

ACTIVITY SPECIFIC POLICIES & PROCEDURES

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ALL-STATE ART

ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

March 1 - 15, 2019 - Complete Intent to Participate Form online

March 25, 2019 - Deadline to enter student in School Activities Reporting System (SARS)

April 22, 2019 - Artwork displayed on website.

B. ELIGIBILITY

Open to all Alaskan students currently enrolled in grades 9-12 and working directly under teacher supervision. Work must have been produced between April 2018 and March 18, 2019. Graduates of 2018 may not enter.

Participants must meet ASAA eligibility requirements. A Physical Examination, Concussion Information Form and Sudden Cardiac Arrest Form are not required. Participants names must be entered in the School Activities Reporting System (SARS).

C. 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.

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

D. CATEGORIES

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

E. SUBMITTING ART ENTRIES

1. For specific information on submitting art entries, visit the ASAA website.
2. Deadlines can be found at artalaska.org

F. AWARDS

All students that submit entries will receive Participation Certificates. Individual medallions for the three (3) highest placing pieces receiving a score of 15 or higher 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.

BASEBALL

ALL CLASSIFICATIONS

A. SEASON

2019 SEASON
 February 27, 2019 - First Practice
 March 14, 2019 - First Contest
 *Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).
 May 25, 2019 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition.(Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Baseball rules apply.
2. Pitch count - restriction and limitations including mandatory days of rest.The following is to be used for every pitcher in all ASAA sanctioned contests:

2019 Early Season Pitch Count - February 27 to April 14

Number of Pitches	Days of Required Rest
1-25	0
26-45	1
46-65	2
66-85	3
86-100	4

2019 Late Season Pitch count - April 15 thru remainder of season

Number of Pitches	Days of Required Rest
1-30	0
31-55	1
56-80	2
81-105	3
106-120	4

3. ASAA Supplemental Rules

- a. **Mercy Rule:** 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. In addition, during the regular season, if a team goes up by 15 or more runs after one full inning, the team with the lead will be declared the winner. At that point, the remainder of the game will go into “rollover” mode until after 4.5 innings when the game is terminated. In the rollover mode, both teams will pitch to no more than 9 batters per inning. The official score will be the score at the point in time the “rollover” mode went into effect. Statistics during the rollover mode will count.
- b. **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.
- c. **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.
- d. **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.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

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

G. 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 \$100 for each game.

H. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first day of the Jamboree. It 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. A team may only play in one jamboree each season. The pitch count rules are in affect. A jamboree does not count as a game against the 22 game limit.

I. STATE CHAMPIONSHIP

1. DATE

May 30-June 1, 2019

2. SITE & HOST

Mulcahy Stadium - Anchorage
Hosted by ASAA and American Legion

3. STATE CHAMPIONSHIP FORMAT

a. Type Elimination

The tournament is an eight team single elimination with consolation bracket.

b. Championship Schedule

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

c. Berths

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

d. Bracketing

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

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

2019-20

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

2020-21

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

All forms should be submitted online at the ASAA website, on the baseball coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

- a. First and second place trophies
- b. 20 individual medallions for players, coaches, managers, 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. Player of the game awarded to one player from each team each game
- 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.

BASKETBALL

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

November 28, 2018 - First Practice

December 13, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

March 9, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Basketball rules apply.
2. ASAA Mercy Rule: 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.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

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.

G. ENDOWMENT GAMES

ASAA encourages each school's team to play Endowment Games during the season above and beyond the 22 game/match limit. Each season two Endowment games may be played with schools from any classification and, two additional Endowment Games may be played 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 \$100 for each game.

H. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first day of the Jamboree. Time against all teams during one day cannot exceed thirty (30) minutes and six (6) minutes against each team. A team may play in only one jamboree each season. A jamboree does not count as a game against the 22 game limit.

I. INDIVIDUAL PARTICIPATION LIMITATION

When playing at two different levels (i.e. varsity and jv) players are limited to 6 periods of play per day exclusive of invitational, conference and state tournaments. When playing at the same level, there must be a two-hour time lapse between the end of one game and the beginning of the next game. The maximum amount of games a player may participate in a given day is three.

J. REPORTING SCHEDULES & RESULTS

1. All schools (1A, 2A, 3A, 4A) must submit their varsity level basketball team schedules on ASAA365.com. This must be done by the first day of practice.
2. All scores must be entered on ASAA365.com from the previous week by Tuesday 7:00 PM of the regular season.
3. All scores from the conference tournament must be entered on ASAA365.com 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.

K. STATE CHAMPIONSHIPS

1. DATES

- 1A Classification – March 13-16, 2019
- 2A Classification – March 14-16, 2019
- 3A & 4A Classifications – March 21-23, 2019

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. Boys and girls championships in each classification will alternate yearly to determine which gender plays the first games (8:00 AM & 9:30 AM). For semi-finals and finals, girls play the early game and boys play the late game.

d. Berths

4A CLASSIFICATION

(Berths to State to be determined)

- Cook Inlet Conference
- Mid Alaska Conference
- Northern Lights Conference
- Southeast Conference
- At Large

3A CLASSIFICATION

(Berths to State to be determined)

- Aurora Conference
- Southcentral Conference
- Southeast Conference
- Western Conference
- At Large

2A CLASSIFICATION

(Berths to State to be determined)

- Interior Conference
- Southeast Conference
- Western Conference
- Yukon Delta Conference

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

e. Bracketing

3A/4A - Criteria for seeding the brackets to be determined

1A/2A - will be seeded by an ASAA Seeding Committee composed of representatives from Regions 1, 2 and 5

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 FORMS

All forms should be submitted online at the ASAA website, on the basketball coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct

- Good sport selection Form
- 1A/2A March Madness Alaska Skills Contests Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS: For each classification and gender

- a. First and second place trophies
- b. 14 individual medallions for players, coaches, managers, 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. Player of the game awarded to one player from each team each game
- 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.
- h. 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.

BOWLING

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

September 24, 2018 - First Practice

October 5, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

February 23, 2019 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

US Bowling Congress Rules apply

E. CONFERENCES

Bowling teams are not categorized into conferences.

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIP

Currently there is no state championship for bowling as it does not meet the criteria.

CHEER

GIRLS & CO-ED - ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

Football Sideline Cheer

July 25, 2018 - First Practice

August 9, 2018 - First Event

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 27, 2018 - Last Event (Regular Season or Conference Championship)

Hockey Sideline Cheer

October 10, 2018 - First Practice

October 25, 2018 - First Event

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

February 9, 2019 - Last Event (Regular Season or Conference Championship)

Basketball Sideline Cheer

November 28, 2018 - First Practice

December 13, 2018 - First Event

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

March 23, 2019 - Last Event (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of cheering. (Article 7, Section 7)

C. 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.

D. RULES

National Federation of High School (NFHS) Spirit rules apply

E. CONFERENCES

Sideline and competitive cheer are not categorized into conferences.

F. 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 FORMS

All forms should be submitted online at the ASAA website, on the cheer coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Code of Conduct

3. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

G. 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 FORMS

All forms should be submitted online at the ASAA website, on the cheer coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Code of Conduct

3. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

H. 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 FORMS

All forms should be submitted online at the ASAA website, on the cheer coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Code of Conduct

3. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

4. Only 12 squad members may be on the sideline during a game. If there are more than 12 members they may be rotated.

I. CHEER STATE CHAMPIONSHIP COMPETITION

1. DATE
March 20, 2019

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 from throughout the state.

The competition will be a Game Day Format. Specifics of the competition will be determined by the ASAA Board of Directors at a later date.

b. 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 FORMS

All forms should be submitted online at the ASAA website, on the cheer coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Code of Conduct
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

To be determined by the ASAA Board of Directors at a later date.

CROSS COUNTRY RUNNING

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

July 25, 2018 - First Practice

August 19, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

September 22, 2018 - Last Contest (Regular Season or Regional Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

E. CONFERENCES

Teams are assigned to conferences in their Region. See the Sport Specific Section for the list of schools in each conference. Conferences are responsible for setting their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIPS

1. DATE

September 29, 2018

2. SITE & HOST

Bartlett Running Trails, Anchorage

Hosted by ASAA, Bartlett HS and ASD

3. STATE CHAMPIONSHIP FORMAT

There are two divisions, schools with 501 students and above are in Division I, and schools 1-500 students are in Division II.

Even year schedule:
Division II Girls, Division I Girls
Division II Boys, Division I Boys

Odd year schedule:
Division II Boys, Division I Boys
Division II Girls, Division I Girls

4. COURSE LENGTH

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

5. QUALIFICATIONS TO STATE

a. Division I

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.

b. Division II

REGION 1

Conference/District	Berths
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3
Greater Yukon Delta	10
Lower Kuskokwim	5
North Slope	7
Northwest Arctic	4
Sockeye	3
Southwest	5
Unalaska	6
Western	Top team + next 8 finishers not on the top team

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 two team (seven members) and any runner in the top 15 not on the two qualifying teams.

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 FORMS

All forms should be submitted online at the ASAA website, on the cross country coaches page prior to the deadline.

- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good Sport Selection Form
- Academic Award Entry Form

9. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

10. AWARDS: For each classification and gender

- a. First and second place trophies.
- b. 9 individual medallions for runners, coaches, managers of the first and second place teams.
- c. Academic Award (Must have a team qualified)
- d. 15 Medallions for the top fifteen place finishers.
- e. 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
- f. One Good Sport Team Member
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

2018-2019 SEASON

October 12, 2018 - Enter students on eligibility list. (Article 12 Section 10)

Seasonal activity without limitation.

B. ELIGIBILITY

Participants must meet ASAA eligibility requirements. A Physical Examination, Concussion Information Form and Sudden Cardiac Arrest Form are not required. Participants names must be entered in the School Activities Reporting System (SARS).

C. RULES

Each school should have a complete manual of regulations before participating. (See separate DDF Handbook.)

D. CONFERENCES

Drama, Debate & Forensics is not categorized into conferences.

E. G. MAXIMUM MEETS

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

F. STATE COMPETITION

1. DATE

February 21-23, 2019

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 FORMS

All forms should be submitted online at the ASAA website, on the DDF coaches page prior to the deadline.

- State Championship Photo Upload Form
- State Championship Code of Conduct
- Academic Award Entry Form

8. STATE CHAMPIONSHIP DEADLINES: Deadlines can be found on the asaa.org website within the activity specific state championship policies & procedures and on the activity specific forms page.

9. AWARDS

Participants compete against all other entries in their category to score team points. For team scores there are two divisions, schools with 501 students and above are in Division I and schools with 1-500 students are in Division II.

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

FLAG FOOTBALL

GIRLS - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

July 25, 2018 - First Practice

August 9, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 13, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

E. CONFERENCES

Flag football teams are not categorized into conferences.

F. MAXIMUM GAMES

A maximum of 20 games exclusive of a playoff system.

G. JAMBOREE

All players must have five (5) separate days of practice prior to the first day of the Jamboree. One quarter or 12 minutes maximum against each team in the jamboree. A team may play in only one jamboree each season. A jamboree does not count as a game against the 20 game limit.

H. INDIVIDUAL PARTICIPATION LIMITATION

When playing at two different levels (i.e. varsity and jv) players are limited to 6 periods of play per day exclusive of invitational, conference and state tournaments. When playing at the same level, there must be a two-hour time lapse between the end of one game and the beginning of the next game. The maximum amount of games a player may participate in a given day is three.

I. STATE CHAMPIONSHIP

Currently there is no state tournament for Flag Football as it does not meet the criteria.

FOOTBALL

(11-PLAYER AND 8-PLAYER) ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

July 25, 2018 - First Practice

August 9, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

September 29, 2018 - Last Contest (Regular Season or Conference Championships)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

2. ASAA Mercy Rule: 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 and a score.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

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

G. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first 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. A team may play in only one jamboree each season. A jamboree does not count as a game against the 8 game limit.

H. 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.

I. FOOTBALL SCHEDULING PROCESS

The below process is being revised by the ASAA Board of Directors.

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.*

J. FIRST NATIONAL BOWL / FOOTBALL STATE CHAMPIONSHIPS

1. DATES

- Division I - Quarts (Oct 5/6), Semis (Oct. 12/13), Final (Oct 19)
- Division II & Division III - Semis (Oct 5/6), Finals (Oct 13)

2. SITE & HOST

Anchorage Football Stadium - Anchorage (Division I Finals)

Hosted by: ASAA and ASD

Palmer High School - Palmer (Division II Semis, Finals & III Finals)

Hosted by: ASAA and Palmer HS

3. STATE CHAMPIONSHIP FORMAT

DIVISION I

Top 4 teams in each conference advance to the playoffs.

Quarters and Semis hosted by higher seed

Quarter Finals

Game 1 Cook Inlet #1 v Chugach #4
Game 2 Chugach #2 v Cook Inlet #3
Game 3 Chugach #1 v Cook Inlet #4
Game 4 Cook Inlet #2 v Chugach #3

Semi Finals

Game 5 W Game 1 v W Game 2
Game 6 W Game 3 v W Game 4

Finals Hosted by ASAA at the Anchorage Football Stadium W Game 5 v W Game 6

DIVISION II

Top 2 teams in each conference advance to the playoffs.

Semis and Finals hosted by ASAA at Palmer High School.

(Beginning 2019 higher seed will host semis)

Semi Finals

Game 1 Northern Lights #1 v Railbelt #2
Game 2 Railbelt #1 vs. Northern Lights #2

Finals

Game 3 W Game 1 v W Game 2

DIVISION III

Top 2 teams in each conference advance to the playoffs.

Semis hosted by higher seed.

Finals hosted by ASAA at Palmer High School

Semi Finals

Game 1 Aurora #1 v Peninsula #2
Game 2 Peninsula #1 vs. Aurora #2

Finals

Game 3 W Game 1 v W Game 2

4. QUARTER & SEMI FINALS PROCEDURES

- a. Host schools will use ASAA gate prices. Region passes will not be honored
- b. ASAA will issue participant passes to teams in the semi finals and assess a participation fee.
- c. Roster size limits are in effect beginning with the quarter finals.
- d. ASAA program will include teams in the semi finals.
- e. Teams will equally split any net profit
- f. Host schools have the broadcast rights.
- g. Host schools are responsible for selecting and all expenses related to officials. ASAA official conflict of interest policy is in effect
- h. Assistance for travel is the same as the regular season.

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 FORMS

All forms should be submitted online at the ASAA website, on the football coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

7. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

8. AWARDS

- a. First National Bowl Traveling Trophy
- b. First and second place trophies
- c. Individual medallions for players, coaches managers of the first and second place teams.
- d. Academic Award (All teams participating in playoffs beginning with the quarter finals).
- e. All Tournament Team medallions awarded for outstanding tournament play, regardless of player position on the field.
- f. A Player of the Game for each team in the finals.
- g. Two Good Sport Team Member for each team in the finals
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season

K. 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

2018 SEASON

August 1, 2018 - First Practice

August 16, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

November 3, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

E. CONFERENCES

Gymnastics teams are not currently categorized into conferences.

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIP

Currently there is no state tournament for Gymnastics as it does not meet the criteria.

HOCKEY

ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

October 10, 2018 - First Practice

October 25, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

January 26 2019 - D II Last Contest (Regular Season or Conference Championship)

February 2, 2019 - D I Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA prohibits students, who are members of a high school team, from competing as a member of a non-school comp or junior hockey 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 they have participated in a "comp" practice (see item 12 of supplemental rules regarding penalty).

D. RULES

1. National Federation of High School (NFHS) Hockey rules apply.
2. ASAA Supplemental Rules
 - a. Mercy Rule: 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.
 - b. 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 or coach is permitted to return to play until the suspension has been served.
 - c. 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. Penalties for a team receiving a total of 15 penalties in any one game:
 - First offense during season - \$250 fine
 - Second offense during a season - \$500 fine
 - Third offense during a season - \$1,500 fine

2. A player receiving a second game misconduct in a season will receive a one game suspension to be served at the next scheduled game. A school administrative review will be held.
 3. 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.
 4. 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.
 5. 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 submit the completed form to ASAA within 24 hours. ASAA then will send the Official's report to the school(s) involved. Schools are required to submit a copy of the School Contest Ejection Form to the ASAA office within 24 hours.
 6. 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.
 7. A student who dual-participates in tryouts or practices for a competition team and a school team are in violation of the non-school participation rule and is considered ineligible for the remainder of the season. 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.
3. ASAA Adopted Overtime Policy
- a. All regular season games (non-tournament) and state third and fourth place games shall adhere to NFHS Ice Hockey Rules Book (Rule 9-11)
 - b. All State Tournament games will be played as follows;
 - At the 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 State Tournament game.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

NOTE: Juneau-Douglas will provide \$4500 for varsity only and \$5500 for JV and varsity for conference teams traveling to Juneau from Anchorage.

F. MAXIMUM GAMES

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

G. 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 \$100 for each game.

H. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first day of the Jamboree. Time against all teams during one day cannot exceed forty-eight (48) minutes. Time against each team cannot exceed twelve (12) minute. A team may play in only one jamboree each season. A jamboree does not count as a game against the 22-game limit.

I. INDIVIDUAL PARTICIPATION LIMITATION

When playing at the same level, students may participate in 6 periods of play per day or two games and there must be a two (2) hour time lapse between the time the athlete played in the first game and the time they play in the second game. When playing at two different levels (i.e. varsity and jv) players are limited to 6 periods of play per day but are not required to have a time lapse between games.

J. FIRST NATIONAL CUP / STATE HOCKEY CHAMPIONSHIP

1. DATES

Division II - January 31 - February 2, 2019

Division I - February 7-9, 2019

2. SITE & HOST

D II - Curtis Menard Sports Complex, Wasilla

Hosted by ASAA

D I - Curtis Menard Sports Complex, Wasilla

Hosted by ASAA & Wasilla High School

3. STATE CHAMPIONSHIP FORMAT

a. Type Elimination

The tournaments are an eight team single elimination with consolation bracket.

b. Championship Schedule

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

c. Berths

Division II

Aurora Conference 3 Berths

Railbelt Conference 3 Berths

At-large 2 Berths

Division I (Berths to State to be determined)

Cook Inlet Conference

Mid Alaska Conference

d. Bracketing

Division II Bracketing to be determined

Division I Bracketing to be determined

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 FORMS

All forms should be submitted online at the ASAA website, on the hockey coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

- a. First National Cup Traveling Trophy
- b. First and second place trophies
- c. 20 individual medallions for players, coaches, managers of the first and second place teams
- d. Team Sportsmanship Award
- e. Academic Award
- f. All Tournament medallions for each division, awarded for outstanding tournament play, regardless of player position on the ice.
- g. Player of the game awarded to one player from each team each game
- 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.

MUSIC

ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON
Seasonal activity without limitation.

B. ELIGIBILITY

All-State Music Deadline October 26, 2018
Solo & Ensemble Deadline April 24, 2019

Participants must meet ASAA eligibility requirements. A Physical Examination, Concussion Information Form and Sudden Cardiac Arrest Form are not required. Participants names must be entered in the School Activities Reporting System (SARS).

1. 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.
2. 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.
3. ASAA may waive this requirement for students in the event that the individual's school of eligibility does not offer a performing music class or the performing music class is in conflict with a required class by submitting the Student Eligibility Waiver Form.

C. 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.

D. ALL-STATE MUSIC FESTIVAL

1. DATE
November 15-17, 2018
2. SITE
Rehearsals: Chugiak 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 5 Rules/Deadlines, d.
- b. Group and section assignments (i.e. treble choir vs. mixed choir; first clarinet, second clarinet, third clarinet, etc.) are based on submitted auditions.
- 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.

4. 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.

5. RULES/DEADLINES

- a. Each school should review the current ASAA Music Handbook for complete audition requirements, regulations and deadlines.
- b. INTENT FORM: The school music director should complete the on-line Intent Form. This will place the director on an email database for the 2018-2019 music season for receiving festival updates and information. This must be done before auditions can be uploaded as directors need to receive a password to enter the audition system.
- c. AUDITION DEADLINE: Auditions are due on-line by 11:55 PM on Wednesday, September 26, 2018. You may begin submitting the on-line auditions on Monday, September 3, 2018.
- d. AUDITION REQUIREMENTS: Are located in the Music Handbook under the 2018 All State Auditions for Band, Choir and Orchestra, on the ASAA website and online at All State Music Festival Auditions.

6. AWARDS

- a. A Group Participant Pin and a certificate for each participant
- b. Individual medallions and a First Chair certificate for the first chairs of each section in each musical group.
- c. 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 the academic award)

7. FURTHER DETAILS AND FORMS

Additional details and forms can be found in the current ASAA Music Handbook.

E. SOLO & ENSEMBLE MUSIC FESTIVAL

1. DATE

May 10-11, 2019

2. SITE

Adjudications: University of Alaska Anchorage Fine Arts Building
Command Performance: East Anchorage High School May 10-11, 2019

3. SELECTION

- a. 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.
- b. If a regional or qualifying music festival is not available or the student is not able to participate in that festival because of extenuating circumstances or their category is not available, the applicant may qualify by submitting a Special Need for On-Line Audition for their selected music. The on-line audition must be supported by:
 1. Completed Special Need for On-Line Audition Application (DUE March 8).
 2. 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
 3. 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.)
 4. Upload audition between March 18 and March 29
- c. 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 13 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.

4. FEES:

- a. 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.
- b. The following additional fees will be assessed if applicable:
 - \$10 fee for each on-line audition submitted.
 - \$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.
- c. Fees do not need to accompany the applications. ASAA will invoice all schools at the conclusion of the festival.

5. RULES/DEADLINES

- a. Each school should review the current ASAA Music Handbook for complete audition requirements, regulations and deadlines.

b. APPLICATION DEADLINE: All regions are to complete their regional or qualifying Solo & Ensemble festivals by April 21, 2019. The individual regional deadlines for application submission:

April 5: All festivals held in Feb. & March

April 17: All festivals held before April 15

April 24: All other festivals

c. APPLICATION FORMS: Directors are to submit their applications online under Music: Forms.

1. SOLO APPLICATION – for all solo entries.

2. ENSEMBLE APPLICATION – for all ensemble entries involving students from one school.

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

6. 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.

7. 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 are only adjudicated on Saturday.

8. AWARDS

a. Each participant will receive a Participant certificate.

b. Each participant receiving a Superior Rating for any event, will receive a Participant Certificate and a Superior Pin.

c. ACADEMIC AWARD for highest school GPA. (School must have a minimum of ten (10) musicians to be eligible for the Academic Award.)

10. FURTHER DETAILS AND FORMS

Additional details/forms can be found in the current ASAA Music Handbook.

NORDIC SKI

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

October 24, 2018 - First Practice

November 8, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

February 16, 2019 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. 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.

E. CONFERENCES

Nordic Ski teams are not currently categorized into conferences.

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIPS

1. DATE

February 21-23, 2019

2. SITE & HOST

Birch Hill Trails - Fairbanks

Hosted by ASAA, Nordic Ski Club of Fairbanks, Fairbanks Northstar Bough School District

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 FORMS

All forms should be submitted online at the ASAA website, on the nordic ski coaches page prior to the deadline.

- Nordic Ski State Championship Entry-Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

7. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

8. AWARDS

- a. First and second place trophies

- b. Eight Individual Medallions for skiers, coaches, managers of the first and second place teams
- c. Team Sportsmanship Award
- d. Academic Award
- e. 10 Individual Medallions for the first 10 finishers in each race
- f. Four first place and second place medallions of the first and second place relay teams
- g. Skimeister Award
- h. First place plaque for the top Division II team.
- i. Three Individual Medallions for the first three Division II finishers
- j. One Good Sport Team Member
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season
- k. 10 All-State Team Certificates

RIFLE

ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

September 5, 2018 - First Practice

September 20, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

December 8, 2018 - Last Regular Season Contest

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

Civilian Marksmanship Program (CMP) Rules apply with Regional modifications.

E. CONFERENCES

Rifle teams are not currently categorized into conferences.

F. MEET LIMITATIONS

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

G. STATE CHAMPIONSHIPS

Currently there is no state tournament for Rifle as it does not meet the criteria.

H. HEALTH CONSIDERATIONS

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

Airborne lead dust in firing ranges is generated by:

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

- f. Poor range ventilation found in both indoor and outdoor ranges

Health Effects

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

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON

Coed Soccer (Region 2 Schools and others upon approval)

July 25, 2018 - First Practice

August 9, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 13, 2018 - Last Contest (Regular Season or Conference Championship)

Boys and Girls Soccer

February 27, 2019 - First Practice

March 14, 2019 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

May 18, 2019 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Soccer rules apply.
2. ASAA adopted rules; Regular season games do not have overtimes. NFHS Tie Breaker Procedure apply for regional and state championship play.
3. Coed Supplemental Rules:
 - a. A team can have no more than seven players of either gender on the field at any time.
 - b. If a team has fewer than four players of one gender they can play down up to two players before forfeiting.
 - c. There will be no slide tackling. Such play is to be determined "dangerous" by the referee and play should be restarted with an indirect kick.

E. 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 their own bylaws and policies. A contact

person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

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

G. 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 \$100 for each game.

H. INDIVIDUAL PARTICIPATION LIMITATION

Students may participate in four halves per day.

I. STATE CHAMPIONSHIPS

1. DATE

- Coed Soccer - No state tournament
- Boys and Girls Soccer - May 23-25, 2019

2. SITE & HOST

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

3. STATE CHAMPIONSHIP FORMAT

a. Type of Elimination

All championship tournaments are a 6 team single elimination, consolation bracket.

b. Championship Schedule

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

c. Berths

Division I

Cook Inlet Conference	4 Berths
Railbelt Conference	2 Berths

Division II

Mid Alaska Conference	1 Berth
Northern Lights Conference	2 Berths
Peninsula Conference -	2 Berths
Southeast Conference -	1 Berth

d. Bracketing

Teams will be seeded into the tournament using the following criteria;

1. Winner of each conference
2. Head to head record
3. Overall record against teams in same division
4. Record against other qualifying teams
5. Record against common opponents

e. Overtime Policy

All state tournament games that must have a winner will follow the NFHS adopted overtime procedure.

4. 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.

5. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the soccer coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- Soccer Team Ranking Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

- a. First and second place trophies
- b. 22 individual medallions for players, coaches, managers, of the first and second place teams
- c. Team Sportsmanship Award
- d. Academic Award
- e. All Tournament medallions awarded for outstanding tournament play, regardless of player position on the field.
- f. Player of the game awarded to one player from each team each game
- 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.

SOFTBALL

GIRLS - ALL CLASSIFICATIONS

A. SEASON

2019 SEASON

February 27, 2019 - First Practice

March 14, 2019 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

May 26, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Softball rules apply.
2. ASAA Supplemental Rules
 - a. 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 behind after five innings.
 - b. 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.
 - c. 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.
 - d. 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.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM GAMES

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.”

G. 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 \$100 for each game.

H. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first day of the Jamboree. It 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. A team may only play in one jamboree each season. A jamboree does not count as a game against the 22 game limit.

I. STATE CHAMPIONSHIPS

1. DATE

May 30 - June 1, 2019

2. SITE & HOST

Carte Fields - Anchorage

Hosted by ASAA, Anchorage Sports Association

3. STATE CHAMPIONSHIP FORMAT

a. Type of Elimination

3 day tournament, Day 1 pool play which seeds a double elimination bracket on day 2 & 3.

b. Championship Schedule

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

c. Berths

Division I

Cook Inlet Conference	4 Berths
Railbelt Conference	2 Berths

Division II

Mid Alaska Conference	2 Berth
Northern Lights Conference	2 Berths
Southeast Conference -	2 Berths

d. Pool Play Rotation

2018-2019

Division I

A1 Cook Inlet #1	B1 Railbelt #1
A2 Railbelt #2	B2 Cook Inlet #2
A3 Cook Inlet #3	B3 Cook Inlet #4

Division II

A1 Southeast #1	B1 Mid Alaska #1
A2 Northern Lights #1	B2 Southeast #2
A3 Mid Alaska #2	B3 Northern Lights #2

2019-2020

Division I

A1 Railbelt #1	B1 Cook Inlet #1
A2 Cook Inlet #2	B2 Railbelt #2
A3 Cook Inlet #3	B3 Cook Inlet #4

Division II

A1 Mid Alaska #1	B1 Northern Lights #1
A2 Southeast #1	B2 Mid Alaska #2
A3 Northern Lights #2	B3 Southeast #2

2020-2021

Division I

A1 Cook Inlet #1	B1 Railbelt #1
A2 Railbelt #2	B2 Cook Inlet #2
A3 Cook Inlet #3	B3 Cook Inlet #4

Division II

A1 Southeast #1	B1 Northern Lights #1
A2 Northern Lights #2	B2 Mid Alaska #1
A3 Mid Alaska #2	B3 Southeast #2

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 FORMS

All forms should be submitted online at the ASAA website, on the softball coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

- a. First and second place trophies
- b. 20 individual medallions for players, coaches, managers of the first and second place teams
- c. Team Sportsmanship Award

d. Academic Award

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

f. Player of the game awarded to one player from each team each game

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.

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

2018-19 season
July 30, 2018 - June 3, 2019

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
September 21-23, 2018
Skagway High School
September 14, 2018 - Eligibility list due (Article 12 Section 10)

2. WINTER Business Meeting
February 15 -16, 2019
Anchorage

3. SPRING Conference
April 11 - 13, 2019
Bethel Regional High School
April 4, 2019 - Eligibility list due (Article 12 Section 10)

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

D. SUPPLEMENTAL 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

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

August 1, 2018 - First Date of Season

August 16, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 27, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School Swimming and 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 24 and 25, 2018, will be considered as week 1 for diving competition.
3. ASAA 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

E. CONFERENCES

All teams are assigned to conferences. See the Sports 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 conference. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXMUM MEETS

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

G. STATE CHAMPIONSHIPS

1. DATE

November 2–3, 2018

2. SITE & HOST

Bartlett High School, Anchorage

Hosted by ASAA, Central Area Swimming, Anchorage 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 the finals of each conference qualifying meet plus the next 12 fastest times statewide will qualify for a total of 16 swimmers.

c. State Berths - Diving Events

The top two finishers from the finals of each conference qualifying meet, 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 the finals of each conference qualifying meet, 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 FORMS

All forms should be submitted online at the ASAA website, on the swim & dive coaches page prior to the deadline.

- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. 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

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

July 25, 2018 - First Practice

August 9, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

September 29, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. The United State Tennis Association (USTA) rules apply
2. ASAA Rule modifications.
 - a. Scrimmage – For a match to be counted in your record or to be used for seeding, it cannot be defined as a scrimmage (Article 7, Section 7C)
 - b. 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.
 - c. Officials are not needed for a Tennis Match to be an official match.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MEETS

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

G. STATE CHAMPIONSHIPS

1.DATES

October 5-6, 2018

2. SITE & HOST

Alaska Club East - Anchorage

Hosted by ASAA, The Alaska Club, & ASD

3. STATE CHAMPIONSHIP FORMAT

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

b. Berths for each of the 5 divisions.

Region 3 - 2 Berths

Region 4 - 4 Berths

Region 5 - 1 Berth

Region 6 - 2 Berths

c. State Qualifiers must participate in the division they qualified in.

d. All divisions are a 9 entry single elimination, consolation bracket. Facility limitations/opportunities will determine match lengths and time.

e. The top five places for each event will be scored. The total points will determine the state champion team and runner up.

4. STATE SEEDING

a. Each coach will submit a seeding form (online) for any possible seeded athlete.

b. A committee appointed by ASAA of knowledgeable tennis individuals will seed each division. Up to four competitors per division may be seeded. The remaining competitors will then be randomly drawn in.

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 FORMS

All forms should be submitted online at the ASAA website, on the tennis coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good sport selection Form
- Tennis Seeding Form
- Academic Award Entry Form

7. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

8. AWARDS

a. First and second place trophies

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

TRACK & FIELD

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2019 SEASON

February 27, 2019 - First Practice

March 14, 2019 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

May 19, 2018 - Last Contest (Regular Season or Region Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

E. CONFERENCES

All teams are assigned to conferences. See the Sports 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 conference. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MEETS

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

G. SANCTIONED EVENTS

Only events that have been previously sanctioned by the Board of Directors may be included in seasonal and championship meets. The State Championships will be comprised of the following events;

100 meters
200 meters
400 meters
800 meters
1600 meters
3200 meters

100/110 Hurdles
300 Hurdles
4x100 Relay
4x200 relay
4x400 relay
4x800 relay

Discus
High Jump
Long Jump
Shot Put
Triple Jump

H. STATE CHAMPIONSHIPS

1. DATES

May 24-25, 2019

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 Division I and II classifications.
- Division I and II State Meets will consist of prelims and finals in each event except for the 1600, 3200, and relay events.

b. Division I 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.

c. Division II 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.

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. PROCEDURES FOR STATE ENTIRES

a. All conference meets are required to utilize Athletic.net with each division having its own file.

b. ASAA will post the top 16 qualifiers and up to three alternates on the Monday morning prior to the State Event.

c. All qualified participants are automatically accepted. Coaches must accept alternates by Monday 6:00 PM by emailing schreck@asaa.org

d. Coaches should decline those entries not attending the state meet by Wednesday 6:00 PM. To decline, the school will need to unregister the entry on athletic.net.

e. An email will be sent when an alternate becomes a participant.

f. If there is a declared scratch at the Coach's Meeting, ASAA will invite the next available alternate that is already qualified into the meet in another event.

5. 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.

6. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the track & field coaches page prior to the deadline.

- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

7. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

8. AWARDS

a. First and second place team trophies

b. 1st - 4th place medallions for EACH event

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 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 & MIX SIX - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

3A & 4A Volleyball:

August 1, 2018 - First Practice

August 16, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

November 3, 2018 - Last Contest (Regular Season or Conference Championship)

Mix Six & 2A Volleyball:

September 5, 2018 - First Practice

September 20, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

November 24, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Volleyball rules apply.
2. ASAA allows for modification of match format for series other than dual varsity matches.
3. ASAA Supplemental Rules for Mix Six Volleyball
 - a. 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.
 1. 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.
 2. A male may never fill a female position. In service order all males must be in position 1, 3 and 5 or 2, 4 and 6.
 3. No more than three males may be on the court at any time.
 4. There must be at least one male on the court to begin a match.

- b. The height of the net for mix six play shall be 2.43 meters (7' 11-5/8").
- c. 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.
- d. Uniforms of players shall be identical within the following provisions:
 - 1. All females shall be attired in identical jerseys and shorts or one-piece uniform.
 - 2. All males shall be attired in identical jerseys and shorts or one-piece uniform.
 - 3. All uniforms shall be numbered and there shall be no duplicate numbers
- e. 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.
 - 1. 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.
 - 2. 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.
 - 3. No female back-row player may participate in a block.
- f. Liberos are not permitted.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MATCHES

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.

G. 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 \$100 for each match.

H. JAMBOREE REGULATIONS

All players must have five (5) separate days of practice prior to the first day of the Jamboree. Two games maximum with each team. A team may play in only one jamboree each season. A jamboree does not count as a game against the 22-game limit.

I. STATE CHAMPIONSHIPS

1. DATES

3A & 4A - November 8-10, 2018

Mix Six & 2A - November 29 - December 1, 2018

2. SITE & HOST

3A & 4A - Alaska Airline Center - Anchorage

Hosted by ASAA, UAA, and ASD

Mix Six & 2A - Dimond High School - Anchorage

Hosted by ASAA, & Dimond High School

3. STATE CHAMPIONSHIP FORMAT

a. 2A/3A/4A Type of Elimination

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

b. Mix Six Type of Elimination

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

c. Championship Schedule

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

d. Berths

4A CLASSIFICATION

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

3A CLASSIFICATION

Aurora	2 Berths
Southcentral	2 Berths
Southeast	1 Berth
Western	2 Berths
At Large	1 Berth

2A CLASSIFICATION

Aurora	1 Berth
Borealis	2 Berths
Southeast	2 Berths
Southwest	2 Berths
Western	1 Berth

MIX SIX CLASSIFICATION

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

The 3A at-large berth will be either the Aurora, Southcentral or Western third place team, or the Southeast second place team. The following criteria will determine the berth in priority order;

1. Head to Head matches

2. Head to Head sets
3. Common opponents match record
4. Common opponents set record
5. Matches won against other state 3A qualifiers
6. Overall match record percentage vs. 3A schools

e. 2A/3A/4A Bracket Rotations

2018-2019

4A CLASSIFICATION

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

3A CLASSIFICATION

Southeast #1 vs. Southcentral #2
 Western #1 vs. Aurora #2
 Aurora #1 vs. Western #2 or (AL)
 Southcentral #1 vs. At-Large (W2)

2A CLASSIFICATION

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

2019-2020

4A CLASSIFICATION

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

3A CLASSIFICATION

Western #1 vs. Southcentral #2
 Southcentral #1 vs. Aurora #2
 Southeast #1 vs. Western #2 or (AL)
 Aurora #1 vs. At-Large or (W2)

2A CLASSIFICATION

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

2020-2021

4A CLASSIFICATION

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

3A CLASSIFICATION

Aurora #1 vs. Southcentral #2 or (AL)
 Western #1 vs. At Large or (SC#2)
 Southcentral #1 vs. Western #2
 Southeast #1 vs. Aurora #2

f. Mix Six Pool Rotation

2018-2019

Pool A - Southeast #2, 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 #1

2019-2020

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

2020-2021

Pool A - Yukon River, Alaska Coastal, Denali #1

Pool B - Denali #2, Kuskokwim, Northwest Arctic

Pool C - Southeast #1, Western #2, Southwest

Pool D - North Slope, Western #1, Southeast #2

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

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. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the volleyball coaches page prior to the deadline.

- State Championship Roster Form
- State Championship Photo Upload Form (use if photo not submitted with roster)
- Team Season Record Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

6. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

7. AWARDS

- a. First and second place trophies
- b. 14 individual medallions for players, coaches, managers of first and second place teams
- c. Team 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. Player of the game awarded to one player from each team each game
- g. Two Good Sport Team
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season.

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

WORLD LANGUAGE DECLAMATION

ALL CLASSIFICATIONS

A. SEASON

2018-2019 SEASON
Seasonal activity without limitation.

B. ELIGIBILITY

Eligibility Deadline - February 15, 2019
Participants must meet ASAA eligibility requirements. A Physical Examination, Concussion Information Form and Sudden Cardiac Arrest Form are not required. Participants names must be entered in the School Activities Reporting System (SARS).

C. STATE COMPETITION

1. DATE
March 2, 2019

2. SITE & HOST
West Anchorage High School
Hosted by ASAA & 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. LANGUAGE CATEGORIES

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

5. 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.

a. 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.

b. Impromptu: 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.

c. Dialogue: 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.

d. 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 based on delivery, expression, memorization and 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.

6. 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

GIRLS & BOYS - ALL CLASSIFICATIONS

A. SEASON

2018 SEASON

September 26, 2018 - First Practice

October 11, 2018 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

December 8, 2018 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

1. National Federation of High School (NFHS) Wrestling rules apply.
2. Girls may 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.
3. ASAA has not adopted the NFHS Weight Control Program.

E. 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 their own bylaws and policies. A contact person must be selected to communicate conference information with ASAA. (i.e. State qualifiers, tournament results, final seeds)

F. MAXIMUM MATCHES

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

G. REGULAR SEASON

1. 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.

2. 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.
3. Girls may wrestle either girls or boys during the regular season. Girls may only wrestle other girls during conference qualifying tournaments and the state tournament.

H. TAKEDOWN TOURNAMENTS

All wrestlers must have five (5) 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. A wrestler may participate in only one takedown tournament each season which does not count as a match against the twenty-four (24) weigh-in limit.

I. WRESTLING WEIGHT CERTIFICATION

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 they 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 rectifying 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 their weigh-ins during the season at the minimum weight they 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 their minimum weight determined before the first competition.

GROWTH ALLOWANCE POLICY:

One pound on the last Monday in October (October 29, 2018)

One pound on the last Monday in November (November 26, 2018)

J. WEIGHT CLASSES

Boys - 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (14 total)

Girls - 103, 112, 119, 125, 130, 135, 145, 160, 189, 235 (10 total)

K. STATE CHAMPIONSHIPS

1. DATE

December 14-15, 2018

2. SITE & HOST

Alaska Airlines Center - Anchorage

Hosted by: ASAA, UAA, & ASD

3. QUALIFYING FOR STATE

Qualifying must occur at a conference tournament.

4. STATE CHAMPIONSHIP FORMAT

- a. Type of Elimination

There are 3 separate tournaments Boys Division I, Boys Division II and Girls. Each tournament is a 16 person bracket with consolation rounds. Every attempt will be made to fill each slot on the bracket. Crossover will occur after the first round of matches.

b. Scoring

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

c. Conference Berths

Division I

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

Division II

Denali	2 Berth
Great Alaska	2 Berths
Kachemak	3 Berths
Northern	2 Berths
Sockeye	2 Berths
Southeast	3 Berths
At Large	2 Berths

Girls

Cook Inlet	2 Berths
Denali	2 Berths
Great Alaska	2 Berths
Kachemak	2 Berths
Northern	2 Berths
Northern Lights	2 Berths
Sockeye	2 Berths
Southeast	2 Berths

At Large berths will be selected using Trackwrestling and the State Seeding Criteria

d. 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 using Trackwrestling and the State Seeding Criteria. After the deadline, if someone is not able to compete, that spot will not be filled. This substitution must be an ASAA eligible contestant.

e. State Brackets Procedures

1. Automatically move up seeds and redraw the bracket if a seeded wrestler does not make weight, etc, or if there are uneven "byes" in the bracket.
2. Automatically award "pin points" for wrestlers wrestling a teammate in the state tournament.

f. Weigh-In Procedures: All wrestlers will weigh-in an authorized uniform with undergarments with a half pound allowance.

5. SEEDING QUALIFICATIONS

The following is the criteria 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.

6. 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.

7. SEEDING CRITERIA

The following national criteria was adopted by the Board of Directors.

- 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.
- f. Winning Percentage against seedable wrestlers

8. 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.

9. STATE CHAMPIONSHIP FORMS

All forms should be submitted online at the ASAA website, on the wrestling coaches page prior to the deadline.

- State Championship Photo Upload Form
- State Championship Code of Conduct
- Good sport selection Form
- Academic Award Entry Form

10. STATE CHAMPIONSHIP DEADLINES

Deadlines can be found on the asaa.org website within the sport specific state championship policies & procedures and on the sport specific forms page.

11. AWARDS

- a. First and second place trophies
- b. 1st - 4th place medallions for all weight classes.
- c. Team Sportsmanship Award.
- d. Academic Award (Must have a minimum of 4 members to qualify)
- e. Outstanding Wrestler 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.

L. “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.”

Conference tournaments count toward the “one-half rule”.

M. 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. NFHS 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

Mid Alaska (2)

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

Southcentral (2)

Colony
Cordova
Homer
Houston
Kodiak
Lumen Christi
Palmer
Soldotna
Valdez
Wasilla

Southeast (2)

Juneau-Douglas
Ketchikan
Petersburg
Sitka
Thunder Mountain

BASKETBALL

4A CLASSIFICATION

(Berths to state to be determined)

Cook Inlet

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

Mid Alaska

Lathrop
North Pole
West Valley

Northern Lights

Colony
Kodiak
Palmer
Soldotna
Wasilla

Southeast

Juneau-Douglas
Ketchikan
Thunder Mountain

At Large Berths

3A CLASSIFICATION

(Berths to state to be determined)

Aurora

Ben Eielson
Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

Southcentral

Anchorage Christian
Grace Christian
Homer
Houston
Kenai
Nikiski
Redington
Seward

Southeast

Mt. Edgecumbe
Sitka

Western

Barrow
Bethel
Kotzebue
Nome

At Large Berth

BASKETBALL

2A CLASSIFICATION

(Berths to state to be determined)

Yukon Delta

Chevak
Hooper Bay
Scammon Bay

Interior

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

Southeast

Craig
Haines
Metlakatla
Petersburg
Wrangell

Western

Bristol Bay
Dillingham
Kuskokwim Learning Academy
Selawik
Tikigaq (Point Hope)
Unalakleet
Unalaska

1A CLASSIFICATION

(Berths to state are indicated in parenthesis)

Alaska Coastal (1)

Akiuk (Kasigluk)
Anna Tobeluk (Nunapitchuk)
Ayaprun (Newtok)
Chaputnguak (Chefornak)
Chief Paul (Kipnuk)
Eek
Joann A Alexie (Atmautlak)
Ket'acik/Aapalluk (Kwethluk)
Kongiganak
Kuinerrarmiut (Quinhagak)
Kwigillingok
Lewis Angapak (Tuntutuliak)
Negtemiut Elitnaurviat (Nightmute)
Nelson Island (Toksook Bay)
Nuniwarmiut (Mekoryuk)
Paul T Albert (Tunanak)
Qugcuun (Oscarville)
Rocky Mountain (Goodnews Bay)
William Miller (Napakiak)
Z John Williams (Napaskiak)

Aleutian Chain (2)

Chief Ivan Blanka (New Stuyahok)
King Cove
Koliganek
Lake and Pen ESSS
Manokotak
Newhalen
Sand Point
St. Paul
Togiak

Bering Sea (2)

Aniguiin (Elim)
Anthony Andrews (St. Michael)
Brevig Mission
Diomedea
Gambell
Hogarth Kingeekuk (Savoonga)
James C Isabell (Teller)
Koyuk
Martin L Olson (Golovin)
Shaktoolik
Shishmaref
Tukurngailnguq (Stebbins)
Wales
White Mountain

1A CLASSIFICATION (continued)

(Berths to state are indicated in parenthesis)

Golden Heart (1)

Allakaket
Anderson
Andrew K Demoski (Nulato)
Fort Yukon
Jimmy Huntington (Huslia)
Johnny Oldman (Hughes)
Kaltag
Maudrey Sommer (Tanana)
Minto
Merrelaine A Kangas (Ruby)
Tri Valley
Walter Northway

Greater Kuskokwim (1)

Akiachak
Akiak
Aniak
Crow Village Sam
George Morgan (Kalskag)
Kuspuk ESSS
Tuluksak

North Slope (1)

Alak (Wainwright)
Harold Koveolook (Kaktovik)
Kali (Point Lay)
Meade River (Atqasuk)
Nuiqsut Trapper
Nunamiut (Anaktuvak Pass)

Northwest Arctic (2)

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

Peninsula (2)

Amazing Grace Academy
Birchwood Christian
Cook Inlet Academy
Holy Rosary
Kenai Peninsula ESSS
Kenny Lake
Kodiak Island ESSS
Lumen Christi
Nanwalek
Nikolaevsk
Ninilchik
Old Harbor
Susan B English (Seldovia)
Voznesenka
Wasilla Lake Christian

Southeast (2)

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

Yukon Delta (2)

Alakanuk
Emmonak
Ignatius Bean (Mt. Village)
Kotlik
Marshall
Nunam Iqua (Sheldon Point)
Pilot Station
Russian Mission
St Mary's

Cross Country Running

DIVISION I

Region 3

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

Colony
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

DIVISION II

Region 1

<u>Conference/District</u>	<u>Berths</u>
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3
Greater Yukon Delta	10
Lower Kuskokwim	5
North Slope	7
Northwest Arctic	4
Sockeye	3
Southwest	5
Unalaska	6
Western	Top team + next 8 finishers not on the top team

Region 2

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

2A CLASSIFICATION

Cordova
Effie Kokrine
Glennallen
Nenana
Su Valley
Tok

1A CLASSIFICATION

Allakaket
Anderson
Andrew K Demoski (Nulato)
Birchwood Christian
Cantwell
Cook Inlet Academy
Dot Lake
Eagle Community
Fort Yukon
Glacier View

Holy Rosary
Jimmy Huntington (Huslia)
Johnny Oldman (Hughes)
Kaltag
Kenai Peninsula ESSS
Kenny Lake
Kodiak Island ESSS
Lumen Christi
Maudrey Sommer (Tanana)
Merrelina A Kangas (Ruby)

Minto
Nikolaevsk
Ninilchik
Susan B English (Seldovia)
Tetlin
Tri-Valley
Walter Northway
Wasilla Lake Christian
Yukon Flats School District

Region 3

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

3A CLASSIFICATION

Anchorage Christian
Cordova
Grace Christian
Homer
Houston
Kenai
Nikiski
Redington
Seward

Region 5

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

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

(Top 2 Teams + Top 15
Runners not on the Top Team)

3A CLASSIFICATION

Ben Eielson
Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

FOOTBALL

DIVISION I

(Berths to state are indicated in parenthesis)

Cook Inlet (4)

Dimond
East Anchorage
Service
South Anchorage
West Anchorage

Chugach (4)

Bartlett
Chugiak
Colony
Juneau
Wasilla

DIVISION II

(Berths to state are indicated in parenthesis)

Northern Lights (2)

Eagle River
Kenai
Kodiak
Soldotna

Railbelt (2)

Lathrop
North Pole
Palmer
West Valley

DIVISION III

(Berths to state are indicated in parenthesis)

Aurora (2)

Barrow
Ben Eielson
Monroe Catholic
Redington
Valdez

Peninsula (2)

Homer
Houston
Ketchikan
Nikiski
Seward

HOCKEY

DIVISION I

(Berths to state to be determined)

Cook Inlet

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

Mid Alaska

Colony
Lathrop
Wasilla
West Valley

DIVISION II

(Berths to state are indicated in parenthesis)

Aurora (3)

Delta Junction
Glennallen/Kenny Lake
Hutchison
Monroe Catholic
North Pole
Tri-Valley

Railbelt (3)

Homer
Houston
Juneau-Douglas
Kenai
Palmer
Soldotna

At Large (2)

AL Berth 1
AL Berth 2

SOCCER

DIVISION I (SPRING)

(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
Wasilla
West Valley

DIVISION II (SPRING)

(Berths to state are indicated in parenthesis)

Mid Alaska (1)

Eielson
Hutchison
Monroe
North Pole

Northern Lts (2)

Grace
Houston
Kodiak
Palmer
Redington

Peninsula (2)

Homer
Kenai
Nikiski
Seward
Soldotna
Voznesenka

Southeast (1)

Juneau-Douglas
Ketchikan
Sitka
Thunder Mt.

ONE CLASSIFICATION (FALL/COED)

(No ASAA State Tournament)

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

SOFTBALL

DIVISION I

(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

DIVISION II

(Berths to state are indicated in parenthesis)

Mid Alaska (2)

Ben Eielson
Delta Junction
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

Bethel
Hutchison
Lathrop
Monroe Catholic
Nome
North Pole
West Valley
Valdez

Northern Lights

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

Southeast

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

TENNIS

ONE CLASSIFICATION

(Berths to state are indicated in parenthesis)

Region 3 (2)

Colony
Kodiak
Lumen Christi
Palmer
Wasilla

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

DIVISION I

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

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

Region 3

Colony
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

DIVISION II

Individual Events: The first place finisher from each Conference qualifying meet finals plus the next twelve best times/distances will qualify to the State Championships for a total of 16. If Region 1 has an automatic qualifier, the next best eleven times/distances will be invited.

Relay Teams: The first place relay team from each Conference qualifying meet finals plus the next four best times/distances will qualify to the State Championships for a total of eight. If Region 1 has an automatic qualifier, the next best three times will be invited.

Region 2

2A CLASSIFICATION

Effie Kokrine
Cordova
Glennallen
Nenana
Su Valley
Tok

1A CLASSIFICATION

Allakaket
Anderson
Andrew K Demoski (Nulato)
Birchwood Christian
Cantwell
Cook Inlet Academy
Dot Lake
Eagle Community
Fort Yukon
Glacier View

Holy Rosary
Jimmy Huntington (Huslia)
Johnny Oldman (Hughes)
Kaltag
Kenai Peninsula ESSS
Kenny Lake
Kodiak Island ESSS
Lumen Christi
Maudrey Sommer (Tanana)
Merrelaine A Kangas (Ruby)

Minto
Nikolaevsk
Ninilchik
Susan B English (Seldovia)
Tetlin
Tri-Valley
Walter Northway
Wasilla Lake Christian
Yukon Flats School District

Region 3

3A CLASSIFICATION

Anchorage Christian
Grace Christian
Homer
Houston
Kenai
Nikiski
Redington
Seward

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
Galena
Hutchison
Monroe Catholic
Valdez

VOLLEYBALL

4A CLASSIFICATION

(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)

Lathrop
North Pole
West Valley

Northern Lights (3)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Southeast (1)

Juneau-Douglas
Ketchikan
Thunder Mountain

3A CLASSIFICATION

(Berths to state are indicated in parenthesis)

Aurora (2)

Ben Eielson
Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

Southcentral (2)

Anchorage Christian
Grace Christian
Homer
Houston
Kenai
Nikiski
Redington
Seward

Southeast (1)

Mt. Edgecumbe
Sitka

Western (2)

Barrow
Bethel
Kotzebue
Nome

At-Large (1)

2A CLASSIFICATION

(Berths to state are indicated in parenthesis)

Aurora (1)

Effie Kokrine
Glennallen
Kenny Lake
Nenana
Tok
Tri Valley

Borealis (2)

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

Southeast (2)

Craig
Haines
Klawock
Metlakatla
Petersburg
Skagway
Wrangell

Southwest (2)

Bristol Bay
Dillingham
Chief Ivan Blanka (New Stuyahok)
King Cove
Koliganek
Kuskokwim Learning Academy
Manokotak
Sand Point
Togiak

Western (1)

Chevak
Hooper Bay
Scammon Bay

MIX SIX

(Berths to state are indicated in parenthesis)

Alaska Coastal (1)

Lower Kuskokwim
School District
Schools

Denali (2)

Anderson
Fort Yukon
Glacier View
Kodiak Island ESSS
Minto
Nanwalek
Nikolaevsk
Susan B English (Seldovia)
Walter Northway
Wasilla Lake Christian

Greater Kuskokwim (1)

Akiak
Aniak
Iditarod School District
Kuspuk School District
Tulusak

North Slope (1)

North Slope
School District
Schools

Northwest (1)

Northwest Arctic
School District
Schools

Southeast (2)

Angeon
Gustavus
Hoonah
Hydaburg
Kake
Thorne Bay
Yakutat

Southwest (1)

Lake and Penn ESSS
Old Harbor

Western (2)

Aniguiin (Elim)
Anthony Andrews (St Michael)
Brevig Mission
Gambell
Hogarth Kingeekuk (Savoonga)
Koyuk
Martin L Olson (Golovin)
Shaktoolik
Shishmaref
James C Isabell (Teller)
Tururngailnguq (Stebbins)
Unalakleet
White Mountain

Yukon River (1)

Alakanuk
Kotlik
Marshall
Nunam Iqua (Sheldon Point)
Pilot Station
Russian Mission
St. Mary's

WRESTLING

DIVISION I

(Berths to state are indicated in parenthesis)

Cook Inlet (6)

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

Mid-Alaska (3)

Lathrop
North Pole
West Valley

Northern Lights (5)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Southeast (2)

Juneau-Douglas
Ketchikan
Thunder Mountain

DIVISION II

(Berths to state are indicated in parenthesis)

Denali (2)

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

Great Alaska (2)

Akiachak
Alakanuk
Aniak
Anna Tobeluk (Nunapitchuk)
Bethel
Chaputnguak (Chefornak)
Chevak
Emmonak
George Morgan (Kalskag)
Hooper Bay
Ignatius Bean (Mt Village)
Ket'acik Aapalluk (Kwethluk)
Kuinerrarmiut (Quinhagak)
Kuskokwim Learning Academy
Nunam Iqua (Sheldon Point)
Pilot Station
Scammon Bay
St Mary's
Tuluksak
Unalaska
Z John Williams (Napasiak)

Kachemak (3)

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

Northern (2)

Ambler
Aniguiin (Elim)
Anthony Andrews (St Michael)
Aqqaluk (Noorvik)
Barrow
Buckland
Deering
Gambell
Hogarth Kingeeluk (Savoonga)
Kiana
Kobuk
Kotzebue
Koyuk
McQueen (Kivalina)
Napaaqtugmiut (Noatak)
Nome-Beltz
Selawik
Shaktoolik
Shishmaref
Shungnak
Tukurngailnguq (Stebbins)
Unalakleet

At-Large (2)

GIRLS

(Berths to state are indicated in parenthesis)

Cook Inlet (2)

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

Sockeye (2)

Bristol Bay
Chief Ivan Blunka (New Stuyahok)
Dillingham
King Cove
Koliganek
Manokotak
Newhalen
Sand Point
St Paul
Togiak

Southeast (3)

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

Denali (2)

Anderson
Brichwood Christian
Cantrell
Delta Junction
Eielson
Fort Yukon
Galena
Glennallen
Hutchison
Kenny Lake
Lathrop
Nenana
North Pole
Su-Valley
Tok
Tri Valley
Valdez
West Valley

Great Alaska (2)

Akiachak
Alakanuk
Aniak
Anna Tobeluk (Nunapitchuk)
Bethel
Chaputnguak (Chefornak)
Chevak
Emmonak
George Morgan (Kalskag)
Hooper Bay
Ignatius Bean (Mt Village)
Ket'acik Aapalluk (Kwethluk)
Kuinerrarmiut (Quinhagak)
Kuskokwim Learning Academy
Nunam Iqua (Sheldon Point)
Pilot Station
Scammon Bay
St Mary's
Tuluksak
Unalaska
Z John Williams (Napasiak)

Kachemak (2)

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

Northern (2)

Ambler
Aniguiin (Elim)
Aqqaluk (Noorvik)
Barrow
Buckland
Deering
Gambell
Hogarth Kingeeluk (Savoonga)
Kiana
Kobuk
McQueen (Kivalina)
Napaaqtugmiut (Noatak)
Nome-Beltz
Selawik
Shaktoolik
Shishmaref
Shungnak
St. Michael
Tukurngailnguq (Stebbins)
Unalakleet

Northern Lights (2)

Colony
Kenai
Kodiak
Palmer
Soldotna
Wasilla

Sockeye (2)

Bristol Bay
Chief Ivan Blunka (New Stuyahok)
Dillingham
King Cove
Koliganek
Manokotak
Newhalen
Sand Point
St Paul
Togiak

Southeast (2)

Angoon
Craig
Gustavus
Haines
Hoonah
Hydaburg
Kake
Ketchikan
Klawock
Metlakatla
Mt Edgecumbe
Petersburg
SISD ESSS
Sitka
Skagway
Thorne Bay
Thunder Mountain
Wrangell
Yakutat