ATHLETIC RELATED POLICIES

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ATHLETIC RELATED POLICIES

1. Multi-Region Conferences

A. Establishment: The Board of Directors has established athletic conferences:

1. to provide competitive opportunities for its member schools when they are limited,
2. to provide for the equitable administration of these activities throughout the state,
3. and to provide a post season qualification process for those teams which must compete against teams outside of their assigned regions.

The Board has established multi-region conferences in Baseball, Basketball, Football, Hockey, Softball, Swim & Dive, Volleyball and Wrestling. The board may establish additional conferences or eliminate conferences as it determines.

B. Decision Making: The Board of Directors grants decision making authority to each multi-region conference to manage its own affairs. A decision of such a conference is subject to board oversight to ensure the decision serves the best interests of member schools and ASAA.

1. Multi-region conferences should adopt written bylaws and policies. Copies of these bylaws and policies must be on file at the ASAA office, or be currently available on the web.
2. Multi-region conferences must make every effort to make decisions which fairly represent the interests of each conference member. A school in a multi-region conference which determines that a conference decision is not in the school's best interest, may bring the complaint to the Board for resolution.
3. Fees imposed by multi-region conferences, or by regions within a conference, must be fair and equitable to all conference members.

C. Conference Placement: The Board of Directors places schools in multi-region conferences for the sports listed in the Establishment section above. Schools requesting conference placement, or change in conference placement, must submit their requests in writing to the Executive Director in a timely manner. Although input from other conference members will be considered, final conference placement will be determined by the Board. ASAA will print a list of multi-region conferences and members each year in the Directory section of the Handbook. Any errors or omissions should be immediately reported to ASAA.

D. Conference Administration: The Board of Directors has determined that a Conference Commissioner, or contact person, must be selected by each multi-region conference. This person must be willing to assume the administrative duties of the conference and to communicate conference business to ASAA. It is crucial that ASAA staff have complete contact information for the Commissioner to ensure that state tournament qualifying information is received in the office in a timely manner, and to have a resource when seeking other information on the conference.

2. Taunting Policy

Any school wishing to incorporate a celebratory or motivational routine into an interscholastic activity (i.e. Haka Dance) must adhere to the following guidelines:

- may only be performed as part of a pre-game or post-game activity,
- may only be performed on the sidelines facing its own fans,

- may not include taunting, disrobing or other inappropriate behaviors, and
- must conform to sportsmanship values established by school districts, ASAA and the NFHS.

Penalties for failing to adhere to the above guidelines will be imposed by the contest officials using NFHS rules. The Head Official for the game will notify ASAA of any infraction of the rule. ASAA and school districts may impose additional sanctions for violations.

3. Out-of-Season Participation Policy

Students may participate in camps and travel teams only during the months of May, June, July and August. “Open facility” activities may be run outside the regular season. Use of school equipment, supplies, and name shall be determined by the school administration.

The coach or other personnel representing the school is prohibited from requiring any athlete to participate in an out-of-season sport, training program, or travel team as a condition of selection for the in-season team.

All team camps run or organized by a school coach or school outside of the defined high school season must be advertised and open to students beyond that school.

Policy Definitions:

“Prospective Player” - A Prospective Player is any student enrolled in a specific coach’s school, or any student who will be enrolled in that school during the next school year.

“Camps” - there are two types of “Camps” - team camps and commercial camps.

Team Camps - may be attended only during the months of May, June, July and August. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team. A camp is considered a “team camp” if any of the following criteria are met:

1. students, as a team, are housed and/or fed at the school.
2. students, as a team, are housed and/or fed away from the school.
3. students, as a team, are taken on outings

Commercial camps – Students may voluntarily attend commercial camps during the months of May, June, July and August upon approval of their parents. Attendance may not be mandated. Service clubs, school organizations or schools may pay fees for participation according to their own school/ district policies. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

“Clinics” – With prior approval of the Executive Director, a school may conduct a clinic during the school year. Clinics must be advertised in advanced and open to all students in the school and/or community. Clinics are limited to 3 days in length.

“Conditioning” – Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and /or exercise. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds, and other implements related to specific ASAA activities. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

“Travel Teams” – Travel Teams may be put together by a coach for competition during the months of May, June, July and August, either in or out of the state. Although the team is not affiliated with a member school, it may include students from one or more member schools. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team. For restrictions see (Article 12, Section 5, Recruiting/Undue Influence, B…”A student who participates as a member of an out- of-school team coached by another school’s coach, and who subsequently transfers to that coach’s school, will be ineligible in that sport for one full season at the receiving school.”

“Out-of-Season” – Out-of-Season is any time other than during the established high school season in a particular sport.

“Practice” – Practice is a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and conducted under the supervision of the school coach during the season established by the Board of Directors. A “practice” is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to his or her squad, or have the squad or part of the squad engage in drills under the supervision of that coach, or from directions provided by that coach. Under this definition, “school team” also applies to students and coaches of “individual sports.”

The “out of season” coaching rule is suspended from May 20 through July 31st. This means a coach of a team sport can coach his/her players anytime, anywhere, during this period. During this time period the coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

“Coach” – A Coach is an adult hired or approved by the school (either paid or volunteer) to conduct the usual duties of a coach under the guidelines established by ASAA and the school/district.

“Non-School Teams or Leagues”

1. During the school year, a school coach may not coach his or her school team in any out-of-season games.
2. Players from school teams may play in out-of-season leagues or games outside the season, but may not be school sponsored in anyway. These non-school teams may not use school equipment or uniforms. School transportation and facilities may only be used in accordance with school board policies as they relate to any other non-school groups using facilities or transportation.
3. A school team is defined as a team composed solely of players from one member school.
4. The definition of a non-school team includes one or more of the following:

    a. A team affiliated with and scheduled for participation in an organized league.
    b. A team participating against a team that meets criterion (1.) above.
    c. A team identified by a name or a uniform, and which participates in contests independent from league affiliation.

4. Open Facility Policy

Schools may conduct “open facility” in any athletic activity. Open facilities should be conducted according to the following guidelines:

1. The open facility is open to any student that is interested in attending.
2. Coaches and others may attend to supervise open facilities but they may not provide instruction such as organized drills.
3. There shall be no organized competition such as established teams & round-robin competitions.

4. Individual Instruction (coaching) is acceptable on a three to one basis, i.e. three athletes per coach(es). This means that one or more coaches could instruct up to three athletes (in no cases can the instruction involve more than three athletes, i.e. two coaches working with six athletes).
5. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

The philosophy of the open facility is that students may voluntarily attend for wholesome recreation or for purposes of improving their skills.

5. Fund Raising/Merchandise Sales

No fund raising drawings, contests, or merchandise sales are to be conducted at the host site of state tournaments other than those approved by ASAA.

6. Sportsmanship Creed

ASAA and its corporate sponsors appreciate your attendance at this game. This contest is being played under the authority of the Alaska School Activities Association. ASAA rules provide for fair play and good sportsmanship among everyone involved. All participants and coaches are expected to exhibit the highest level of respect for their opponents and the officials. We also expect fans will eagerly support their favorite team by applauding fair play while refraining from negative words and behaviors.
"Be Loud...Be Proud...but Be Positive."

7. Qualifying for Track & Field, Swim & Dive State Tournaments

Qualifying for the tournaments in Track & Field will be from the regional qualifying events, and for Swim & Dive from the conference qualifying events.

8. Ejection/Suspension Policy for Individual Sports.

(See Bylaw Article 6, Section 6, for suspension penalties for Team Sports)
This policy specifies the length of suspension subsequent to a contest ejection in individual sports such as wrestling, swim & dive, track & field, and nordic ski. Suspension lengths for first offense:

WRESTLING
Student, when ejected from a dual meet or tournament, is out for the rest of the meet and suspended for the next tournament or dual meet. Multi-day tournaments are considered as one contest or event. One day jamboree is considered as an individual day of competition even though it is followed by a tournament.

Coach, when ejected from a dual meet or multi-day tournament, is suspended for the next full day of competition and may return after that day of suspension.

SWIM & DIVE
Student, when ejected from a dual meet or tournament, is out for the rest of the meet and suspended for the next tournament or dual meet. Multi-day tournaments are considered as one contest or event. Coach, when ejected from a dual meet or multi-day tournament, is suspended for the next full day of competition and may return after that day of suspension.

TRACK & FIELD
Student, when ejected from a meet is out for the rest of the meet and suspended for the next meet. Multi-day meets are considered as one contest or event.

Coach, when ejected from a meet is suspended for the next full day of competition and may return after that day of suspension.

NORDIC SKI
Student, when ejected from a meet, is out for the rest of the day and suspended for the next day of competition. Each day of a multi-day meet is considered as one contest or event.
Coach, when ejected from a meet, is suspended for the next full day of competition and may return after that day of suspension.

9. Jamborees

A. Baseball/Softball - shall include three (3) or more teams. A team is limited to no more than six (6) innings total with no more than two (2) innings against any other team. Each pitcher is limited to not more than two (2) innings. A team may not play in more than one (1) jamboree each season. A jamboree does not count as a game against the 22-game limit.

B. Basketball - all players must have ten (10) separate days of practice prior to the day of the jamboree; time against all teams during one day cannot exceed thirty (30) minutes and six (6) minutes against each team; each team may play in no more than one jamboree each season which does not count as a game against the limit of twenty-two (22) games or nineteen (19) games and one invitational tournament of three (3) or more games.

C. 8 & 11 Man Football - 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.

D. Flag Football - All players must have five (5) 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.

E. Hockey - all players must have ten (10) separate days of practice prior to the day of the jamboree; time against all teams during one day cannot exceed forty-eight minutes; time against each team cannot exceed twelve (12) minutes; each team may play in no more than one jamboree each season which does not count against the twenty-two (22) match limit.

F. Volleyball - all players must have ten (10) separate days of practice prior to the day of the jamboree; two games maximum with each team; each team may play in no more than one jamboree each season which does not count as a match against the twenty-two (22) match limit.

10. Takedown Tournament

Wrestling - all wrestlers must have ten (10) separate days 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 which does not count as a match against the twenty-four (24) weigh-in limit.

11. Mercy Rules Policy

The ASAA Board has adopted a policy, which mandates that a mercy rule be used once an established point spread is reached at a certain point in a baseball, basketball, football, hockey, or softball game. Mercy Rules for each sport can be found in the Activity Specific Policy and Procedures.

12. Endowment Game Policy

ASAA encourages each school's team sports 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. For Basketball teams, ASAA will invoice the host school an additional $100 for the third game and $75 for the fourth.

Penalty for Playing an Endowment Game Prior to Authorization: The host school will be fined $100 per game for playing an Endowment Game prior to authorization by the Executive Director.

13. Alumni Games

Schools may play one alumni or staff game per sport that does not count against the team's game limit. Additional games either must be endowments or counted against the school's game limit.

14. Sports Medicine Advisory Committee

The ASAA Board of Directors established the Sports Medicine Advisory Committee (SMAC). The committee will operate under the following policy and procedures:

Mission - The mission of the Sports Medicine Advisory Committee is to ensure that all athletes from ASAA member schools are provided with sound and consistent medical expertise to enhance the safety of their athletic experience.

Purpose - The purpose of the Sports Medicine Advisory Committee is to review proposals and make recommendations to ASAA's board of directors on all issues related to the health, wellness and injury reduction of member schools' student-athletes.

Objectives - The objectives of the Sports Medicine Advisory Committee are to:

1. gather current data on health and safety related issues,
2. educate, interpret, monitor and disseminate materials to students, coaches and administrators concerning medical issues related to sport,
3. assist ASAA in researching sports medical issues and/or concerns,
4. assist in the development of guidelines related to sports medicine, in an effort to assist ASAA member schools with making informed decisions,
5. proactively address new health and safety concerns, and
6. develop a network of medical professionals dedicated to providing member schools with appropriate sports medical education and care.

Composition - The committee is composed of medical professionals, a coach, a referee and a school administrator. A staff member serves as liaison to the committee. The committee through the chair has the authority to contact other qualified medical providers throughout the state as consultants from time-to-time as appropriate. Specific terms for committee members have not been determined at this time as members serve at the pleasure of the board.

Operational Expectations - Communication to and from the board and committee will be conducted through the executive director who serves as committee liaison. Communications between committee members can be accomplished in the manner most convenient to the members. ASAA is willing to develop email accounts for committee members if requested. The committee chair is invited to address the board on any relevant matters during regular board meetings.

Budgetary Commitment - ASAA will fund two face-to-face committee meetings each year, and conference calls as may be needed to conduct the committee's business. ASAA will also provide other incidental services as the committee may request.

Committee Power Structure - The committee is not empowered to take independent action or to make pronouncements. These may only come from the board after considering the committee's recommendations. Committee members will be asked to sign a legal acknowledgement which includes a statement that members can list their services to ASAA in their professional resumes, but are not to use their committee position in advertising or promotional materials. This will be included in a conflict of interest document that committee members must sign.

Indemnification for Committee Members - Committee members will be indemnified under ASAA's Errors and Omission insurance policy while serving in their official capacities on the committee.

Recommended Courses - The ASAA Board of Directors/SMAC recommends that the NFHS online Guide to Heat Acclimatization and Illness be taken by football, cross-country running and tennis coaches.

15. Management of Concussions in Student Athletes

In April of 2012, the ASAA Board of Directors adopted The Recommended Concussion Policy Components, Procedures and Forms for member schools/districts. This concluded more than a year's efforts by the Sports Medicine Advisory Committee (SMAC), legal counsel and staff to develop a workable solution for Alaska.

In June, the Governor signed SB119 which further amended the concussion laws.

The concussion documents were mailed to superintendents on May 31 with the reminder that districts are to "consult with the Alaska School Activities Association to develop and publish guidelines and other information to educate coaches, student athletes, and parents of student athletes regarding the nature and risk of concussions…"

Because of the evolving nature of concussion management, it has been recommended that the Policy and Procedures will be posted on-line and not printed in this handbook. You may access them at: http://asaa.org/resources/sports-medicine/

Forms are available online at http://asaa.org/handbook-forms/

COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student-athlete should be treated as though he or she were the coaches' own, and his or her welfare should be uppermost at all times.

The coach shall be aware of and implement the NFHS Suggested Guidelines for Management Of Concussion In Sports.

The coach shall be aware that he/she has a tremendous influence, for either good or ill, on the education of the student-athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his/her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his/her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, sponsors, booster clubs, and administrators.

The coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials or players is unethical.

Coaches should follow these guidelines in performing their duties:

1. Be friendly to your opponents. Before and after contests, coaches for competing teams should meet, shake hands, and exchange cordial greetings to set the proper tone for the event.
2. Do not exert pressure on faculty members to give student athletes special consideration.
3. Be a model of good sportsmanship. Refrain from running up the score or degrading the opponent in any way.
4. Display modesty in victory and graciousness in defeat in public and with the media.
5. Respect the integrity of the officials - even when you disagree with their judgement.
6. Refrain from the use of profanity or improper actions and expect the same from your players.
7. Recognize good performances and expect your athletes to recognize the good efforts of others.
8. Develop a program that rewards participants and spectators for positive, supportive actions.
9. Immediately remove any athlete from play that exhibits possible signs and symptoms of concussion. Ensure "Return to Play "status is allowed only after clearance by approved professional health care provider.

The Alaska School Activities Association expects all coaches to be competent and know the rules, recognize the importance of his/her duties, respect dignity and integrity of officials and opponents,and promote good sportsmanship among all those involved.