

# POLICIES

## TABLE OF CONTENTS

### General Policies

- 1 - High School Enrollment ..... 72
- 2 - Classification Policy ..... 72
- 3 - ASAA Outsourcing Policy ..... 74
- 4 - Proof of Residence Change ..... 74
- 5 - E-Mail Policy ..... 74
- 6 - ASAA Passes Policy ..... 74
- 7 - Board Meeting Expenses Policy ..... 74
- 8 - ASAA Fiscal Year ..... 75
- 9 - Capitalization Policy ..... 75
- 10 - Gold Lifetime Pass ..... 75
- 11 - Alaska High School Hall of Fame ..... 78
- 12 - Play for Keeps - Tobacco, Alcohol and Controlled Substance (TAD) Policy ..... 83

### Athletic Related Policies

- 1 - Multi-Region Conferences ..... 90
- 2 - Taunting Policy ..... 90
- 3 - Out-of-Season Participation Policy ..... 91
- 4 - Open Facility Policy ..... 92
- 5 - Fund Raising/Merchandise Sales ..... 93
- 6 - Sportsmanship Creed ..... 93
- 7 - Qualifying for Track & Field, Swim & Dive Tournaments ..... 93
- 8 - Ejection/Suspension Policy ..... 93
- 9 - Jamborees ..... 94
- 10 - Takedown Tournament ..... 94
- 11 - Mercy Rules Policy ..... 94
- 12 - Endowment Game Policy ..... 95
- 13 - Alumni Games ..... 95
- 14 - Sports Medicine Advisory Committee ..... 95
- 15 - Management of Concussions in Student Athletes ..... 96
- 16 - Coaches Code of Ethics ..... 98

### State Championship Policies

- 1 - Championship Site/Date ..... 100
- 2 - Soliciting Bids ..... 100
- 3 - State Championship Berths ..... 101
- 4 - State Championship Code Of Conduct ..... 101
- 5 - Championship Policies & Procedures ..... 102
- 6 - State Championship Participation Fees ..... 103
- 7 - State Championship Scheduling ..... 103
- 8 - Late Arrivals To State Championships ..... 103
- 9 - State Championship Officials ..... 103

10 - Pre-Championships Practices .....	105
11 - State Championship Roster Limits .....	106
12 - State Championship Passes .....	106
13 - Tickets .....	107
14 - Souvenir Programs .....	107
15 - State Merchandise Sales .....	107
16 - All-Tournament Team Selection Process .....	107
17 - Official Championship Balls .....	108
18 - Performance Of Bands .....	108
19 - Halftime Entertainment .....	108
20 - Medical Policy .....	109
21 - Spectator Support Items/Artificial Noise Makers .....	110
22 - Event Supervision .....	110
23 - ASAA Media Credential Policy .....	110
24 - Photography/Videography/Web Streaming Policy .....	111
25 - Unmanned Aerial Systems .....	111
26 - Vendors .....	111
27 - Drawings / Fundraising .....	111
28 - Corporate Sponsors & Partners .....	111

## Activity Specific Policies & Procedures

All-State Art .....	114
All-State Music .....	116
Baseball .....	119
Basketball .....	123
Bowling .....	128
Cheer .....	129
Cross Country Running .....	133
Drama, Debate & Forensics .....	137
Flag Football .....	140
Football .....	142
Gymnastics .....	149
Hockey .....	150
Nordic Ski .....	158
Rifle .....	161
Soccer .....	163
Softball .....	166
Solo & Ensemble .....	170
Student Government .....	175
Swim & Dive .....	177
Tennis .....	180
Track & Field .....	184
Volleyball .....	187
World Language Declamation .....	194
Wrestling .....	197
Sport Specific Conferences .....	205

# GENERAL POLICIES

## TABLE OF CONTENTS

- 1 - High School Enrollment ..... 72
- 2 - Classification Policy ..... 72
- 3 - ASAA Outsourcing Policy ..... 74
- 4 - Proof of Residence Change ..... 74
- 5 - E-Mail Policy ..... 74
- 6 - ASAA Passes Policy ..... 74
- 7 - Board Meeting Expenses Policy ..... 74
- 8 - ASAA Fiscal Year ..... 75
- 9 - Capitalization Policy ..... 75
- 10 - Gold Lifetime Pass ..... 75
- 11 - Alaska High School Hall of Fame ..... 78
- 12 - Play for Keeps - Tobacco, Alcohol and Controlled Substance (TAD) Policy ..... 83

# GENERAL POLICIES

## 1. High School Enrollment

A student is considered a high school student when he or she is actually registered as a high school student, not when earning high school credit as may be given to junior high students.

## 2. Classification Policy

The enrollment ranges for the purpose of classification are set as follows:

5-60 students	1A Classification
61-150 students	2A Classification
151-500 students	3A Classification
501 and larger	4A Classification

The following conditions apply:

A. Schools are classified by their enrollments in grades 9-12 according to the previous school year's October report to the Department of Education and Early Development. Beginning in April of 2014, non-enrolled alternative education program students who participate in a member public, private or religious school's interscholastic activity program will be added to the prior October count in determining the school's total number for future classification purposes.

B. Geographic and competitive considerations are not determining factors for classification placement. The following sports and activities have state-culminating competitions based on the following school classifications:

### ONE CLASSIFICATION

- Swim & Dive
- Nordic Ski
- Soccer
- Tennis
- Baseball
- Girls Wrestling

### TWO CLASSIFICATIONS

- Cross-country Running (1A/2A/3A and 4A)
- Hockey (Small, 5-500 and Large, 500+)
- Track & Field (1A/2A/3A and 4A)
- Wrestling (1A/2A/3A and 4A )
- Softball (Small, 5-850 and Large, 851+)

### THREE CLASSIFICATIONS

- Football (Small, 449 and smaller / Medium, 450-900 / Large, 901 and larger)

### FOUR CLASSIFICATIONS

- Volleyball
  - Mix Six (5-60)
  - 2A (61-150)
  - 3A (151-500)

- 4A (501 and larger)  
Basketball (1A, 2A, 3A, 4A)

#### C. Reclassification Enrollment Policy

During its spring 2014 meeting and every third spring thereafter, the board will analyze enrollments of member schools based on that school year's October OASIS report, while adding the participation numbers of alternative education program students participating under AS.14.30.365 and AS 14.45.350.

#### D. Ineligible 5th Year Students:

If a school's enrollment for grades 9-12 for the previous school year is higher than thirty (30) students due to enrolled, ineligible 5th year seniors, as verified by the superintendent, and if the school would otherwise qualify to have 8th grade students participate under Article 12, Section 2.D., (Use of Junior High or Middle School Students), the superintendent may request that the ineligible 5th year seniors not be included in the total number enrollment for the purposes of this section."

After forgiveness for ineligible 5th year students has been granted, schools will be assigned to classifications. Schools which will be reclassified to a higher level under this policy may appeal the reclassification based on the average enrollment data for the current and 2 previous years. Schools which are reclassified will remain in their current classifications until the beginning of the second school year (2015-16), at which time they will move to their new classifications. Schools will remain in their new classifications for three years, at which time the cycle begins again.

#### E. Unforeseen Circumstances:

The Association may consider an appeal of this policy by the school's superintendent for unforeseen circumstances. This may include emergency transfers which affect a school's classification.

#### Classification Time Schedule

April 2014 – check enrollments/reclassify schools/schools may appeal

2014-15 – schools remain at current classifications

2015-16 – schools move to new classifications

2016-17 – schools remain at current classifications

April 2017 – check enrollments/reclassify schools/schools may appeal

2017-18 – schools remain at current classifications

2018-19 – schools move to new classifications

2019-20 – schools remain at current classifications

April 2020 – check enrollments/reclassify schools/schools may appeal

2020-21 – schools remain at current classification

2021-22 – schools move to new classifications

2022-23 and thereafter - etc.

#### Narrative Example:

Smith High School is a 2A school with an enrollment of 155 in April of 2014 (including alternative education program students). There is no request for forgiveness so the board reclassifies Smith High School to 3A beginning in 2015-16 (the school remains at the 2A level in 2014-15). Smith High School is 3A school in 2015-16, 2016-17 and 2017-18. During the April 2017 board meeting, the school's enrollment is 149 and the board reclassifies the school to 2A beginning in the 2018-19 school year. The school remains at the 2A level for 2018-19, 2019-20 and 2020-21. During the April 2020 board meeting, the school's enrollment is 145 and so the school remains in the 2A classification and a new three year cycle begins in the 2021- 22 school year.

### **3. ASAA Outsourcing Policy**

These procedures or guidelines have been developed to aid schools or districts that are considering moving an interscholastic program from school sponsorship to community sponsorship.

- A District or school contact person must be identified, and that name forwarded to ASAA.
- All ASAA rules and procedures must be reviewed and followed by outsource agency.
- Coaches' training will be required as of other coaches (Alaska Coaches Certification Program)
- National Federation playing rules books will be provided to coaches when appropriate.
- ASAA approved playing rules must be followed.
- District or school has the right of approval and the responsibility of supervision of coaches.
- Outsource agency contact with ASAA should be channeled through the district or school.
- District or school abide by ASAA Bylaw, Article 6, Contest Rules, Section 4, Contest and Event Supervision, which states:

Each participating school must have present at a contest or event a certified faculty representative, as defined in Article 10, Section 2, who is responsible for the conduct of its participants and students throughout the contest. Host schools must have an administrator or designee in attendance.

### **4. Proof of Residence Change**

For transfer purposes, at least two of the following three are required as proof of residence change: Alaska Driver's License, Voter Registration Card, and Permanent Fund Application.

### **5. E-Mail Policy**

In line with traditional business practices, ASAA will respond to appropriate email correspondence as time allows. Please include your full name, affiliation, mailing address and phone number in your email. ASAA will not respond to email containing: 1) Student eligibility questions or 2) Profanity. If the content of your email requires a response from a school or district administrator, we will forward your email message accordingly. We appreciate your taking time to contact our office.

### **6. ASAA Passes Policy**

ASAA offers an Association pass to schools to purchase for \$50 each. This pass will allow the bearer entrance into any regular season event, regional or district event, and any and all state tournaments for the year. The pass will be available for all certified coaches, athletic/activities directors, school board members, and school administrators. ASAA will personalize each pass as they are ordered by the school and that person will need to show ID when using the pass.

### **7. Board Meeting Expenses Policy**

The ASAA Board of Directors has determined that regions or sending organizations will provide transportation, hotel costs and per diem for members to attend Board meetings. ASAA will provide rental car and hotel accommodations if needed.

## **8. Fiscal Year**

August 1 - July 31

## **9. Capitalization Policy**

Fixed assets are stated at cost. Expense for maintenance and repairs are charged to expense as incurred and major renovations are capitalized. All expense for equipment in excess of \$500 are capitalized and depreciation is provided over the estimated useful lives of the assets on a straight-line basis. All donated fixed assets are capitalized at fair market value or estimated value at time of receipt.

## **10. Gold Lifetime Pass**

ASAA has a program under which those individuals who have made an extraordinary contribution to high school activities in Alaska and/or at the national level may be selected as recipients of an ASAA Gold Lifetime Pass.

Qualifications: Significant service to high school students of Alaska through demonstrated leadership for at least twenty (20) years at the state and/or national level. Served as activities administrator, coach/director/advisor, official, community supporter, or committee member.

Number: Up to six recipients each year, with not more than one per region.

Selection Process: Each region may solicit nominations and recommend its recipient to the Board of Directors. The Board of Directors will make the final selection of recipients during its Spring meeting.

### **RECIPIENTS**

Since 2001:

#### REGION 1

Don LeClair, - Dillingham - 2005  
Dan Eide, Elim - 2006  
Bob Morris, Bethel - 2007  
Bob Harcharek, Barrow - 2008  
Robert Rychnovsky, Newhaven - 2009  
Jim Hickerson, Unalakleet - 2010  
Bill Jack, Nome - 2011  
Harry Ferguson, Chevak - 2012  
Gary Baldwin, Bethel - 2013  
Bruce Lee, Sand Point - 2014  
Billy Strickland, Bethel - 2015  
Carlton Kuhns, Bethel - 2016

#### REGION 2

John Lindeman, Ninilchik - 2007  
Bernie Clark, Ninilchik - 2008  
Larry and Jane Buskirk, - Su-Valley 2009

Dan Lehman, Ninilchik - 2010  
Marylee Kauffman, Galena - 2011  
Matt Clark, Talkeetna - 2012  
Chuck Hugney, Nenana - 2013  
Bruce Gunderson, Talkeetna - 2014  
Dean & Karen Overbey, Nenana - 2015  
Rick MusGrove, Cook Inlet Academy - 2016

### REGION 3

Joe Floyd, Kodiak 2001  
Doug Bean, Retired 2006  
Dan Gensel, Soldotna 2008  
Roger Steinbrecher, Seward 2009  
Craig Jung, Kenai 2010  
Roger Nellis, Wasilla 2011  
Allan Howard, Soldotna 2012  
Dick Shellhorn, Cordova 2013  
Lebron McPhail, Palmer 2014  
Renee Henderson, Kenai 2014  
Cliff Draper, Seward 2015  
Chuck Boerger, Grace Christian 2016

### REGION 4

Cleveland Zachary, Anchorage — 2001  
Don Stump, Anchorage — 2002  
Jim Mason, Anchorage — 2004  
Richard Mize, Anchorage — 2005  
Tom Huffer, Sr, Chugiak High School 2006  
Joanne Starzec, Anchorage 2007  
Dave Kolesky, 2008  
Larry Whitmore, 2009  
Don Kassube, Anchorage 2010  
Bill MacKay, Anchorage 2011  
Marva Luhres, Anchorage 2011  
Don Winchester, Anchorage 2012  
Rick Volk, Eagle River 2013  
Craig Walker, Anchorage 2014  
John Gaskins, Anchorage-2016

### REGION 5

Pete Willburn, Thorne Bay 2001  
Ron Gleason, Juneau 2002  
Herbert "Herbie" Didrickson, Sitka 2003  
Gil Truitt, Sitka 2003  
Dwayne Davies, Kake 2004  
Lyle Sparrowgrove, Sitka 2006  
George Houston, Juneau 2007  
Jack Eddy, Petersburg 2008  
Doug Rhodes, Craig 2009  
John Wray, Juneau 2010  
Mike Hirai, Sitka 2011



Bill Chalmers, Juneau 2012  
Stu Merchant, Craig 2013  
Rod Nutting, Sitka 2014  
Gary Matthews, Haines 2015  
Monte Bunes, Wrangell 2015  
Joe Klushkan-Yakutat.2016

#### REGION 6

Jim Holt, Fairbanks 2001  
Dale Kephart, Anchorage 2007  
Sam McCormick 2008  
Gary Drexler 2009  
Vern Dulany – Fairbanks 2010  
Joe Tremarello – Fairbanks 2011  
Ted DeLeon – Fairbanks 2012  
Bart LeBon – Fairbanks 2013  
Vince Fantazzi – Fairbanks 2014  
John Tobin – Fairbanks 2015  
Milo Griffin, Fairbanks 2016

## 11. Alaska High School Hall of Fame

In recognition of ASAA's 50th anniversary in 2006, the Board of Directors established the Alaska High School Hall of Fame to recognize those athletes, activity participants, coaches, directors, officials, adjudicators, school administrators and contributors who have made outstanding contributions to interscholastic sports and activities in Alaska.

For more information, log on to <http://www.alaskahalloffame.org> or <http://www.asaa.org>.

### 2006 INDUCTEES

#### ATHLETE

John Brown - Ketchikan High School - 1968  
Don Clary - East Anchorage High School - 1975  
Mike Cronk - Walter Northway High School - 1987  
Herb Didrickson - Sheldon Jackson High School - 1946  
Steve Frank - Austin Lathrop High School - 1973  
Elizabeth "Betsy" Haines - East Anchorage High School - 1978  
Nina Kemppe - West Anchorage High School - 1987  
Rocky Klever - West Anchorage High School - 1977  
Chuck Kopp - Cook Inlet Academy - 1983  
Trajan Langdon - East Anchorage High School - 1994  
Butch Lincoln - Kotzebue High School - 1991  
Aelin Peterson - West Valley High School - 1992  
Mark Schlereth - Robert Service High School - 1984  
Brian Swanson - Chugiak High School - 1994  
Molly Tuter - Soldotna High School - 1993  
Kristy Klinnert Waythomas - Kodiak High School - 1987  
Gary Wilken - Austin Lathrop High School - 1964

#### COACH

Tom Huffer, Sr - Chugiak High School - 1969-99

#### ADMINISTRATORS

Gil Truitt - Mt. Edgecumbe High School  
Les Wells - Anchorage School District/ASAA

#### CONTRIBUTOR

First National Bank Alaska

### 2007 INDUCTEES

#### ATHLETE

Gary Beller - West Anchorage High School - 1968  
Carl Blackhurst - Haines High School - 1996  
Yohance Humphrey - Chugiak High School - 1997  
Brit Jacobson Reid - Chugiak High School - 1994  
Ron Pollock - West Anchorage High School - 1968  
Emily Ransom Golick - Seward High School - 1994  
Sarah Olerud Swinton - Haines High School - 1986

#### ADVISOR/DIRECTOR

Karen Grussendorf - Sitka High School - 1967-1998

## COACH

Joe Floyd - Kodiak High School - 1955-1981  
Don Hather - Hoonah/Tok/Skagway High Schools - 1975-1997  
Buck Nystrom - Eielson/North Pole High Schools - 1975-2006  
Dick Thompson - Dimond/Service High Schools - 1970-1998  
Larry Whitmore - Bartlett High School - 1973-1991  
William "Bill" Wiltrout - Anchorage/Homer High Schools - 1954-1979

## CONTRIBUTOR

Dave Brann - Homer High School

## 2008 INDUCTEES

### ATHLETE

Ann Berdahl - Nikiski High School - 1997  
Jeannie Hebert-Truax- Monroe Catholic High - 1988  
Gary Steeby - Chugiak High School - 1974

### COACH

Robert "Bob" Boudreaux - Soldotna High School - 1973-98  
Dwayne Davies - Kake/Mt Edgecumbe/Wrangell - 1975-90  
Reilly Richey - Juneau-Douglas High School - 1990-04  
John W. Tobin - North Pole High School - 1976-97  
Alice Witte - Homer High School - 1975-94

### CONTRIBUTOR

James "Whizzy" Whisenant - Lathrop High School - Nordic Ski

## 2009 INDUCTEES

### ACTIVITY PARTICIPANT

Peter Hilts - Susan B. English School - 1984  
Michael More - West Anchorage High School - 1965

### ATHLETE

Myra Harris - Frank A. Degnan School - 1996  
Matt Matson - West Valley High School - 1994  
Mara Rabinowitz - West Valley High School - 1984  
Mao Tosi - East Anchorage High School - 1995

### COACH

Dan Eide - Valdez High School - 1977-2002  
Lynn Roumagoux - Dimond High School - 1969-81

### OFFICIAL

John T. Jones - Anchorage - 1976-1998

### CONTRIBUTOR

Stan Smith - Spenard Builders Supply

### LIFETIME ACHEIVEMENT

Richard McCormick - Douglas/Lathrop/Nome/Wrangell - 1951-1965

## 2010 INDUCTEES

### ATHLETE

Carlos Boozer, Jr. - Juneau-Douglas High School - 1999  
David Killpatrick.- West Anchorage High School - 1990  
Larry Martin - Homer High School - 1969

### ACTIVITY SPONSOR

Roy McPherson - Ketchikan High School - 1972-82

### CONTRIBUTOR

AT&T Alaska

## 2011 INDUCTEES

### ATHLETE

Scott Gomez - East Anchorage High School - 1996  
Matt Hemry - Dimond High School - 1986  
Sam Hill - Kotzebue/Nikiski High Schools - 1996  
Tom Huffer Jr. - Chugiak High School - 1985  
Jessica Moore - Colony High School - 2000  
Kikkan Randall - East Anchorage High School - 2001  
Sarah Sullivan Afoa - Dimond High School - 1979

### ADMINISTRATOR

Richard "Dick" Mize - Anchorage School District - 1964-1992

### OFFICIAL

James Mason - Anchorage - 1968-1997

### CONTRIBUTOR

Leroy "Woody" Wenstrom – West Valley/North Pole/Lathrop - 1975-2005

## 2012 INDUCTEES

### ACTIVITY PARTICIPANT -

Vivica Genaux - West Valley High School - 1987  
Richard Cooper - Haines High School - 1984  
Roger Schmidt - Sitka High School - 1987

### ATHLETE

Steve McSwain - East Anchorage High School - 1983

### COACH

Ed Blahous - Chugiak High School - 1983-2002  
Paul Brauneis - Chugiak High School - 1985-1995  
Mike Smithers - Ketchikan High School - 1975-1987  
Craig Yung - Kenai Central High School - 1976-1999

### ADMINISTRATOR

John Andrews – Kenai Peninsula School District - 1989-2001

### OFFICIAL

Jim Paxton - Anchorage - 1972-2004

CONTRIBUTOR

Nordic Skiing Association of Anchorage  
Alaska Commercial Company (AC)

**2013 INDUCTEES**

ATHLETE

Edward Blahaus, Jr. - Chugiak High School - 1985  
Mia Costello - West Anchorage High School - 1986

COACH

Roger Nelles - Delta Junction/Wasilla High Schools - 1971-1999  
Catherine Rhodes - Colony/Wasilla High Schools - 1983-2005  
Joe Tremerallo - Lathrop High School - 1960-1968  
Chuck White - East Anchorage/West Anchorage HS - 1965-2010

ADMINISTRATOR

Ron Gleason -Angeon/Juneau-Douglas High Schools - 1975-1999

LIFETIME ACHIEVEMENT

Steve Ivanoff - Unalakleet

**2014 INDUCTEES**

ATHLETE

Whitney Lemman Schollenberg - Ninilchik School - 2003  
Steve Simmons - Chugiak High School - 1985  
Archie Young-Wrangell High School-1991

ACTIVITY SPONSOR

Richard "Dick" Barker - Tok/Bethel High Schools - 1970-1987  
Pauline Souter - Chugiak High School - 1981-2007

COACH

Donna Dooley - Dimond High School - 1997-2003  
Virgil Hooe - West Anchorage/Service/South High Schools - 1976-2003  
Boyd "Dan" D. Lemman - Ninilchik School - 1990-2008  
Dave Reeves - Dimond High School - 1974-1994  
Bruce Shearer - Kenai/Chugiak/East Anchorage High Schools - 1979-2000

OFFICIAL

Don Kasysube - Anchorage - 1970-2008

**2015 INDUCTEES**

ATHLETE

Chris Kuper - Dimond High School - 2001  
Jeremiah Richards - Palmer High School - 1997  
Reggie Tongue - Lathrop High School - 1992

COACH

Ted DeLeon - West Valley High School - 1962-1975  
Lancer Smith - Palmer/Colony High Schools - 1973-2000

Dave Schroer - Homer High School - 1958-1982  
Rex Rock - Pt. Hope High School (Tikigaq) - 1979-2010  
Mike Zibell - Noorvik High School (Aqqaluk) - 1994-2010

**ADMINISTRATOR**

Roger Steinbrecher - Seward/Sand Point High Schools - 1990-1997

**CONTRIBUTOR**

Alaska Airlines  
Nordic Ski Club of Fairbanks

**2016 INDUCTEES**

**ACTIVITY PARTICIPANT**

Victor Barranco -North Pole - 2001

**ATHLETE**

Chad Bentz - Juneau-Douglas - 1999  
Casey Flair - East Anchorage - 2004  
Ian Ptizman - Homer - 1986  
Jed Wade - Wasilla - 2004

**COACH**

Don Erickson - Covenant High School - 1965-1974

**ADMINISTRATOR**

Dave Dirksen - Wrangell/Annette Island School Districts - 1982-2002  
Gary Matthews -Haines/Alaska School Activities Association - 1968-2014

## 12. Play for Keeps - Tobacco, Alcohol and Controlled Substances (TAD) Policy

In order to ensure adoption of consistent tobacco, alcohol and controlled substances policies by member schools and districts, ASAA requires that member schools and districts adopt the following policy for their enrolled and alternative education program students who are participating in interscholastic activities. This is intended to set forth minimum restrictions and penalties, subject to greater or additional restrictions or penalties which may be adopted by member schools or school districts.

**1. Prohibited Conduct:** The possession, distribution or use of any tobacco products, including “E” or electronic cigarettes, alcohol and controlled substances (as defined in Section 10 of this policy) by a student-athlete or activity participant, whether it occurs on or off school property, is prohibited and shall result in the penalties set forth herein.

**2. Time Period During Which Policy Applies:** The policy in this section applies to any student who is participating or has participated in interscholastic activities starting from the student’s first participation in interscholastic activities, at any ASAA member school, and continuing until the student graduates from high school. This policy applies during “calendar days” as defined in this section. The policy first went into effect on July 28, 2008.

**3. Educational Component:** The educational component is a critical part of the policy and is comprised of four parts; Pre-Participation Orientation, First Offense, Second Offense, and Third Offense. ASAA will provide the first three parts of this component to member schools on DVD and through the ASAA website. An overview of each part is included under Section 10. Definitions.

**4. Cumulative and Progressive Penalties:** Violations of this policy will be cumulative and progressive, as described in the following paragraph, throughout a student’s high school years. If a student transfers from one ASAA member school to another ASAA member school, the student’s cumulative violations will accompany such transfer and shall be the basis for any additional penalties should further violations occur.

**5. Minimum Penalties for Violation of this Policy:** Minimum penalties for violations of this policy are:

**First Offense** - The student will be suspended from interscholastic activities and practice for 10 (ten) calendar days (as defined in Section 10). Fifty (50) percent of the suspension will be forgiven and the student may return to practice if the student and parent/guardian complete the First Offense educational component.

For tobacco use, if a student under the First Offense Penalty violates the Tobacco Rule within the 10 (ten) calendar day period of suspension, the student’s period of suspension will start over again; the First Offense educational component will become mandatory, and no forgiveness will be granted. This process will continue until the student has demonstrated 10 (ten) calendar days without a subsequent tobacco violation. A student who has not completed a suspension or re-suspension under the first Offense Penalty for violation of the Tobacco Rule does not become subject to imposition of penalties under a Second, Third or Fourth Offense for violation of the Tobacco Rule, until the student has completed all suspensions and re-suspensions under the First Offense Penalty for tobacco use. A student serving a First Offense Penalty under the Tobacco Rule is, however, subject to immediate imposition of a Second Offense Penalty to the extent this is based upon violation of the non-tobacco prohibitions under this Policy.

**Second Offense** - The student will be suspended from interscholastic activities and practice for forty-five (45) calendar days. Both the student and parent/guardian must complete the Second Offense educational component prior to the student’s return to competition and there will be no forgiveness of

calendar days of suspension. While under the period of suspension, the student may return to practice after completion of the Second Offense educational component. A student may need additional days of practice before returning to competition (See Article 7, Section 5).

**Third Offense** - The student will be suspended from interscholastic activities and practice for six (6) months. Both the student and parent/guardian must complete the Third Offense educational component prior to the student's return to competition and there will be no forgiveness of calendar days of suspension. While under the period of suspension, the student may return to practice after completion of the Third Offense educational component. A student may need additional days of practice before returning to competition. (See Article 7, Section 5).

**Fourth and Subsequent Offenses** - The student's privilege to participate in interscholastic activities and practice is revoked for one (1) year. Both the student and parent/guardian must complete the Fourth Offense educational component prior to the student's return to competition and there will be no forgiveness of calendar days of suspension. A student may need additional days of practice before returning to competition. (See Article 7, Section 5).

These are minimum penalties which may be increased by the member school or member school district, based upon (1) the nature of the violation, (2) the extent to which it occurs on school property or during school activities, and (3) the extent to which it arises in the context of the student's participation in interscholastic activities. Penalties shall be imposed beginning on the first calendar day following a determination that a violation has occurred, except to the extent a school's appeals policy permits a student to continue to participate pending final determination of any appeal filed by the student under such policy. In such case, penalties shall be imposed on the first calendar day following a determination on appeal that a violation has occurred. A student shall be considered ineligible during each calendar day in which a penalty is imposed.

**6. Determination of Violations:** In implementing this policy, it will be the member school's responsibility to determine the nature and extent of a violation, to impose and enforce any penalty, to report each violation to ASAA on a standardized form, and to maintain records of all violations by each student occurring after the student's first participation in interscholastic activities. A member school's determination that a violation has occurred and its imposition of penalty may not be appealed to ASAA. If a member school or member school district reverses a determination of violation, it shall promptly notify ASAA of such reversal. Alleged failure of a member school or district to enforce this policy may not be the basis for either a report of rules violation to the Executive Director or of a member school's protest against another school, under the ASAA Bylaws.

Violations and penalties are to be based upon noncompliance with the policy by the student participant, by the student's parents/legal guardians, or both, provided however, that where a violation is based solely upon action or inaction of the parent or legal guardian and not of the student participant, under circumstances completely beyond the control of the student and where it would be manifestly unfair to disqualify the student on this ground, the member school may, at its discretion, withhold imposition of a penalty against the student.

**7. Violations Reported to ASAA and Confidentiality Requirement:** After determining that an enrolled student, or an alternative education program student who has been granted eligibility at a member school, has committed a violation, the member school shall report the violation to ASAA on the required form. ASAA will provide a School Report of Violation Form to member schools and districts. Member schools and districts must report to ASAA a violation of this policy within 3 calendar days of determination that such violation has occurred. A report of violation must show all violations which occurred at the member school or district and the dates thereof, including the specific basis upon which a determination of violation was made. It is ASAA's intention to maintain the confidentiality of all such reports. As such, information concerning a student's previous violations will be disclosed by ASAA only to an administrator of the member school which the student is attending. A school administrator to whom such information



has been disclosed may exercise discretion to provide such confidential information as is appropriate to the student's coach or other activity administrator, but only to the extent that such information is provided in a good faith effort to prevent violations and to assist the student in maintaining a lifestyle free of tobacco, alcohol and controlled substance use, and to maintain eligibility to participate in interscholastic activities. An administrator who provides any confidential information to a student's coach or other activity supervisor shall assure that such person will use the information only in communications with the student and shall otherwise maintain strict confidentiality of the information. ASAA's records of violation shall be made available to the student and/or the student's parent or legal guardian upon written request.

**8. Student and Parent/Guardian Acknowledgement:** ASAA will provide a Student/ Parent/Legal Guardian TAD Acknowledgement Form to member schools and districts. The form will explain the policies of this section and penalties for violations. The form must be signed by the student and the student's parent or legal guardian, and requires that the student and parent or legal guardian acknowledge that they have read and understand the terms of the policy, including the potential penalties for violations, and that it requires the school to report such violations to ASAA. The form will require that the student and parent or legal guardian agree to be bound by these terms. Prior to each season in which a student participates in interscholastic activities, a copy of the signed form must be returned to the school before the student is permitted to participate. Member schools shall keep a copy of the signed forms on file. This means, that although a student will be required to view the orientation video only once per year, the signed acknowledgement forms must still be turned into the office prior to each season of participation.

**9. Students Emancipated by Age or Marriage:** The requirements in this policy that a parent or legal guardian sign the Student/Parent/Legal Guardian TAD Acknowledgment Form and that require that a student's parent or guardian participate in the Pre-participation Orientation or in mandatory education arising from an offense do not apply to a student who has obtained the age of 18 (eighteen) years, or who becomes married if the student has reached the age of 16 (sixteen).

**10. Definitions:** As used in this section, terms are amended as follows:  
Electronic "E" Cigarettes - E-cigarette" means any electronic oral device, such as one composed of a heating element, battery, and/or electronic circuit, which provides a vapor of nicotine or any other substance, and the use or inhalation of which simulates smoking. The term shall include any such device whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, or under any other product name or descriptor."

Calendar Days – Each day, including weekends and holidays, during the member school's school year. Additionally, if a student participates in any interscholastic activity, including practice, outside of the school year, then the entire period of such participation, including intervening weekends and holidays, counts as calendar days for such student.

Controlled Substance – Any substance appearing on the list of Controlled Substances identified by the federal Office of the Drug Enforcement Administration or as set forth in 21 U.S.C. Section 812, unless the student's usage of such substance is consistent with a physician's prescription for the student's usage. The DEA list of Controlled Substances appears on its internet website at <http://www.deadiversion.usdoj.gov/schedules/index.html#list> . ASAA will endeavor to provide member schools with an updated List of Controlled Substances; however, for purposes of ASAA's policy, the current list maintained by the DEA is controlling. In addition, any substance listed as illegal or restricted by Alaska statute or regulation, or classified as a "designer drug" by the federal Office of the Drug Enforcement Administration or by Alaska statute or regulation, shall be considered a controlled substance for the purposes of this policy.

Report to ASAA – Violations must be reported to the ASAA office within three days via the Electronic Reporting System.

Suspension – As defined in Article 5, Section 1 (A) (6) of ASAA bylaws.

Educational Component – A series of DVD’s, software and web based training programs and counseling ranging from a pre-participation orientation session to remedial programs for first through third time offenders. These are designed to keep students in school, teach them responsibility, educate them and their parents/guardians on new behaviors and lifestyles, instill accountability, exemplify teamwork, teach positive decision making skills, and keep students eligible for interscholastic activities.

An overview of each part follows:

Pre-Participation Orientation: The Orientation is required of each student participants and parent/guardian annually, at the beginning of the student’s first season of the school year, before the student is eligible to participate. This session is a short informative presentation designed to encourage students to maintain a chemical-free lifestyle, and to ensure that students and parents/guardians understand the policy and the consequences for violation. Upon completion of the Orientation, the student and parent/guardian must sign the Student/Parent/Legal Guardian TAD Acknowledgement Form as stated in B. 2. above for the student to gain eligibility. Schools will affirm that this has happened by marking the designated field on the Master Eligibility List.

(Note added for clarification purposes – The board did not change the following provision).

“Prior to each season in which a student participates in interscholastic activities, a copy of the signed form must be returned to the school before the student is permitted to participate. Member schools shall keep a copy of the signed forms on file.” (This means that although a student will be required to view the orientation video only once per year, the signed acknowledgement form must still be turned into the office prior to each season of participation).

First Offense: This optional session for students who have committed a First Offense is designed to educate students and their parents/legal guardians on how to make positive decisions that will instill accountability and new behaviors in the students. Upon successful completion of this part by both the student and parent/guardian, 50% of a student’s suspension from activities will be forgiven. Students completing the First Offense component may return to practice prior to the completion of the period of suspension.

Repeat violations of the Tobacco Rule during the 10 (ten) calendar days of suspension will result in mandatory participation in the First Offense educational component prior to returning to competition. For repeat violations of the Tobacco Rule only, the Second Offense penalties, if based on violations of the Tobacco Rule, will not be imposed unless there is a repeat violation of the Tobacco Rule after the student has completed all suspensions and re-suspensions under the First Offense.

Second Offense: This required session for students who have committed a Second Offense as well as their parents/guardians, must be completed before a student regains eligibility. It is more in-depth than is presented in First Offense. Students completing the Second Offense component may return to practice prior to the completion of the period of suspension. There is no forgiveness of mandatory suspension and students returning to play after this offense may need additional days of practice prior to competition.

Third,Fourth and Subsequent Offenses: Students who violate this policy for a third or more time have a significant problem. This required session for students who have committed a Third Offense under the rule and wish to regain their eligibility, will target the specific at-risk behaviors and may involve multiple agencies. A student under the Third,Fourth and Subsequent Offenses, educational component must:

- seek assessment and counseling/treatment from a local health care professional,
- successfully complete the recommendations of the care provider and submit a letter from the agency,
- demonstrate a commitment to remain substance free,
- make a presentation to the District School Board requesting reinstatement of interscholastic eligibility,

- notify ASAA through the school administration that all conditions have been successfully completed, and
- request reinstatement by ASAA.

Students completing the Third, Fourth and Subsequent Offenses component may return to practice prior to the completion of the period of suspension.



# ATHLETIC RELATED POLICIES

## TABLE OF CONTENTS

1 - Multi-Region Conferences .....	90
2 - Taunting Policy .....	90
3 - Out-of-Season Participation Policy .....	91
4 - Open Facility Policy .....	92
5 - Fund Raising/Merchandise Sales .....	93
6 - Sportsmanship Creed .....	93
7 - Qualifying for Track & Field, Swim & Dive Tournaments .....	93
8 - Ejection/Suspension Policy .....	93
9 - Jamborees .....	94
10 - Takedown Tournament .....	94
11 - Mercy Rules Policy .....	94
12 - Endowment Game Policy .....	95
13 - Alumni Games .....	95
14 - Sports Medicine Advisory Committee .....	95
15 - Management of Concussions in Student Athletes .....	96
16 - Coaches Code of Ethics .....	98

# 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.

# STATE CHAMPIONSHIP POLICIES

## TABLE OF CONTENTS

- 1 - Championship Site/Date ..... 100
- 2 - Soliciting Bids ..... 100
- 3 - State Championship Berths ..... 101
- 4 - State Championship Code Of Conduct ..... 101
- 5 - Championship Policies & Procedures ..... 102
- 6 - State Championship Participation Fees ..... 103
- 7 - State Championship Scheduling ..... 103
- 8 - Late Arrivals To State Championships ..... 103
- 9 - State Championship Officials ..... 103
- 10 - Pre-Championships Practices ..... 105
- 11 - State Championship Roster Limits ..... 106
- 12 - State Championship Passes ..... 106
- 13 - Tickets ..... 107
- 14 - Souvenir Programs ..... 107
- 15 - State Merchandise Sales ..... 107
- 16 - All-Tournament Team Selection Process ..... 107
- 17 - Official Championship Balls ..... 108
- 18 - Performance Of Bands ..... 108
- 19 - Halftime Entertainment ..... 108
- 20 - Medical Policy ..... 109
- 21 - Spectator Support Items/Artificial Noise Makers ..... 110
- 22 - Event Supervision ..... 110
- 23 - ASAA Media Credential Policy ..... 110
- 24 - Photography/Videography/Web Streaming Policy ..... 111
- 25 - Unmanned Aerial Systems ..... 111
- 26 - Vendors ..... 111
- 27 - Drawings / Fundraising ..... 111
- 28 - Corporate Sponsors & Partners ..... 111

# STATE CHAMPIONSHIP POLICIES

## 1. Championship Site/Date

A. The Board of Directors determines all state championship sites and dates. Most of the state championships are held in Southcentral Alaska for logistical and financial reasons. Occasionally, the Board entertains bids to host certain state tournaments in rural Alaska as it realizes the educational value which students may gain from experiencing visits to other parts of the state.

B. Regardless of the community size, championship sites must meet certain minimum criteria. Factors which are considered in awarding a tournament site include:

1. Transportation to and from the site that is dependable.
2. An excellent tournament facility that meets or exceeds tournament specifications including NFHS standards.
3. Adequate space for seating and parking for spectators.
4. A supportive group of volunteers willing to fill key roles in the management of the tournament.
5. Adequate communication infrastructure including internet access onsite.
6. Adequate facilities to house and feed expected participants, officials, ASAA staff, and fans.
7. An interested local fan base for that particular event.
8. Plans to encourage and promote the appreciation of other cultures.
9. Availability of medical services onsite and nearby throughout the tournament.
10. Willingness to work with ASAA Associate Directors to meet budget guidelines.

C. The Board of Directors has determined that, when feasible, state championship sites should be awarded on a 2-3 year basis. Basketball championship contracts are longer because of facility needs. The Board may also entertain a one year bid to host certain events in rural Alaska. Rural sites interested in hosting a state tournament are encouraged to contact ASAA to discuss the feasibility prior to submitting a bid for one year.

## 2. Soliciting Bids

ASAA will solicit bids for state championships by seeking proposals during the year that precedes the final year of a state championship site bid. Potential bidders will be given the bidding criteria and deadline for submittal of bids on the [asaa.org](http://asaa.org) website. The board will review all legitimate bids received by the established deadline and make a final determination of the successful bidder.

Following the awarding of a bid to host a state championship, an ASAA Associate Director will prepare a contract that specifies expectations of the host site as well as the commitment of ASAA staff. This contract will need to be signed and processed within 90 days. Failure to meet specifications within the signed document may result in a review and/or cancellation of the contract.



### **3. State Championship Berths**

A. Allocations for team and individual sports: The board of Directors shall allocate state championship berths on a fair and equitable basis using current information on participation numbers (number of teams/ individuals), past state championship results and anticipated future trends. In order to meet this goal, the Board has adopted the following procedure:

1. **EVEN YEARS:** Each school year that begins in an even year, the Board will review state championship berth allocations for these individual sports: Cross Country Running, Swim & Dive, Wrestling, Nordic Ski, Tennis and Track & Field.
2. **ODD YEARS:** Each school year which begins in an odd year, the Board will review state championship berth allocations for these team sports: Baseball, Basketball, Football, Hockey, Soccer, Softball, Volleyball.

Based on the above analysis at its February or April meeting, the Board may adjust berth allocations when it has been determined necessary.

B. Filling Open State Championship Berths: The following policy clarifies a member school's obligation to fill state championship berths when qualified. It also specifies how ASAA will fill open berths to preserve the integrity of a championship.

1. Schools whose teams qualify for state championship berths should fulfill their obligation that their students will participate in those events.
2. If ASAA is notified that a team will not fill its berth at the state championship, the Association will make every attempt to fill the berth with another team from that conference.
3. If the conference is unable to provide another team to fill the vacant berth, then ASAA will attempt to fill the berth with another team from another conference. In this case, ASAA will have the final decision as to which team will be selected to fill the berth.

#### **C. Team Sports**

Once a team has qualified for the state championships, athletes on that team may be substituted up until the end of the coaches. The official roster is submitted to the ASAA Associate Director at the coaches meeting. Once the official roster is submitted, there may be no substitutions. Note: Rosters submitted for the souvenir program are not considered official.

#### **D. Individual Sports**

The Regional/Conference Tournament Director shall submit to the ASAA office by the published deadline the region/conference results and the names of all qualifiers. Once the list of qualifiers is submitted, there will be no changes unless there are extenuating circumstances. Extenuating Circumstances are defined as: injury, illness, academic ineligibility, family emergency, coaches decision, etc.

The deadline for notifying ASAA is set for each championship in the Policies & Procedures document. Substitutions by ASAA are made from a pool of alternates. Wrestling submits a list of alternates for each weight class. Swim & Dive and Track & Field alternates come from the next best state times / scores.

### **4. State Championship Code of Conduct**

ASAA believes that co-curricular activities are an integral part of the educational program of a school. Each student enrolled in a member school should have an equal opportunity to participate in a broad

number of activities based on his/her own talents and interests. It is the intent of ASAA to encourage participation in co-curricular activities.

Student participants are student ambassadors of their schools and communities. As such, ASAA expects them to portray good citizenship, practice fair and ethical behavior, and be good role models. To ensure the health, safety and rights of all participants in ASAA sponsored events, a Code of Conduct has been adopted by the Board of Directors for all ASAA State Championships.

Violation: Violation of the Code of Conduct will result in the removal of the student's right to participate in the event, as well as to attend the event. Any awards or team points received by that individual during the event shall be forfeited. Schools shall report all violations of the Code of Conduct to the Association in a timely manner. Schools which report violations which were discovered "after the fact" will be shown leniency, including forgiveness of the Forfeiture Rule. Such schools should hold their students to the same behavior standards during the state tournament series as they do at school.

Period of Applicability: The state tournament Code of Conduct for all state championship events (except football), is in affect from the beginning of the coaches meeting or from the beginning of the activity to the conclusion of the awards ceremony.

Football - Because football playoffs extend over multiple weeks and there are no coaches meetings prior to the games, students participating in the state football playoffs are subject to the "Code of Conduct"

1. during each day in which their school's team competes in the playoffs, through the conclusion of the game if the team is eliminated, or
2. during each full day in which their school's team competes and advances in the playoffs, and
3. during each day in which their school's team competes in the championship game, through the completion of the game and awards ceremony."

Schools must submit the signed Code of Conduct form found in the Tournament Forms section of this handbook prior to participation in the state championship event.

## **5. Championship Policies & Procedures**

Championship Policies and Procedures documents for all state championships will be available online at ASAA.org on the specific sport or activity, under Coaches Information.

State Championship Policies and Procedures document will contain information pertinent to each respective championship, including dates, submission deadlines, berths, seeding information, schedule, structure, rules, pass information and much more. These are written collectively to the principal, athletic administrator, and respective coach of each school. If your team qualifies to a state championship your head coach and athletic director are required to review this document. It is the responsibility of the school and their coaching staff to review all information pertaining to each specific state championship.

All state championship events have deadlines to submit team pictures, rosters, team information, good sport nominations, and more. All of these can be submitted online. State championship specific deadlines are detailed in the specific state championship policies and procedures document, as well as in the activities section of this handbook.

## 6. State Championship Participation Fees

The Board of Directors has authorized the assessment of a participation fee for all state championships and festivals.

All non-athletic events will be \$10 or \$20 per student participant with no maximum. See specific activity policies for amounts.

The fee for athletic teams will be \$10 per student participant with a maximum fee of \$150 for those teams of 15 or more participants. This applies to Baseball, Basketball, Football, Hockey,, Soccer, Softball and Volleyball,

The fee for individual athletic events will be \$10 per student participant with no maximum. This applies to Cross Country Running, Nordic Ski, Swim & Dive, Tennis, Track & Field and Wrestling.

## 7. State Championship Scheduling

When possible ASAA will adjust schedules to accommodate later times for host and local schools during first round contests. Adjustments will not be made in the bracket, only time scheduling.

## 8. Late Arrivals To State Championships

In state championships involving team competition, all teams should make every effort to arrive at the championship site before the coaches' meeting. This meeting is usually held on the evening prior to the start of the championship. If a team is unable to meet this time frame because of weather or transportation difficulties, or other unusual circumstances, the school must notify ASAA.

Prior to the Start of a Championship: If it appears that the team may not be able to arrive to compete in its scheduled first round contest because of weather, natural disaster, transportation breakdowns, etc, that contest will be rescheduled as the last of the the opening round.

If the team fails to arrive at the championship site for the first contest, that team will forfeit the contest. If the team fails to arrive at the championship site for the second round contest, the team will forfeit and will be out of the state championship.

After Start of a Championship Event: After the championship event has started and all teams have checked in, and a team is late to a scheduled contest, the game may be delayed for a maximum of ten (10) minutes for arrival and warmups. Unless sport specific rule book details another procedure. After that time period has exhausted, if a team still has not arrived or is not ready to play, it will forfeit the contest.

Wrestling: In wrestling, a forfeit due to late arrival at the championship site because of weather or transportation problems shall not eliminate a contestant from further competition in the championship. 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.

## 9. State Championship Officials (Updated 10/13/16)

A. **It is imperative that ASAA State championship events are officiated by experienced certified and highly competent individuals.** It is also the intent of ASAA that each Region/Conference should have the opportunity for representation by an Official from their respective geographical region at state

tournaments. However, when qualified and/or competent officials cannot be obtained from one region or conference, those positions will be filled from other regions of the state.

B. Certified Officials: Officials working any state tournament must be certified by an established cut-off date (one month from the first practice day). Certified is defined as being “registered in Alaska with ASAA and having passed the required NFHS sport specific exam.”

C. Officials Nominations: An Officials Selection Ballot Form is included in the Forms Section of this Handbook. It is intended to help facilitate nominating by coaches, school representatives and Official’s Associations. In situations where no nominations are received from a specific Region/Conference by the deadline, those official’s positions will be filled from other Regions/Conferences. In sports in which more than one Championship occurs (Football, Volleyball, Wrestling, etc.) a nomination at any level qualifies that Official to be eligible for any/all levels.

D. Officials Nomination Deadlines: Absolute deadline for submitting nominations to ASAA shall be four weeks prior to the start of the State Championship. Officials will be selected and contacted no later than three weeks before the Championship.

<b>2016-17 State Event</b>	<b>Nomination Deadline</b>	<b>Selection Deadline</b>
Football	September 9	September 16
Tennis	September 9	September 16
3A/4A Volleyball	October 13	October 20
2A & Mix Six Volleyball	November 10	November 17
1A/2A/3A/4A Wrestling	November 18	November 25
Hockey	January 12	January 19
1A/2A Basketball	February 16	February 23
3A/4A Basketball	February 23	March 2
Soccer	April 27	May 4
Baseball	May 4	May 11
Softball	May 5	May 12

E. ASAA Selection Process: ASAA reserves the right to review all official nominations. A rating system for officials will be put into effect to help in the selection process.

F. Budget Considerations: The ASAA Board of Directors determines State Championship Official fees annually during the April Board meeting for the following year. Specific state tournament budgets for travel expenses will always play a role in determining the number of officials that will be used from geographical areas other than local officials from the site of the tournament. ASAA will provide Air Travel, Hotel (shared) and game checks for all Officials. ASAA will not rent or reserve rental cars for Officials but will reimburse up to a maximum of \$45 daily per car (receipts required). ASAA encourages Officials to use the Hospitality room at the State Championships and no per diem will be provided. Those Officials that are approved for driving their own personal ground transportation will receive a mileage allowance based on round trip mileage from their home address.

G. Allocation of Maximum Number of Officials:

- Baseball - 8 officials
- Basketball - 10 officials for 3 man crew
- Football - 5 officials per game semis & finals
- Hockey - 9 officials for 3 man crew / 12 officials for 4 man crew
- Soccer - 10 officials
- Softball - 10 officials
- Swim & Dive - 10 swimming officials plus 7 diving officials
- Tennis - 1 official

- Volleyball - 6 officials
- Wrestling - 6 officials

H. Sport-Specific Guidelines: The following are guidelines for the selection of Officials for specific Activities. If the Sport is not listed, it has no specific guidelines.

#### 1. FOOTBALL

- The host school is responsible for obtaining Officials for all quarterfinal games.
- The process and criteria for the selection of Official for Semifinal and Final games at State:

- Official per game: 5
- Positions: Referee, Umpire, Linesman, 2 Judges
- ASAA will allocate specific Officials crew positions (informal positions). Associations are expected to effectively communicate with schools for which they provide officiating services during the year in order to evaluate Officials for selections.
- Types of Crew: Mixed
- Certification required: National Federation

Association Allocation:

1. LARGE SCHOOL (3 games):  
Anchorage (11), Fairbanks (4)

2. MEDIUM SCHOOL (3 games):  
Anchorage (8), Kenai (2), Kodiak (1), Southeast (4) – 2 each from Region 5 and 6

3. SMALL SCHOOLS (1 game):  
Anchorage (1), Barrow (1), Fairbanks (1), Kenai (1), Valdez (1)

2. SWIM & DIVE - The Tournament Director or steering committee will submit a maximum of 10 Swimming Officials and 7 Diving Officials.

3. CROSS COUNTRY RUNNING - The Meet Referee must be NFHS certified and will determine which other essential positions must be certified.

4. TENNIS - Court Monitors will be chosen by the steering committee and will be present at each venue.

5. NORDIC SKI - The technical delegate must be fully aware of FIS rules as well as the ASAA Nordic Ski Manual posted online.

6. TRACK & FIELD - The Meet Referee must be NFHS certified and will determine which other essential positions must be certified.

## 10. Pre-Championships Practices

ASAA will schedule practice times for specific sports that will be made available to all teams on the afternoon/evening of the day preceding the championship. Practice location, and length will be the same for all teams. Some sports ASAA will not be able to schedule practice time, if this is the case, teams will have to arrange their own practice site and time.

## 11. State Championship Roster Limits

ASAA has established maximum roster size limits for state tournament competition.

• Baseball	18
• Basketball	12
• Cross Country Running	7
• Football*	48
• Hockey	20
• Nordic Ski	6
• Soccer	22
• Softball	18
• Volleyball	12

\*Football roster applies to quarter, semi, and final playoff games.

## 12. State Championship Passes

Each participating school will be issued up to the following number of passes for state championships.

### A. General Pass Policies

Participants and Coaches **MUST WEAR OR HAVE ON THEIR PERSON, THEIR PASS AT ALL TIMES.** If not, they will be asked to leave by championship staff. All passes are non-transferable and will be confiscated if used fraudulently. Coach passes allow access into the State Championship Hospitality Room when available. The school administrator should check in at the event entrance or with an ASAA staff member upon arrival to receive their pass. Booster Club members, JV team members, additional chaperones, and coaches must purchase tickets for the event.

### B. Participant Passes

Passes for state championships participants are based on the submitted state qualifiers for competition. Participant passes will not exceed the amount of the sport/activity state roster limit. Basketball sideline cheer passes are based on the submitted varsity roster.

### C. Managers are considered a participant and passes will be based on this formula:

- 1-10 athletes - 1 participant pass
- 11-20 athletes - 2 participant passes
- 21+ athletes - 3 participate passes

### D. Coach/Adult Passes

These passes are for the head coach, assistant coaches (both must be certified and listed on school master eligibility list), video, statisticians, chaperones, school administrator, or any other adults needed for your team. Due to safety concerns ASAA has mandated that only individuals of high school age or above may be on the sideline/bench area during state championship competition. One pass will be pulled for your school administrator prior to the event for them to pick up at the event.

#### 1. Individual State Championships Pass Formula

This formula applies to Cross Country Running, Tennis, Swim & Dive, Wrestling, Nordic Ski, and Track & Field.

- 1-4 athletes            1 Certified Coach + 1 Extra Pass
- 5-9 athletes            2 Certified Coach + 1 Extra Pass
- 10-14 athletes        3 Certified Coach + 2 Extra Passes
- 15+ athletes           4 Certified Coach + 2 Extra Passes

#### 2. Team State Championships Pass Formula

This formula applies to Football, Volleyball, Hockey, Basketball, Soccer, Softball, and Baseball.

- 5-9 athletes           2 Certified Coach + 1 Extra Pass
- 10-14 athletes       3 Certified Coach + 2 Extra Passes
- 15-22 athletes       4 Certified Coach + 2 Extra Passes
- 23-35 athletes       7 Certified Coach + 3 Extra Passes
- 36+ athletes         10 Certified Coach + 4 Extra Passes

#### E. Extra Passes Available for Purchase

Extra passes may be purchased for state championships. Under the following guidelines school teams can purchase passes for High School Students (extra managers/injured players/stats) or Adults (volunteer coaches, stats, video) that have BEEN PART OF THE PROGRAM ALL SEASON. The Bench/Sideline numbers will not increase regardless of extra passes purchased. Review the sport specific policies and procedures for the bench size. School teams can purchase 4 extra student passes and 3 extra adult passes maximum. Teams can pay cash or ASAA can bill the school in addition to the participation fee ONLY with approval from the athletic director/principal.

#### F. Adult Medical Passes

Schools medical team members must check in with ASAA staff or ASAA Medical Staff at the state championship site prior to competition to receive a medical pass.

### 13. Tickets

Ticket prices for each championship and championship session vary according to the type of event. Some events have all day prices while others will have admission by session. Ticket pricing is determined by the expenses incurred for that tournament which include officials fees, transportation, housing, awards, facility rental, hospitality expenses, supplies, and tournament staff that may include tournament/meet director, timers, scorekeepers, floor or field staff, security, gate workers.

State championships are formatted in a variety of ways based on the sport and the facility. When action is non-stop all day, full day prices may be charged, when there is a definite break in the day's activities, separate sessions prices may occur.

### 14. Souvenir Programs

State Championship souvenir programs are the responsibility of the ASAA office. Limited amount of state championship souvenir programs may be available for on-site sale. All state championship souvenir programs are available to download online for free at <http://asaa.org> or <http://asaa365.com>.

### 15. State Merchandise Sales

ASAA has contracted with Northwest Designs to be the ASAA Official Merchandise Vendor for all state championships events and online. They have exclusive authority to sell merchandise at championship events and online. Schools and other vendors may not sell items at state championships.

### 16. All-Tournament Team Selection Process

An anonymous selection committee will be appointed by ASAA staff and tournament/meet director. Committee members are expected to attend all games and may include members of the media, officials, championship staff, and other knowledgeable attendees. Team selection will be based only on play during the state championship. It is NOT a requirement that every school in the championship have an athlete on the All-Tournament team. Some teams will have more members than others. The All-Tournament team will be announced during the awards ceremony.

## 17. Official Championship Balls

BSN Sports (formerly known as Anaconda Sports/Team Lids) is the official sporting goods supplier of ASAA. BSN Sports provide the “ASAA Official Ball” for the following state championships. The Rock Basketball comes with the ASAA logo if purchased directly from BSN Sports Alaska salesperson.

- Official State Basketball is the THE ROCK
- Official Soccer Ball is the AVANTI BALL
- Official Baseball is the MG-PRO
- Official Softball is the MP-60-FP YELLOW BALL

For volleyball the Molten is the ASAA Official State Volleyball provider. These balls can be ordered thru the Molten Alaska sales rep.

- Official state volleyball is MOLTEN IV58L Super Touch Series Indoor volleyball

Please check ASAA Headlines Issues, and special emails at the start of the school year for promotional pricing.

## 18. Performance Of Bands

Schools pep bands are encouraged to accompany their team(s) and spirit squad(s) to the state championships to add excitement. Band directors are reminded that as a courtesy to the teams and cheerleaders of both schools, the performances by the band should be limited to a certain schedule. The guidelines listed below indicate an appropriate playing schedule for the band:

A. Band Directors need to work with the ASAA Associate Director, the contest announcer, and the cheer coach, in order to come up with times to play and not. ASAA has announcement responsibilities for sponsors and must have time to do so. All parties are encouraged to establish a performance schedule prior to the game for time outs and quarter breaks.

B. The band should play before the game begins, and at half time. T

C. The band should play at halftime of the contest.

D. The band may play at the end of the contest if desired.

E. Bands should be sensitive to the event environment and the needs of players and coaches who need to be able to communicate with each other during time-outs.

F. Musical instruments may not be used as noise makers during the contests.

## 19. Halftime Entertainment

Many ASAA State Championships have halftimes or large breaks between contests. During those times ASAA likes to arrange for “halftime entertainment” which is above and beyond the school team sideline cheer squads. ASAA uses the following hierarchy to determine what groups/individuals should be scheduled for a halftime.

1. High School groups whose school is involved in the game being played or championship
2. High School groups
3. Jr. High and Elementary School groups
4. Student Groups not affiliated with a specific school



5. Outside groups that are not contrary to ASAA sanctioned activities or groups

For large events halftimes are planned out months in advance of the event. Therefore, high school groups, that are not sideline cheer teams, are not able to necessarily preform at a halftime of their schools game. ASAA reserves the right to schedule any ASAA promotional/sponsor halftime entertainment during any halftime at an event.

## 20. Medical Policy

A. Chain of Command: ASAA has established a medical “chain of command” for state tournaments. Medical decisions, including the evaluation of student participants for suspected concussions, will be made by the following medically trained individuals in the order listed below, in consultation with on-site ASAA staff. ASAA encourages the State Tournament Medical Provider to consult with other on-site providers when in his or her opinion, it would be beneficial to the injured student.

1. State Championship Medical Provider
2. Team Medical Provider
3. Team Athletic Trainer
4. Tournament Athletic Trainer
5. Tournament EMT

B. Suspected Concussion Protocol: Per Alaska state law, AS 14.30.142, as amended, a student who has been removed from participation in a practice or game for suspicion of concussion may not return to play until the student has been evaluated and cleared for participation by an Athletic Trainer OR by a qualified person who verifies that he or she is currently trained in the evaluation and management of concussions. “Qualified person” means either:

1. A health care provider licensed in Alaska, or exempt from licensure under Alaska law (AS 08.64.370(1), (2), or (4)), or
2. a person acting at the direction and under the supervision of a physician licensed in Alaska, or exempt from licensure.

As interpreted by ASAA, Athletic Trainer means a Certified Athletic Trainer.

As interpreted by ASAA, “Trained” means that the provider

1. Has completed the online CDC Concussion Course for Clinicians (<http://www.preventingconcussions.org>) in the last two years, AND
2. has a) completed 2 hours of CME in Sports Concussion Management in the last 2 years, or b) has completed a 1 year Sports Medicine Fellowship, a Certificate of Added Qualifications in Sports Medicine, or a Residency in Neurology or Neurosurgery.

The coach of a student who has been removed from play for suspicion of concussion will be notified by an on-site ASAA staff member that the student will be ineligible for the remainder of that game.

The State Tournament Medical Provider or an on-site ASAA staff member will provide a copy of the ASAA Healthcare Provider Release for Student Athlete with Suspected or Actual Concussion form to the student’s parent/guardian and/or coach. This form includes the Return to Play (RTP) protocol that must be followed by a concussed athlete if he or she is to return to competition.

## 21. Spectator Support Items / Artificial Noise Makers

ASAA prohibits laser pointers, whistles, and any explosive devices or explosive sounds at ALL of its state championship events.

A. OUTDOOR CHAMPIONSHIPS: Thunder-sticks and other artificial noise makers are allowed only when the game/contest is not in play, or deemed not to be a hindrance to the spectator experience by ASAA staff on site. However, if the host school district policies are in conflict to this, ASAA will enforce their policies at those school venues. NFHS rules may restrict other items.

B. INDOOR CHAMPIONSHIPS: Thunder-sticks and other artificial noise makers are NOT allowed at indoor championships. However, if deemed by ASAA staff during a championship these are not a hindrance to the spectator experience, or against host school district policies, they will be allowed only when the game/contest is not in play. NFHS rules may restrict other items.

## 22. Event Supervision

Each participating school will be requested to identify an administrator or other person approved in advance by the principal who is responsible for the conduct of its coaches, participants and fans throughout the contest, as defined in the ASAA bylaws Article 6, Section 4.

- If you are new to state events, upon arrival at the event, let ASAA staff know you are there
- Possibly help hand out awards
- Help supervise your participants, coaches and fans
- Assist ASAA staff with ejections and other situations that may arise
- Assist medical staff with injuries to your participants if needed
- Model and promote good sportsmanship throughout the event

## 23. ASAA Media Credential Policy

ASAA appreciates the coverage statewide media provides for Alaska high schools and their students; it is a great benefit to schools and the student athletes. ASAA has established a media credential application process. Please visit [ASAA.org](http://ASAA.org) Media section to download the 2016-17 ASAA Media Handbook. This includes all credential and broadcast applications, and ASAA Media Policies.

Media members who do not have an ASAA Media Credential and have not submitted their Agreement to ASAA Media Policies will not be permitted to enter into "Media Access areas" at state tournament venues due to liability issues.

2016-17 ASAA Media Credentials will not be granted to:

- Any advertising personnel, including directors, managers and account executives.
- School yearbook and newspaper staff, and/or team/school photographers/video staff
- Individuals/Organizations whose main purpose is to market photos on the internet, to schools, or individuals.
- Walk up requests
- Recruiting or Scouting services
- Administration, principals, booster club members, presidents, vice presidents, general managers, managers, marketing managers, marketing representatives, public relations, promotions, accounting, graphic designers, or engineers.
- Editors of "in-house" or personal newsletters or personal web logs (blogs).
- Anyone whose principal purpose for attending ASAA State Championships is, in our judgment, for reasons other than generating news coverage of the event or its participants.

## **24. Photography/Videography/Web Streaming Policy**

A. ASAA has a property interest in its state championship events. As such, ASAA has the exclusive authority to regulate photographic, video recording, and video/web distribution of ASAA state championship events and the distribution of photos, tapes, CDs, DVDs, web streaming and any other method of recording such events as will be presented in the future.

B. ASAA at its discretion, may award the exclusive right to photograph, record, and distribute to an independent contractor. ASAA may also limit access to the floor, field, deck, track or court to only those contractors who have been granted authority to perform the duties as prescribed in this policy.

C. Flash photography at ASAA State Championships is strictly prohibited. Photography is allowed at state championship events in the spectator areas. Outside the spectator areas, an ASAA Media Credential is required.

D. Televising or web streaming an ASAA State Championship event is strictly prohibited without the express written consent of an ASAA Associate Director in charge of media. ASAA Web streaming rights have been granted to the NFHS Network. Television broadcast rights have been granted to GCI.

## **25. Unmanned Aerial Systems**

The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons at all ASAA State Championships. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purposes of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

## **26. Vendors**

Vendors are not allowed at state championships without express written permission from the ASAA Associate Director in charge. Vendors will need to fill out and complete an ASAA Vendor Contract agreement. This must be completed at least four (4) weeks prior to the start of the state championship they want to attend.

## **27. Drawings / Fundraising**

No fundraising, drawings, split-the-pot, raffles, and other contests are to be conducted at the state championship event other than those conducted for the benefit of ASAA or approved by ASAA. ASAA reserves the exclusive authority to regulate split-the-pot and raffle activities.

Schools and outside groups are not allowed to run split-the-pot or raffle activities without express written permission from an ASAA Associate Director. If approved the group will need to fill out an ASAA Vendor Contract agreement.

## **28. Corporate Sponsors & Partners**

Meeting obligations to corporate sponsors and partners is essential. Administration of the championship event will be in compliance with ASAA contractual agreements with corporate/sponsor partners. Consideration should be given to representatives of corporate/sponsors partners in regard to amenities and recognition of support.



# ACTIVITY SPECIFIC POLICIES & PROCEDURES

## TABLE OF CONTENTS

All-State Art .....	114
All-State Music .....	116
Baseball .....	119
Basketball .....	123
Bowling .....	128
Cheer .....	129
Cross Country Running .....	133
Drama, Debate & Forensics .....	137
Flag Football .....	140
Football .....	142
Gymnastics .....	149
Hockey .....	150
Nordic Ski .....	158
Rifle .....	161
Soccer .....	163
Softball .....	166
Solo & Ensemble .....	170
Student Government .....	175
Swim & Dive .....	177
Tennis .....	180
Track & Field .....	184
Volleyball .....	187
World Language Declamation .....	194
Wrestling .....	197
Sport Specific Conferences .....	205

# 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, 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)

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  
Shaktoolik  
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  
Shaktoolik  
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