May 20, 2017 - 10:00pm

- Email State qualifiers to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, May 21, 2017 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, May 23, 2017 - 2:00pm

- Academic Award Entry Form

#### 7. AWARDS

a. First and second place trophies

b. 22 individual players, one team manager, and one head coach medallion for each of the first and second place teams

c. Sportsmanship Award

d. Academic Award

e. 14 All Tournament medallions awarded for outstanding tournament play, regardless of player position on the field.

f. Two Good Sport Team Members Per Team

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# SOFTBALL

## (GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2017 Season

March 1, 2017 - First Practice

March 16, 2017 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

May 27, 2017 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. 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.

### E. RULES

National Federation of High School (NFHS) Softball rules apply. ASAA adopted supplemental rules, as outlined in this section shall be followed.

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 will remain exactly the same 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.

Tie Breaker: If, after the completion of seven 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.

Mercy Rule: The game shall end when either team is 15 runs behind after three innings, 12 runs behind after four innings, or eight runs being after five innings.

## **F. 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. All teams are assigned to conferences. See the Sport Specific Conferences Section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is no conference tournament, and state qualifying is based on the regular season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

## **G. TEAM GAME LIMITATIONS**

A team may play 22 regular season games exclusive of conference or state championships. Additional games may be played under the Endowment Game guidelines.

Invitational Tournaments: Each team will be allowed to attend one invitational tournament (pool play) per season, with games limited to no more than 65 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.”

## **H. ENDOWMENT GAMES**

ASAA encourages each school’s team to play Endowment Games during the season above and beyond the 22 game limit. Two additional Endowment Games may be played each season. 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 has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school \$200 for one game or \$350 for two games.

## **I. JAMBOREE REGULATIONS**

A softball jamboree shall include three or more teams. A team is limited to no more than six innings total with no more than two innings against any other team. Each pitcher is limited to not more than two innings. A team may not play in more than one jamboree each season. A jamboree does not count as a game against the 22-game limit.

## **J. STATE CHAMPIONSHIPS**

1. DATE  
June 2-3, 2017

## 2. SITE & HOST

South Davis Complex - Fairbanks

Hosted by ASAA, Lathrop High School, & Interior Girls Softball Association

## 3. STATE CHAMPIONSHIP FORMAT

### a. Type Elimination

Both championship tournaments are a six team double elimination bracket.

### b. Small School State Berths

Mid Alaska Conference - 2

Northern Lights Conference - 2

Southeast Conference - 2

### c. Small School Bracketing

2016-2017

Southeast #1 - Bye

Northern Lights #2 vs. Mid Alaska #2

Mid Alaska #1 vs. Southeast #2

Northern Lights #1 - Bye

2017-2018

Mid Alaska #1 - Bye

Southeast #2 vs. Northern Light #2

Northern Lights #1 vs. Mid Alaska #2

Southeast #1 - Bye

2018-2019

Northern Lights #1 - Bye

Mid Alaska #2 vs. Southeast #2

Southeast #1 vs. Northern Lights #2

Mid Alaska #1 - Bye

### d. Large School State Berths

Cook Inlet Conference - 2

Railbelt Conference - 4

### e. Large School Bracketing

Railbelt #1 - Bye

Cook Inlet #2 vs. Cook Inlet #3

Railbelt #2 vs. Cook Inlet #4

Cook Inlet #1 - Bye

## 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining softball championship information (i.e. supplemental rules, roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Softball Coaches web page. State qualifying teams are required to review this document.

## 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Softball forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline



Saturday, May 27, 2017 - 10:00pm

- Email State qualifiers to (championships@asaa.org)

Sunday, May 28, 2017 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, May 30, 2017 - 2:00pm

- Academic Award Entry Form

## 6. AWARDS

a. First and second place trophies

b. 18 individual players, one team manager, and one head coach medallion for each of the first and second place teams

c. Sportsmanship Award

d. Academic Award

e. Nine Large & Small School All-Tournament medallions Awarded for outstanding tournament play, regardless of player position on the field.

f. Two Good Sport Team Members Per Team

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# SOLO & ENSEMBLE

## ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season  
Seasonal activity without limitation.

### B. ELIGIBILITY

Deadline April 28, 2017

Participants must meet ASAA eligibility requirements. A Physical Examination and the Concussion Information Form are not required. Participant's names must be entered on the Eligibility list. (<https://www.asaaeligibility.org>)

### C. SOLO & ENSEMBLE MUSIC FESTIVAL

#### 1. DATE

May 12-13, 2017

#### 2. SITE

Adjudications: University of Alaska Anchorage Fine Arts Building  
Command Performance: East Anchorage HS May 12-13, 2017

#### 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 performing class for which the school awards credit, whether or not that class is conducted at the school.

d. In order to participate in the Solo & Ensemble Music Festival, students in an "alternative education program" as defined in the ASAA General Handbook under Article 1, Section 8, must be enrolled in a corresponding music performing class at their School of Eligibility, at which they may be selected for participation through a competitive audition process.

ASAA may waive this requirement for students in the event that the individual's school of eligibility does not offer a performing music class.

e. Students must pre-qualify for the State Solo & Ensemble Music Festival by receiving a "1" or "Superior" rating at their regional or another qualifying music festival.

f. 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 on-line audition of their selected music as an audition to ASAA by 5:00 p.m. on Friday, March 31 2017.

The on-line audition must be supported by:

- a. Completed Special Need For Online Audition Form
- b. Letters from the student's school music director & the regional or qualifying music festival chairman petitioning the cause for why this exception should be allowed
- c. A copy of the music to be performed on the audition. (The music needs to be labeled with school and student identification and with all measures numbered.)

All entries submitted in this manner will be handled on an individual basis. The decision of the adjudicator will be final. The On-Line Audition will be adjudicated and the applicant will be notified by April 11 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. **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.

2. **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 qualifying 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 at the festival. The same rating form should be used at all qualifying levels. Copies are available upon request and are included in the Music Handbook.

3. **ADJUDICATOR SCORES:** Students will receive (a) a "1", (b) "C" for comments only, or (c) a combination of "1" and comments. The adjudicators will not give a numerical score on the adjudication rating sheets.

4. **APPLICATION DEADLINE:** All regions are to complete their regional or qualifying Solo & Ensemble festivals by April 24, 2017. The individual deadlines are:

- a. April 3: All festivals held in Feb. & March
- b. April 17: All festivals held before April 15
- c. April 24: All other festivals

5. **APPLICATION FORMS:** Directors are to submit their applications online at <http://www.asaa.org>, under Music: Forms.

- a. **SOLO APPLICATION** – for all solo entries
- b. **ENSEMBLE APPLICATION** – for all ensemble entries involving students from one school

c. EXHIBITION APPLICATION – for all ensemble entries involving students from more than one school

6. ARRANGEMENTS and TRANSCRIPTIONS of ORIGINAL WORKS and/or the use of NEWLY COMPOSED WORKS by STUDENTS or DIRECTORS:

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.

7. COMMAND PERFORMANCE: The Solo & Ensemble Festival will close with a Command Performance Concert by selected students nominated by the adjudicators on both Friday and Saturday evenings.

8. DISQUALIFICATIONS: A soloist or ensemble can be disqualified if:

a. The adjudicator does not have a PUBLISHED COPY of the MUSIC to be performed.

b. The measures of that music are not numbered. Number each measure.

9. DOUBLING of 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.

10. 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.)

11. ENSEMBLES NUMBERS: 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 2-8 performers and a large ensemble will consist of 9-16 performers.

12. 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; 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.

13. 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.

Fees do not need to accompany 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 May 1, 2017, there will be NO FEE charged for the withdrawn student or event.

Schools will be charged \$10 per-student if:

- a. A student is a NO SHOW for the event in which they were originally submitted for adjudication; or
- b. A student's event is CANCELLED after the "drop dead date"
- c. 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:

- a. \$10 fee for each on-line audition submitted per section 3.d. above.
- b. \$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.

14. EXHIBITION ENTRIES: Entries composed of students attending different schools are allowed. Such entries should be entered using the on-line EXHIBITION ENSEMBLE APPLICATION. These entries are adjudicated and qualify for Command Performance consideration.

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. JAZZ, SHOW CHOIR & MUSICAL THEATER: Vocal and instrumental music of the jazz, 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. Refer to the ASAA Music Handbook for further clarifications as to entries in these categories. Briefly: JAZZ entries should include improvisation; SHOW CHOIR entries should include choreography or staging; MUSICAL THEATER entries should come from actual Broadway shows.

17. MUSICAL SELECTIONS: It is highly recommended 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 qualifying 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, Show or Musical Theater category if they are better suited, verses entry in the more traditional, classical categories at this festival. “Pop music” is discouraged at the state level.

18. ORIGINAL MUSIC: Each soloist or ensemble will furnish one published copy of the music to be performed for the adjudicator's use. Ensembles 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.

19. SCHEDULE: A general schedule of the vocal and instrumental adjudication time blocks can be found in the Music Handbook and on the ASAA web site. 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.

Generally, solo instruments are adjudicated on Friday and ensembles are adjudicated on Saturday. However, Vocal Solo, Classical Vocal Ensemble, Music Theatre Vocal Solo and High Strings are adjudicated on both days. Percussion is only adjudicated on Friday. Instrumental & Vocal Jazz and World Music are only adjudicated on Saturday.

20. 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.

21. 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.

22. TIME LIMITS: Performances shall not exceed six minutes. Cuts may be needed to accomplish this, i.e., no repeats, not all movements, etc.

## **E. AWARDS**

1. Each participant will receive a Participant certificate.
2. Each participant receiving a Superior Rating for any event, will receive a Participant Certificate and a Superior Pin.
3. Each participant receiving a Superior rating and a Command Performance Nomination will receive a Participant Certificate, a Superior Pin, a Command Performance Nomination Certificate and a letter of commendation.
4. ACADEMIC AWARD for highest school GPA. (School must have a minimum of ten (10) musicians to be eligible for the Academic Award.)

## **F. FURTHER DETAILS AND FORMS**

Additional details/forms can be found in the 2016-2017 ASAA Music Handbook.

# 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, visit <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 Alaska 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 Alaska 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

2016-17 season  
July 27, 2016 - June 4, 2017

## 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 13-15, 2016  
Wasilla High School
2. WINTER Business Meeting  
February 2017
3. SPRING Conference  
March 20-22, 2017  
Thunder Mountain High School

Note: Executive Board (E-Board) members and advisors must arrive a day early for all conferences.

## **D. SUPPEMENTAL SUMMER ACTIVITIES**

Numerous student and advisor activities are available during the summer months. Schools are encouraged to participate, however the cost to attend will be the responsibility of the school or individual. Conferences endorsed by AASG are: National Association of Student Councils (mid to late June) and the Association of Washington Student Leaders (July).



# SWIM & DIVE

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2016-2017 Season

August 3, 2016 - First Date of Season

August 18, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

October 29, 2016 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

1. National Federation of High School Swimming/Diving rules apply.
2. The schedule of dives should follow the National Federation Rule Book Schedule. The third weekend of the season, which is August 26 and 27, 2016, will be considered as week 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

### F. CONFERENCES

Teams are assigned to a conference. See the Sport Specific Conferences Section for the list of schools in each conference. Conferences determine state championship representatives based on conference meets. Qualifying standards and meet administration shall be the responsibility of each region. Schools hosting a conference meet are responsible and required to notify ASAA of the results, state qualifying teams and individuals upon conclusion of the meet.

## G. MEET LIMITATIONS

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

## H. STATE CHAMPIONSHIPS

### 1. DATE

November 4-5, 2016

### 2. SITE & HOST

Dimond Park Aquatic, Juneau

Hosted by ASAA, Glacier Swim Club & Juneau School District

### 3. STATE CHAMPIONSHIP FORMAT

#### a. State Qualifying

Swimmers/Divers must compete in a conference meet in order to qualify for the state championship meet. 8 LANE POOL - Only those eight in the finals will be submitted for qualification. 6 LANE POOL - The top six 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 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 eight.)

#### b. State Berths - Individual Swimming Events

The first place finisher from each conference qualifying meet finals plus the next 12 best scores will qualify for a total of 16 swimmers.

#### c. State Berths - Diving Events

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

#### d. State Berths - Relay Events

The first place relay team from each conference qualifying meet finals, plus the next four fastest overall team times statewide, for a total of eight relay teams.

#### e. Scratches and Substitutions

Should the first place winner decide not to attend state, that position cannot be transferred to the second place finisher in that conference.

In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified, ASAA will invite the next athlete with the best qualifying time. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

NOTE: Alternates are not allowed to be used on Day one of state meet, unless they are listed on your relay team and used for your relay race.

Relays: All team members originally named in the conference relays, up to eight, not only those who swam, are eligible to be placed in the relay after the Wednesday deadline following all NFHS rules for relay alternate swimmers.

Divers: Alternates that are invited to state meet must submit dive sheets at the time of accepting the invite. First and second alternates can submit dive sheets early in case.

#### f. Conference Result Submissions to ASAA

- Please use school name abbreviations found on ASAA.org Swim & Dive section.
- Submit only the eight swimming times for each event as specified above.
- DO NOT submit any preliminary times.
- Submit ALL relay athletes originally named in the conference relays, not only those who swam. These names (8 max) MUST be the ones received for state entry, no substitutions.
- Submit only the top eight 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 16.
- Dive sheet from the Conference meet must be submitted to ASAA.

#### 4 STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining swim & dive championship information (i.e. supplemental rules, substitutes, passes, deadlines, protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Swim & Dive Coaches web page. State qualifying teams are required to review this document.

#### 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Swim & Dive section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, Oct. 29, 2016 - 8:00pm

- Email Meet Manager Backup File of Final Conference Meet Results (zipped file) to: (championships@asaa.org)
- Email an HTML file of ENTIRE meet results to: (championships@asaa.org)
- Dive sheets from the Conference meet must be emailed to Rus Schreckenghost (championships@asaa.org) on white paper.

Sunday, October 30, 2016 - 2:00pm

- State Championship Photo Upload Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (1 nominee per every 4 participants per gender, total of 2)

Tuesday, November 1, 2016 - 2:00pm

- Submit all State Dive Sheets on White Paper via email (championships@asaa.org)
- Academic Award

Wednesday, Nov. 2, 2016 - 11:00am

- Notify ASAA of qualified participants unable to compete

#### 6. AWARDS

- a. First and second place trophies
- b. 1st - 4th place medallions for EACH event, including relays
- c. Team Sportsmanship Award
- d. Academic Award (Teams must have a minimum of 4 members of one gender to be eligible.)
- e. Outstanding Competitor Award
- f. Good Sport Team Members. Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# TENNIS

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2016 Season

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

October 1, 2015 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

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

### E. RULES

1. The United State Tennis Association (USTA) rules will be utilized with ASAA Rule modifications on scoring. At the state championship points will be award based on your finish place.
2. Scrimmage Definition in ASAA Handbook – Constitution & Bylaws, Article 7, Section 7C. For a match to be counted in your record or to be used for seeding, it cannot be defined as a scrimmage.
3. Tennis Match Definition – Pro Set and above is considered a tennis match and can then be used for record and seeding purposes. Score must be kept.
4. Officials are not needed for a Tennis Match to be an official match.

### F. REGIONS

Tennis teams are organized into Regions, not conferences.

Region 3: Colony Kodiak Lumen Christi, Palmer

Region 4: Bartlett, Chugiak, Dimond, Eagle River, East, Service, South, West

Region 5: Juneau-Douglas

Region 6: Eielson, Hutchison, Lathrop, Monroe Catholic, North Pole, and West Valley

### G. MEET LIMITATIONS

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

## **H. MATCH COMPOSITION**

Tennis has five divisions: Girls Singles, Boys Singles, Girls Doubles, Boys Doubles, and Mixed Doubles.

## **I. STATE CHAMPIONSHIPS**

### **1. DATES**

October 7-8, 2016

### **2. SITE & HOST**

Alaska Club East - Anchorage

Hosted by ASAA, The Alaska Club, & ASD

### **3. STATE CHAMPIONSHIP FORMAT**

State Berths for each of the 5 divisions.

Region 3 - 1 State Berth

Region 4 - 4 State Berths

Region 5 - 1 State Berth

Region 6 - 2 State Berths

State Qualifiers

Top four in each division will be seeded by the Tennis Seeding committee appointed by ASAA

State Qualifiers must participate in the division they qualified in.

Format

All divisions are an eight person/team single elimination, consolation bracket. Facility limitations/opportunities will determine match lengths and time.

Scoring System

The top four places for each event will be scored. The total points will determine the state championship team and runner up.

### **4. STATE SEEDING**

a. Each coach is encouraged to submit a seeding form for any athlete whom they would like to be considered for seeding.

b. A committee appointed by ASAA of knowledgeable tennis individuals will seed each division. Only 4 competitors per division will be seeded. The remaining competitors will then be randomly drawn into the 8 person/team bracket.

c. Individual Player Seeding Criteria

The following criteria is 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 one to assess the remaining players:

#### **1. In-Season Head-to-Head Results**

a Win-loss record between players

b Percentage of sets won (all matches directly between players considered)

c Quality/decisiveness of wins between players, if split.

## 2. Common Opponents

In general, apply 1a-1c criteria considering all matches played between players under consideration and the common opponent(s).

## 3. Notable Wins and Losses

This criterion considers match results against players other than common opponents included in criterion #2. 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.

## 4. 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.

## 5. 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.

## 6. 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.

## 7. 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.

### d. Doubles Seeding Criteria

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. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining tennis championship information (i.e. supplemental rules, roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Tennis Coaches web page. State qualifying teams are required to review this document.

## 6. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Tennis section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, October 1, 2016 - 10:00pm

- Email State qualifiers and region results to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, October 2, 2016 - 2:00pm

- State Championship Roster Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (1 nominee per every 4 participants, total of 2)
- Tennis Seeding Form

Tuesday, October 4, 2016 - 2:00pm

- Academic Award Entry Form (4+ participants to qualify)

## 7. AWARDS

a. First and second place trophies (Boys/Girls)

b. Eight individual players, one team manager, and one head coach medallion for each of the first and second place teams

c. 1st - 4th Place medals for the five Divisions

d. Sportsmanship Award

e. Academic Award

f. Good Sport

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# TRACK & FIELD

## (BOYS AND GIRLS) ALL CLASSIFICATIONS

### A. SEASON

2017 Season

March 1, 2017 - First Practice

March 16, 2017 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

May 20, 2017 - Last Contest (Regular Season or Region Championship)

### 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.

### D. 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.

### E. RULES

National Federation of High School (NFHS) Track & Field rules apply.

### F. REGIONS

Teams are assigned to their Region. See the Sport Specific Section for the list of schools in each region. Regions determine state championship representatives based on regional meets. Qualifying standards and meet administration shall be the responsibility of each region. Schools hosting a regional meet are responsible and required to notify ASAA of the results, state qualifying teams and individuals upon conclusion of the meet.

### G. MEET LIMITATIONS

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

### H. SANCTIONED EVENTS

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



# I. STATE CHAMPIONSHIPS

## 1. DATES

May 26-27, 2017

## 2. SITE & HOST

Palmer High School - Palmer

Hosted by ASAA and Palmer High School

## 3. STATE CHAMPIONSHIP FORMAT

### a. Qualifying Format

- Regions can host meets for both classifications. After all automatic qualifiers are determined, all other results are placed in a pool for selection.
- There will be two state meets held jointly for the 123A and 4A classifications.
- 123A & 4A State Meets will consist of prelims and finals in each event except for the 1600, 3200, and relay events.

### b. 123A Individual and Relay Berths

The top finisher from the finals from Regions 2,3,5,6, plus the next best 12 statewide times or distances from Regional finals, will qualify for the State Championship. The top relay team from the finals from Regions 2,3,5,6, plus the next best four statewide times from Regional finals, will qualify for the State Championship.

NOTE: Region 1 will notify ASAA at least 30 days prior if there is an automatic qualifier. If so, then the next 11 statewide best times or distances will be invited to state.

### c. 4A Individual & Relay Berths

The top finisher from the finals from Regions 3,4,5,6 plus the next 12 statewide best times or distances from finals will qualify for the state championship. The top relay team from the finals from Regions 3,4,5,6 plus the next four best statewide times from finals will qualify for the finals at the State Championship.

d. Ties: Ties for the last qualifying position will be invited to State Track & Field meet. These ties will be invited as long as the integrity and impact on the event and other athletes is minimal. Ties for the last qualifying position will be evaluated on a case-by-case basis.

e. High Jump: All At-Large High Jump qualifiers must have jumped at their Region Meet the starting height of the state championship to qualify.

f. Scratches and Substitutions: Should the first place winner decide not to attend the state meet, that position cannot be transferred to the second place finisher in that region. In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified ASAA will invite the next athlete with the best qualifying time. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

## 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining track & field championship information (i.e. supplemental rules, substitutes, passes, deadlines, protocol, facility info, coaches meetings, etc) will be available online prior to the start of the championship on the Track & Field Coaches web page. State qualifying teams are required to review this document.

## 5. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Track & Field section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, May 20, 2017 - 8:00pm

- Email Athletic.net File for the Region Meet Results to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, May 21, 2017 - 2:00pm

- State Championship Photo Upload Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (1 nominee per every 4 participants per gender, total of 2)

Tuesday, May 23, 2017 - 2:00pm

- Academic Award

Tuesday, May 23, 2017 - 8:00pm

- Notify ASAA of qualified participants unable to compete

## 6. AWARDS

- a. First and second place trophies
- b. 1st - 4th place medallions for EACH event
- c. Team Sportsmanship Award
- d. Academic Award (Teams must have a minimum of 5 members of one gender to be eligible.)
- e. Outstanding Competitor Award for boy and girl in both Classifications
- f. Good Sport Team Members. Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

# VOLLEYBALL

## (GIRLS AND MIX SIX) ALL CLASSIFICATIONS

### A. SEASON

2016 Season

3A & 4A Volleyball:

August 3, 2016 - First Practice

August 18, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

November 5, 2016 - Last Contest (Regular Season or Conference Championship)

Mix Six & 2A Volleyball:

September 14, 2016 - First Practice

September 29, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12, Section 9)

December 3, 2016 - Last Contest (Regular Season or Conference Championship)

### 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.

### D. 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.

### E. RULES

National Federation of High School (NFHS) Volleyball rules apply.

ASAA allows for modification of match format for series other than dual varsity matches.

NOTE: Additional Mix Six Volleyball Rules adopted by ASAA are located at the end of this section.

### F. CONFERENCES

All teams are assigned to conferences. See the Sport Specific Conferences Section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament. If there is not a conference tournament, and state qualifying is based on the regular

season records, the conference must appoint someone to notify ASAA of the state qualifiers and their seeds.

## **G. TEAM MATCH LIMITATIONS**

A team may play 22 regular season matches exclusive of conference or state championships. Additional matches may be played under the Endowment Game guidelines

All full matches (3-of-5 sets) played are part of the regular season and are counted as part of the 22 match limit and the regular season record.

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 the regular season, each day of a tournament involving mini-matches (pool play) counts as one full match and is counted as part of the 22 match limit.

## **H. ENDOWMENT MATCH**

ASAA encourages each school's team to play Endowment Matches during the season above and beyond the 22 match limit. Two additional Endowment Matches may be played each season. The Endowment Match is a fund-raiser for the Alaska Endowment for Youth Activities. School teams may play Endowment Matches 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 Matches do not count in a team's overall season record for seeding purposes. Schools wishing to host Endowment Matches must apply in writing to ASAA by submitting the "Endowment Game Application Form" no later than one week prior to the match. Under no circumstances may an Endowment Match be played until this form has been signed by ASAA and returned to the participating schools. ASAA will invoice the host school \$200 for one match or \$350 for two matches.

## **I. JAMBOREE REGULATIONS**

1. Two sets maximum against each team.
2. All players must have 10 separate days of practice prior to the day of the jamboree.
3. Each team may play in only one jamboree each season. Jamboree matches do not count against the 22 match limit.

## **J. STATE CHAMPIONSHIPS**

### **1. DATES**

3A & 4A - November 10-11-12, 2016

Mix Six & 2A - December 8-9-10, 2016

### **2. SITE & HOST**

3A & 4A - Alaska Airlines Center - Anchorage

Hosted by ASAA, UAA, & ASD

Mix Six & 2A - Dimond High School - Anchorage

Hosted by ASAA, & Dimond High School

### **3. STATE CHAMPIONSHIP FORMAT**

#### **a. 2A, 3A, & 4A Format/Bracket**

Eight team Double elimination bracket. The "if game" will be one game to 30 points.

b. 2A State Berths

Aurora Conference - 1 Berth  
Borealis Conference - 2 Berths  
Southeast Conference - 2 Berths  
Southwest Conference - 2 Berths  
Western Conference = 1 Berth

c. 2A Bracketing

2016-2017

Aurora #1 vs. Borealis #2  
Southwest #1 vs. Southeast #1  
Borealis #1 vs. Southeast #2  
Western #1 vs. Southwest #2

2017-2018

Southwest #1 vs. Southeast #2  
Borealis #1 vs. Western #1  
Aurora #1 vs. Southwest #2  
Southeast #1 vs. Borealis #2

2018-2019

Borealis #1 vs. Southwest #2  
Southeast #1 vs. Aurora #1  
Southwest #1 vs. Borealis #2  
Western #1 vs. Southeast #2

d. 3A State Berths

Aurora Conference - 2 Berths  
Southcentral Conference - 3 Berths  
Southeast Conference - 1 Berth  
Western Conference - 2 Berths

e. 3A Bracketing

2016-17

Western #1 vs. Southcentral #3  
Southcentral #1 vs. Aurora #2  
Southeast #1 vs. Southcentral #2  
Aurora #1 vs. Western #2

2017-2018

Aurora #1 vs. Southcentral #2  
Southcentral #1 vs. Western #2  
Western #1 vs. Aurora #2  
Southeast #1 vs. Southcentral #3

2018-2019

Western #1 vs. Southcentral #2  
Aurora #1 vs. Southcentral #3  
Southeast #1 vs. Western #2  
Southcentral #1 vs. Aurora #2

f. 4A State Berths

Cook Inlet Conference - 3 Berths  
Mid Alaska Conference - 1 Berth  
Northern Lights Conference - 3 Berths  
Southeast Conference - 1 Berth

g. 4A Bracketing

2016-2017

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

2017-18

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

2018-2019

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

h. Mix Six Format/Bracket

Consists of 12 teams. Day one will be pool play with four pools of three teams. Day two & three the top two teams from each pool will play in an eight team single elimination, consolation bracket. The third place team from each pool will play in a four team pool

- Pool Play Matches will be Two sets to 25 with no cap.
- Bracket matches will be best 3 of 5 sets.
- Championship Bracket Seeding will be based on the following:
  1. Pool Play Win-Loss record
  2. Head to Head Win-Loss record
  3. Head to Head Point Differential (up to 20)
  4. Overall Point Differential (up to 25)
  5. Coin Toss

i Mix Six State Berths

Alaska Coastal Conference - 1 Berth  
Denali Conference - 2 Berths  
Greater Kuskokwim Conference - 1 Berth  
North Slope Conference - 1 Berth  
Northwest Arctic Conference - 1 Berth  
Southeast Conference - 2 Berths  
Southwest Conference - 1 Berth  
Western Conference - 2 Berths  
Yukon River Conference - 1 Berth

j. Mix Six Pool Rotation

2016-17

Pool A - Southwest, Western #2, Southeast #1  
Pool B - Southeast #2, Denail #1, Northwest Arctic  
Pool C - North Slope, Denail #2, Alaska Coastal  
Pool D - Yukon River, Kuskokwim, Western #1

2017-18

Pool A - Northwest Arctic, Western #1, Denali #2  
Pool B - Alaska Coastal, Southwest, Yukon River  
Pool C - Kuskokwim, Southeast #2, Western #2  
Pool D - Denali #1, Southeast #1, North Slope

2018-19

Pool A - Southeast #1, Alaska Coastal, Kuskokwim  
Pool B - Western #2, North Slope, Northwest Arctic  
Pool C - Southwest, Denali #1, Western #1  
Pool D - Denali #2, Yukon River, Southeast #2

#### 4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining volleyball championship information (i.e. supplemental rules, roster limits, passes, deadlines, game protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Volleyball Coaches web page. State qualifying teams are required to review this document.

#### 5. 3A/4A STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Volleyball section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, November 5, 2016 - 10:00pm

- Email State qualifiers to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, November 6, 2016 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, November 8, 2016 - 2:00pm

- Academic Award

#### 6. 2A/MIX SIX STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Volleyball section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, December 3, 2016 - 10:00pm

- Email State qualifiers to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, December 4, 2016 - 2:00pm

- State Championship Roster Form
- Team Season Record Form
- State Championship Code of Conduct Form
- Good Sport Selection Form

Tuesday, December 6, 2016 - 2:00pm

- Academic Award Entry Form

## 7. AWARDS

a. First and second place trophies

b. 12 individual players, one team manager, and one head coach medallions for each of first and second place teams

c. Sportsmanship Award

d. Academic Award

e. 12 All-Tournament medallions

Awarded for outstanding tournament play, regardless of player position on the court. Mix Six there must be at least 4 of each gender on the All Tournament Team.

f. Good Sport Team

Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

g. Best Hitter, Best Server, Best Setter, and Best Defensive Specialist Awards

### **STATE SUPPLEMENTAL MIX SIX RULES**

National Federation of High School (NFHS) Volleyball rules, in general, shall govern play for females and males on the same team with the following exceptions:

1. Mix 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 court at service shall be female and male alternating or vice-versa.
  - a. In the event that three male players 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.
  - b. A male may never fill a female position.
  - c. No more than three males may be on the court at any time.
  - d. There must be at least one male on the court to begin a match.
2. The height of the net for mix six play shall be 2.43 meters (7' 11-5/8").
3. 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.
4. Uniforms of players shall be identical within the following provisions:
  - a. All females shall be attired in identical jerseys and shorts or one-piece uniform.



b. All males shall be attired in identical jerseys and shorts or one-piece uniform.

c. All uniforms shall be numbered and there shall be no duplicate numbers

5. When only one male player is in the front row at service, one male back-row player may be forward of the attack line for the purpose of blocking. The remaining male back-row 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 participating in a block there is no restriction on both male back-row players being forward of the attack line.

a. 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.

b. No female back-row player may participate in a block.

6. Liberos are not permitted.

# WORLD LANGUAGE DECLAMATION

## ALL CLASSIFICATIONS

### A. SEASON

2016-2017 SEASON  
Seasonal activity without limitation.

### B. ELIGIBILITY

Eligibility Deadline - February 17, 2017  
Participants must meet ASAA eligibility requirements. A Physical Examination and the Concussion Information Form are not required. Participants names must be entered on the Eligibility list. (<https://www.asaaeligibility.org>)

### C. WORLD LANGUAGE DECLAMATION

State Competition

1. DATE  
March 4, 2017

2. SITE & HOST  
South Anchorage High School  
Hosted by ASAA, South Anchorage HS & ASD

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.

Participation Fee: \$10 per participant (each school will be invoiced after the competition)

Schools in Regions 3, 4, and 6 may register the top three 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 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 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 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 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 two weeks prior to the state contest at the following sites:

- Anchorage
- Fairbanks
- Mat-Su

#### 5. LANGUAGE CATEGORIES

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

#### 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.

- Cultural Trivia
- Dialogue
- Poetry
- Impromptu

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

- Delivery
- Expression
- Memorization
- Pronunciation

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

a. **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.

b. **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.

c. **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

a. Medals are awarded to first, second, and third place winners in each level of each language category.

b. 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.)

# WRESTLING

## ALL CLASSIFICATIONS

### A. SEASON

2016 Season

September 28, 2016 - First Practice

October 13, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

December 10, 2016 - Last Contest (Regular Season or Conference Championship)

### 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 5 practice days for returning high school wrestlers who are also football players, when the seasons overlap.

### D. 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.

### E. RULES

National Federation of High School (NFHS) Wrestling 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.

### F. CONFERENCES

All teams are assigned to conferences. See the Sports Specific Conferences section for the list of schools in each conference. 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 and required to notify ASAA of the results, state qualifying teams, and their seeding upon conclusion of the tournament.

### G. MATCH LIMITATIONS

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

## H. WRESTLING TOURNAMENTS

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.

## I. TAKEDOWN TOURNAMENTS

All wrestlers must have 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 24 weigh-in limit.

## J. WRESTLING WEIGHT CERTIFICATION (Updated 10/13/16)

All wrestlers weight certification must be completed and filed with ASAA prior to their first competition. A wrestler must have the lowest weight class in which he/she may wrestle determined within 60 calendar days prior to the first team competition of the season. Certification at a lower weight during the season is prohibited. After the first 30 days of the season, 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, advanced nurse practitioner or doctor of chiropractic.

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.

### GROWTH ALLOWANCE POLICY:

One pound on the last Monday in October (October 31, 2016)

One pound on the last Monday in November (November 28, 2016)

## K. WEIGHT CLASSES

(15 total) 98, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

## L. STATE CHAMPIONSHIPS

### 1. DATE

December 16-17, 2016

### 2. SITE & HOST

Chugiak High School & Bartlett High School - Anchorage

Hosted by: ASAA, Chugiak HS, Bartlett HS, & ASD

### 3. STATE CHAMPIONSHIP FORMAT

#### a. 123A & 4A Bracket

Each tournament is a 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. 123A & 4A Scoring

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

c. Girls State Wrestling Tournament

1. State tournament weight classes will be as follows – 106, 113, 120, 132, 145, 160, 182, 220.
2. Girls may only wrestle other girls during conference qualifying tournaments and the state tournament.
3. Girls may wrestle either girls or boys during the regular season.
4. All matches must be entered into Track Wrestling.
5. Up to the 9 Conference champions and 3 others selected by an ASAA Committee for at-large berths will fill the 12-person bracket, seeding by ASAA Committee. In the case of conferences combining tournaments, the top 2 placers will earn berths to the Girl's State Tournament
6. The Girls State tournament will be hosted at the same site as the 123A boy's tournament.
7. Girls Wrestling is considered an emerging sport so there are no team awards at this time.

d. State 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.

e. 123A State Berths

Denali Conference - 2 Berths  
Great Alaska Conference - 2 Berths  
Kachemak Conference - 4 Berths  
Northern Conference - 2 Berths  
Sockeye Conference - 2 Berths  
Southeast Conference - 4 Berths

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

Denali and Southeast  
Great Alaska and Northern  
Kachemak and Sockeye

f. 4A State Berths

Cook Inlet Conference - 6 Berths  
Mid Alaska Conference - 3 Berths  
Northern Lights Conference - 5 Berths  
Southeast Conference - 2 Berths

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

Cook Inlet and Southeast  
Northern Lights and Mid Alaska

g. Scratches and Alternates: In the event a qualified contestant is unable to compete due to extenuating circumstances (illness, injury, and ineligibility), it is the responsibility of the school of the indisposed contestant(s) to notify ASAA, by the deadline. Once notified ASAA will invite the next athlete from that conference or shared berths conference (see 3d/3e). After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

#### 4. SEEDING QUALIFICATIONS

The following criteria was adopted by the Board of Directors in April 2014 for state qualified wrestlers to be seeded:

- a. Up to 6 wrestlers per weight class will be seeded using the Track Wrestling system. All other qualifiers will be randomly drawn in.
- b. Wrestler must have winning record.
- c. Wrestler must have wrestled at least 8 varsity matches.
- d. All matches must have been entered into Track Wrestling, including dual and tournament matches.
- e. Matches must have been designated as either Varsity or Junior Varsity.

#### 5. SEEDING PROCESS

The Track Wrestling round robin algorithm goes through each wrestler to compare that wrestler to every other seedable wrestler in that weight class. When comparing the wrestlers, it goes through the criteria in order. If one wrestler is better than the other based on the criteria, that wrestler receives a point, otherwise it goes to the next criteria. If all criteria is exhausted, each wrestler receives ½ point. Once every wrestler is compared to every other wrestler, the wrestlers are sorted by the points they accumulated during that process. If two wrestlers are tied on points, it goes to the head to head comparison between those two wrestlers. If more than two are tied based on points, it sorts them by the criteria until they are separated or a two-way tie occurs at which point the head to head comparison is used. If two wrestlers remain tied after a head to head comparison, there will be a coin toss at the ASAA office to break the tie.

Coaches will continue to utilize Track Wrestling to enter regular season and conference results. After the conference tournaments and scratch deadline, ASAA will release the seeds as determined by Track Wrestling's running the ASAA Seeding criteria. ASAA will post those results and the seeding report online by 8:00 PM Tuesday.

Coaches have until 8:00 AM Thursday to notify ASAA of issues with the seeds. A committee composed of knowledgeable wrestling people will then review all the seeds, and those that coaches have questioned. This committee will have the authority to re-seed the tournament; if it is determined information was not entered correctly on Track Wrestling. Those coaches failing to utilize Track Wrestling properly will be issued a warning. If a "warned" coach makes the same mistake in future years, then the school is fined \$250.

#### 6. SEEDING CRITERIA

The following national criteria was adopted by the Board of Directors in April 2013

- a. Head to head – strictly head to head record



- b. Record Against Common Opponents – based on winning percentage against an individual common opponent.
- c. Previous State Champion or Runner Up – first or second place from the previous year, state champion first – then runner up.
- d. Overall Varsity Record – overall winning percentage for varsity matches only.
- e. Varsity Record at Weight – minimum of 4 matches at state tournament weight class.

## 7. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining wrestling championship information (i.e. rules, limits, passes, deadlines, match protocol, facility info, coaches meetings, etc), will be available online prior to the start of the championship on the Wrestling Coaches web page. State qualifying teams are required to review this document.

## 8. STATE CHAMPIONSHIP DEADLINES

All forms below can be submitted online at ASAA.org, Wrestling section, forms page. The information will be used for the championship program, awards, and state eligibility review. Submit all info PRIOR to the deadline

Saturday, December 10, 2016 - 10:00pm

- Email Track Wrestling Conference results to [championships@asaa.org](mailto:championships@asaa.org)

Sunday, December 11, 2016 - 2:00pm

- State Championship Photo Upload Form
- State Championship Code of Conduct Form
- Good Sport Selection Form (1 nominee per every 4 participants, total of 2)

Tuesday, December 13, 2016 - 2:00pm

- Academic Award Entry Form

## 9. AWARDS

- a. First and second place trophies (123A & 4A)
- b. 1st - 4th place medallions for all 15 weight classes. (Girls, 123A & 4A) (Points are scored through 6th)
- c. Team Sportsmanship Award (123A & 4A)
- d. Academic Award (123A & 4A, teams must have a minimum of 4 members to qualify)
- e. Outstanding Wrestler Award (Girls, 123A & 4A)
- f. Good Sport Team Members. Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season. (Girls, 123A & 4A)

## **“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. He/she 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, qualifies. 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 wrestler’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).



# Sport Specific Conferences

## BASEBALL

### ONE CLASSIFICATION

(Berths to state are indicated in parenthesis)

#### **Cook Inlet (2)**

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

#### **Southcentral (2)**

Colony  
Cordova  
Homer  
Houston  
Kodiak  
Lumen Christi  
Palmer  
Soldotna  
Valdez  
Wasilla

#### **Mid Alaska (2)**

Ben Eielson  
Delta Junction  
Hutchison  
Lathrop  
Monroe Catholic  
North Pole  
West Valley

#### **Southeast (2)**

Juneau-Douglas  
Ketchikan  
Petersburg  
Sitka  
Thunder Mountain

# BASKETBALL

## 1A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Alaska Coastal (1)

Atmautlauk  
Chefornak  
Eek  
Goodnews Bay  
Kasigluk  
Kipnuk  
Kongiganak  
Kwethluk  
Kwigillingok  
Mekoryuk  
Napakiak  
Napaskiak  
Newtok  
Nightmute  
Nunapitchuk  
Oscarville  
Quinhagak  
Toksook Bay  
Tunanak  
Tuntutuliak

### Greater Kuskokwim (1)

Akiak  
Akiachak  
Aniak  
Crow Village Sam  
Iditarod School District  
Kalskag  
Kuspuk ESSS  
Tuluksak

### Aleutian Chain (2)

King Cove  
Kokhanok  
Koliganek  
Lake and Pen ESSS  
Manokotak  
New Stuyahok  
Newhalen  
Saint Paul  
Sand Point  
Togiak

### Golden Heart (1)

Allakaket  
Anderson  
Arctic Village  
Chalkyitsik  
Circle  
Cruikshank  
Far North  
Fort Yukon  
Hughes  
Huslia  
Kaltag  
Minto  
Nulato  
Ruby  
Tanana  
Tri Valley  
Venetie  
Walter Northway

### Yukon Delta (2)

Alakanuk  
Emmonak  
Kotlik  
Marshall  
Mountain Village  
Pilot Station  
Russian Mission  
Scammon Bay  
Sheldon Point  
St. Mary's

### Northwest Arctic (2)

Ambler  
Buckland  
Deering  
Kiana  
Kivalina  
Kobuk  
Noatak  
Noorvik (Aqqaluk)  
Shungnak

## North Slope (1)

Anaktuvak Pass  
Atqasuk  
Kaktovik  
Nuiqsut Trapper  
Point Lay  
Wainwright

## Southeast (2)

Angoon  
Gustavus  
Hoonah  
Hydaburg  
Kake  
Klawock  
SISD ESSS  
Skagway  
Thorne Bay  
Yakutat

## Bering Sea (2)

Breving Mission  
Diomedea  
Elim  
Gambell  
Golovin  
Koyuk  
Savoonga  
Shaktoolik  
Shishmaref  
St. Michael  
Stebbins  
Teller  
Wales  
White Mountain

## Peninsula (2)

Cook Inlet Academy  
Holy Rosary  
Kenai Peninsula ESSS  
Kodiak Island ESSS  
Lumen Christi

Nanwalek  
Nikolaevsk  
Ninilchik  
Old Harbor  
Port Lions

Seldovia  
Voznesenka  
Wasilla Lake Christian  
Birchwood Christian  
Kenny Lake

## 2A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Great Northwest (2)

Chevak  
Hooper Bay  
Point Hope  
Selawik  
Unalakleet

### Southeast (2)

Craig  
Haines  
Metlakatla  
Petersburg  
Wrangell

### Southwest (2)

Bristol Bay  
Dillingham  
Kuskokwim Learning Academy  
Unalaska

## Interior (2)

Cordova  
Eagle River Christian  
Effie Kokrine  
Glennallen  
Nenana  
Su-Valley  
Tok

# BASKETBALL

## 3A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Southcentral (2)

Anchorage Christian  
Grace Christian  
Homer  
Houston  
Nikiski  
Redington  
Seward

### Aurora (2)

Ben Eielson  
Delta Junction  
Galena  
Hutchison  
Monroe Catholic  
Valdez

### Southeast (1)

Mt. Edgecumbe  
Sitka

### Western (2)

Barrow  
Bethel  
Kotzebue  
Nome

### WPI at Large Berths (1)

WPI Berth 1

## 4A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Cook Inlet (2)

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

### Northern Lights (2)

Colony  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Mid Alaska (1)

Lathrop  
North Pole  
West Valley

### Southeast (1)

Juneau-Douglas  
Ketchikan  
Thunder Mountain

### WPI at Large Berths (2)

WPI Berth 1  
WPI Berth 2



# Cross Country Running

## 4A CLASSIFICATION

### Region 3

(Top 3 Teams + Top 15 Runners  
not on Top 3 Teams)

Colony  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Region 4

(Top 4 Teams + Top 15 Runners  
not on the Top 4 Teams)

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

### Region 5

(Top Team + Top 10 Runners  
not on the Top Team)

Juneau-Douglas  
Ketchikan  
Thunder Mountain

### Region 6

(Top 2 Teams + Top 10 Runners  
not on the Top 2 Teams)

Lathrop  
North Pole  
West Valley

## 123A CLASSIFICATION

### Region 1

There are eleven small conferences with a total of 63 “at large “ berths to the State Championship. Each conference will have a set number of “at large” berths. Schools running in single school races will establish a qualifying time as well. If an individual school qualifies five runners, then they will also compete as a team in the state championship event.

<b>Conference/District</b>	<b>Berths</b>
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3
Lower Kuskokwim	10
Greater Yukon Delta	10
Nome	6
North Slope	7
Northwest Arctic	7
Sockeye	3
Southwest	5
Unalaska	6

## Region 2

(Top 2 Teams + Top 10 Runners not on the Top 2 Teams)

### 2A CLASSIFICATION

Effie Kokrine Charter  
Glennallen  
Nenana  
Su Valley  
Tok

### 1A CLASSIFICATION

Allakaket  
Anderson  
Arctic Village  
Birchwood Christian  
Cantwell  
Chalkyitsik  
Cook Inlet Academy  
Cruikshank  
Dot Lake  
Eagle Community  
Far North  
Fort Yukon

Glacier View  
Gladys Dart  
Hughes  
Jimmy Huntington  
Kaltag  
Kenai Peninsula ESSS  
Kenny Lake  
Kodiak Island ESSS  
Lumen Christi  
Minto  
Nikolaevsk  
Ninilchik

Nulato  
Ruby  
Seldovia  
Stevens Village  
Tanana  
Tetlin  
Tri-Valley  
Venetie  
Walter Northway  
Wasilla Lake Christian

## Region 3

(Top 4 Teams + Top 15  
Runners not on the Top 4 Teams)

### 3A CLASSIFICATION

Anchorage Christian  
Cordova  
Grace Christian  
Homer  
Houston  
Nikiski  
Redington  
Seward  
Valdez

## Region 5

(Top 3 Teams + Top 15  
Runners not on the Top 3 Teams)

### 1A CLASSIFICATION

Angoon  
Gustavus  
Hoonah  
Hydaburg  
Kake  
Klawock  
Klukwan  
Skagway  
SISD ESSS  
Thorne Bay  
Yakutat

### 2A CLASSIFICATION

Craig  
Haines  
Metlakatla  
Petersburg  
Wrangell

### 3A CLASSIFICATION

Mt. Edgecumbe  
Sitka

## Region 6

(Top Team + Top 10  
Runners not on the Top Team)

### 3A CLASSIFICATION

Ben Eielson  
Delta Junction  
Galena  
Hutchison  
Monroe Catholic

# FOOTBALL

## LARGE SCHOOLS

(Berths to state are indicated in parenthesis)

### Cook Inlet (4)

Bartlett  
Dimond  
East Anchorage  
Service  
South Anchorage  
West Anchorage

### Railbelt (4)

Chugiak  
Colony  
Lathrop  
Wasilla  
West Valley

## MEDIUM SCHOOLS

(Berths to state are indicated in parenthesis)

### Northern Lights (2)

Eagle River  
Kenai  
Kodiak  
Palmer  
Soldotna

### Southeast (2)

Juneau-Douglas  
Ketchikan  
North Pole  
Thunder Mountain

## SMALL SCHOOLS

(Berths to state are indicated in parenthesis)

### Aurora (2)

Barrow  
Ben Eielson  
Houston  
Monroe Catholic  
Valdez

### Peninsula (2)

Homer  
Nikiski  
Redington  
Seward  
Voznesenka

# HOCKEY

## 4A CLASSIFICATION - 3 CONFERENCES

(Berths to state are indicated in parenthesis)

### **Cook Inlet (4)**

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

### **Mid Alaska (2)**

Juneau-Douglas  
Lathrop  
North Pole  
West Valley

### **North Star (2)**

Colony  
Homer  
Kenai  
Palmer  
Soldotna  
Wasilla

## 2A/3A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### **Greatland (2)**

Delta Junction  
Glennallen  
Houston  
Hutchison  
Monroe Catholic  
Su-Valley  
Tok  
Tri-Valley

# **SOCCER**

## **ONE CLASSIFICATION (SPRING)**

(Berths to state are indicated in parenthesis)

### **Cook Inlet (3)**

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

### **Mid Alaska (1)**

Eielson  
Hutchison  
Lathrop  
Monroe Catholic  
North Pole  
West Valley

### **Northern Lights (3)**

#### **North Division**

Colony  
Grace Christian  
Houston  
Palmer  
Wasilla

### **Southeast (1)**

Juneau-Douglas  
Ketchikan  
Sitka  
Thunder Mountain

#### **South Division**

Homer  
Kenai  
Kodiak  
Nikiski  
Seward  
Soldotna

## **ONE CLASSIFICATION (FALL/COED)**

(No ASAA State Tournament)

Birchwood Christian  
Cook Inlet Academy  
Delta Junction  
Holy Rosary Academy  
Lumen Christi  
Nenana  
Su-Valley  
Tri-Valley  
Wasilla Lake Christian

# SOFTBALL

## ONE CLASSIFICATION (LARGE)

(Berths to state are indicated in parenthesis)

### Cook Inlet (4)

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

### Railbelt (2)

Colony  
Lathrop  
Palmer  
Wasilla  
West Valley

## ONE CLASSIFICATION (SMALL)

(Berths to state are indicated in parenthesis)

### Mid Alaska (2)

Delta Junction  
Eielson  
Hutchison  
Monroe Catholic  
North Pole

### Northern Lights (2)

Homer  
Houston  
Kenai  
Kodiak  
Soldotna

### Southeast (2)

Juneau-Douglas  
Ketchikan  
Sitka  
Thunder Mountain

# SWIM & DIVE

**Individual Swim Events:** The first place finisher from each Conference qualifying meet finals plus the next twelve best times will qualify to the State Championships for a total of 16 swimmers.

**Relay Teams:** The first place relay team from each Conference qualifying meet finals plus the next four best times will qualify to the State Championships for a total of eight relay teams.

**Individual Dive Events:** The top two finishers from each Conference qualifying meet finals plus the next eight best scores will qualify to the State Championships for a total of 16 divers.

## Cook Inlet

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

## Mid Alaska

Hutchison  
Lathrop  
Monroe Catholic  
Nome  
North Pole  
West Valley

## Northern Lights

Colony  
Cordova  
Homer  
Kenai  
Kodiak  
Palmer  
Sand Point  
Seward  
Soldotna  
Valdez  
Unalaska  
Wasilla

## Southeast

Craig  
Haines  
Juneau-Douglas  
Ketchikan  
Metlakatla  
Mt. Edgecumbe  
Petersburg  
Thunder Mountain  
Sitka

# TENNIS

## ONE CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Region 3 (1)

Colony  
Kodiak  
Lumen Christi  
Palmer

### Region 4 (4)

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

### Region 5 (1)

Juneau-Douglas

### Region 6 (2)

Hutchison  
Lathrop  
Monroe Catholic  
North Pole  
West Valley



# TRACK & FIELD

## 4A CLASSIFICATION

The first place finisher from the finals from Regions 3,4,5 and 6 qualifying meet plus the next best twelve times/distances from the finals will qualify to the State Championships. The first place relay team from the finals from Region 3,4,5 and 6 qualifying meet plus the next best four times from the finals will qualify to the finals at the State Championships.

### Region 3

Colony  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Region 4

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

### Region 5

Juneau-Douglas  
Ketchikan  
Thunder Mountain

### Region 6

Lathrop  
North Pole  
West Valley

## 123A CLASSIFICATION

The first place finisher from the finals from Regions 2,3,5 and 6 qualifying meet plus the next best twelve times/distances from the finals will qualify to the State Championships. If Region 1 has an automatic qualifier, the next best eleven times/distances will be invited. The first place relay team from the finals from Region 2,3,5 and 6 qualifying meet plus the next best four times from the finals will qualify to the finals at the State Championships. If Region 1 has an automatic qualifier, the next best three times will be invited.

### Region 2

#### 3A CLASSIFICATION

Galena

#### 2A CLASSIFICATION

Effie Kokrine Charter  
Glennallen  
Nenana  
Su Valley  
Tok

#### 1A CLASSIFICATION

Allakaket  
Anderson  
Arctic Village  
Birchwood Christian  
Cantwell

Fort Yukon  
Glacier View  
Gladys Dart  
Hughes  
Jimmy Huntington

Nikolaevsk  
Ninilchik  
Nulato  
Ruby  
Seldovia

Chalkyitsik  
Cook Inlet Academy  
Cruikshank  
Dot Lake  
Eagle Community  
Far North

Kaltag  
Kenai Peninsula ESSS  
Kenny Lake  
Kodiak Island ESSS  
Lumen Christi  
Minto

Stevens Village  
Tanana  
Tri-Valley  
Venetie  
Walter Northway  
Wasilla Lake Christian

### **Region 3**

#### **3A CLASSIFICATION**

Anchorage Christian  
Cordova  
Grace Christian  
Homer  
Houston  
Nikiski  
Redington  
Seward  
Valdez

### **Region 5**

#### **3A CLASSIFICATION**

Mt. Edgecumbe  
Sitka

#### **2A CLASSIFICATION**

Craig  
Haines  
Metlakatla  
Petersburg  
Wrangell

#### **1A CLASSIFICATION**

Angoon  
Gustavus  
Hoonah  
Hydaburg  
Kake  
Klawock  
Klukwan  
Skagway  
SISD ESSS  
Thorne Bay  
Yakutat

### **Region 6**

#### **3A CLASSIFICATION**

Ben Eielson  
Delta Junction  
Hutchison  
Monroe Catholic

# VOLLEYBALL

## MIX SIX

(Berths to state are indicated in parenthesis)

### Alaska Coastal (1)

Lower Kuskokwim District  
Schools

### Greater Kuskokwim (1)

Akaik  
Aniak  
Goodnews Bay  
Iditarod School District  
Kuspuk School District  
Yupiit District Schools

### Southwest (1)

Chignik Lake  
Kokhanok  
Meshik  
Nondalton  
Old Harbor  
Sand Point

### Yukon River (1)

Alakanuk  
Kotlik  
Marshall  
Pilot Station  
Russian Mission  
Scammon Bay  
Sheldon Point  
St. Mary's

### North Slope (1)

North Slope SD Schools

### Northwest (1)

Northwest SD Schools

### Southeast (2)

Angoon  
Gustavus  
Hoonah  
Hydaburg  
Kake  
Thorne Bay  
Yakutat

### Western (2)

Brevig Mission  
Elim  
Golovin  
Shaktolik  
Shishmaref  
Stebbins  
St. Michael  
Teller  
Unalakleet  
White Mountain

### Denali (2)

Anderson  
Fort Yukon  
Glacier View  
Kodiak Island ESSS  
Minto  
Nanwalek  
Nikolaevsk  
Seldovia  
Walter Northway  
Wasilla Lake Christian

# VOLLEYBALL

## 2A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### **Southeast (2)**

Craig  
Haines  
Klawock  
Metlakatla  
Petersburg  
Skagway  
Wrangell

### **Southwest (2)**

Bristol Bay  
Dillingham  
King Cove  
Koliganek  
Kuskokwim Learning Academy  
Manokotak  
New Stuyahok  
Togiak

### **Western (1)**

Chevak  
Hooper Bay  
Koyuk  
Savoonga  
Selawik

### **Aurora (1)**

Effie Kokrine  
Glennallen  
Kenny Lake  
Nenana  
Tok  
Tri Valley

### **Borealis (2)**

Birchwood Christian  
Cook Inlet Academy  
Cordova  
Holy Rosary Academy  
Lumen Christi  
Ninilchik  
Su-Valley  
Unalaska

# VOLLEYBALL

## 3A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Southcentral (3)

Anchorage Christian  
Grace Christian  
Homer  
Houston  
Nikiski  
Redington  
Seward

### Aurora (2)

Ben Eielson  
Delta Junction  
Galena  
Hutchison  
Monroe Catholic  
Valdez

### Southeast (1)

Mt. Edgecumbe  
Sitka

### Western (2)

Barrow  
Bethel  
Kotzebue  
Nome

## 4A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Cook Inlet (3)

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

### Northern Lights (3)

Colony  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Mid-Alaska (1)

Lathrop  
North Pole  
West Valley

### Southeast (1)

Juneau-Douglas  
Ketchikan  
Thunder Mountain

# WRESTLING

## 123A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### Kachemak (4)

Anchorage Christian  
Cook Inlet Academy  
Cordova  
Grace Christian  
Holy Rosary Academy  
Homer  
Houston  
Nikiski  
Nikolaevsk  
Ninilchik  
Old Harbor  
Port Lions  
Redington  
Seldovia (Susan B. English)  
Seward  
Voznesenka  
Wasilla Lake Christian

### Denali (2)

Anderson  
Birchwood Christian  
Cantwell  
Delta Junction  
Eielson  
Fort Yukon  
Galena  
Glennallen  
Hutchison  
Kenny Lake  
Nenana  
Su-Valley  
Tok  
Tri-Valley  
Valdez

### Southeast (4)

Angoon  
Craig  
Gustavus  
Haines  
Hoonah  
Hydaburg  
Kake  
Klawock  
Metlakatla  
Mt. Edgecumbe  
Pelican  
Petersburg  
SISD ESSS  
Sitka  
Skagway  
Tenakee Springs  
Thorne Bay  
Wrangell  
Yakutat

### Great Alaska (2)

Akiachak  
Alakanuk  
Aniak  
Bethel  
Chefornak  
Chevak  
Emmonak  
Hooper Bay  
Kalskag  
Kuskokwim Learning Academy  
Kwethluk  
Mountain Village  
Napasiak  
Nunapitchak  
Pilot Station  
Quinhagak  
Saint Mary's  
Scammon Bay  
Sheldon Point  
Tuluksak  
Unalaska

## **Sockeye (2)**

Bristol Bay  
Dillingham  
King Cove  
Koliganek  
Manokotak  
New Stuyahok  
Newhalen  
Saint Paul  
Sand Point  
Togiak

## **Northern (2)**

Ambler  
Barrow  
Buckland  
Deering  
Elim  
Gambell  
Kiana  
Kivalina  
Kobuk  
Kotzebue  
Koyuk  
Noatak  
Nome-Beltz  
Noorvik  
Savoonga  
Selawik  
Shaktolik  
Shishmaref  
Shungnak  
Stebbins  
St. Michael  
Unalakleet

# WRESTLING

## 4A CLASSIFICATION

(Berths to state are indicated in parenthesis)

### **Cook Inlet (6)**

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

### **Northern Lights (5)**

Colony  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### **Mid-Alaska (3)**

Lathrop  
North Pole  
West Valley

### **Southeast (2)**

Juneau-Douglas  
Ketchikan  
Thunder Mountain