

# POLICIES

## TABLE OF CONTENTS

### General Policies

- 1 - Classification ..... 70
- 2 - ASAA Outsourcing Policy ..... 72
- 3 - Proof of Residence Change ..... 72
- 4 - E-Mail Policy ..... 72
- 5 - ASAA Passes Policy ..... 72
- 6 - Board Meeting Expenses Policy ..... 74
- 7 - ASAA Fiscal Year ..... 73
- 8 - Capitalization Policy ..... 73
- 9 - Gold Lifetime Pass ..... 73
- 10 - Alaska High School Hall of Fame ..... 73
- 11 - Play for Keeps - Tobacco, Alcohol and Controlled Substance (TAD) Policy ..... 74

### Athletic Related Policies

- 1 - Multi-Region Conferences ..... 80
- 2 - Taunting Policy ..... 80
- 3 - Out-of-Season Participation Policy ..... 81
- 4 - Open Facility Policy ..... 82
- 5 - Sportsmanship Creed ..... 83
- 6 - Qualifying for State Tournaments ..... 83
- 7 - Ejection/Suspension Policy ..... 83
- 8 - Jamborees ..... 84
- 9 - Takedown Tournament ..... 84
- 10 - Mercy Rules Policy ..... 84
- 11 - Endowment Game Policy ..... 84
- 12 - Alumni / Staff Games ..... 85
- 13 - Scrimmages ..... 85
- 14 - Sports Medicine Advisory Committee ..... 85
- 15 - Management of Concussions in Student Athletes ..... 86
- 16 - Sudden Cardiac Arrest Information ..... 87
- 17 - Emergency Action Plans (EAP) ..... 87
- 18 - Coaches Code of Ethics ..... 88

### State Championship Policies

- 1 - Championship Site/Date ..... 90
- 2 - Soliciting Bids ..... 90
- 3 - State Championship Berths ..... 91
- 4 - State Championship Code Of Conduct ..... 91
- 5 - Championship Policies & Procedures ..... 92
- 6 - State Championship Participation Fees ..... 92
- 7 - State Championship Scheduling ..... 93
- 8 - Late Arrivals To State Championships ..... 93

9 - State Championship Officials .....	93
10 - Pre-Championships Practices .....	95
11 - State Championship Rosters .....	95
12 - State Championship Passes .....	95
13 - Tickets .....	96
14 - Souvenir Programs .....	96
15 - State Merchandise Sales .....	96
16 - All-Tournament Team Selection Process .....	96
17 - Official Championship Balls .....	97
18 - Performance Of Bands .....	97
19 - Halftime Entertainment .....	97
20 - Medical Policy .....	98
21 - Spectator Support Items/Artificial Noise Makers .....	99
22 - Event Supervision .....	99
23 - ASAA Media Credential Policy .....	99
24 - Photography/Videography/Web Streaming Policy .....	100
25 - Unmanned Aerial Systems .....	100
26 - Vendors .....	100
27 - Drawings / Fundraising .....	100
28 - Corporate Sponsors & Partners .....	100

## Activity Specific Policies & Procedures

All-State Art .....	102
Baseball .....	104
Basketball .....	108
Bowling .....	112
Cheer .....	113
Cross Country Running .....	116
Drama, Debate & Forensics .....	119
Flag Football .....	121
Football .....	123
Gymnastics .....	129
Hockey .....	130
Music .....	134
Nordic Ski .....	138
Rifle .....	141
Soccer .....	143
Softball .....	146
Student Government .....	150
Swim & Dive .....	152
Tennis .....	155
Track & Field .....	159
Volleyball .....	162
World Language Declamation .....	168
Wrestling .....	171
Sport Specific Conferences .....	177

# GENERAL POLICIES

## TABLE OF CONTENTS

- 1 - Classification ..... 70
- 2 - ASAA Outsourcing Policy ..... 72
- 3 - Proof of Residence Change ..... 72
- 4 - E-Mail Policy ..... 72
- 5 - ASAA Passes Policy ..... 72
- 6 - Board Meeting Expenses Policy ..... 74
- 7 - ASAA Fiscal Year ..... 73
- 8 - Capitalization Policy ..... 73
- 9 - Gold Lifetime Pass ..... 73
- 10 - Alaska High School Hall of Fame ..... 73
- 11 - Play for Keeps - Tobacco, Alcohol and Controlled Substance (TAD) Policy ..... 74

# GENERAL POLICIES

## 1. Classification

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

The following conditions apply:

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

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

### ONE CLASSIFICATION

- All-State Art
- All-State Music
- Baseball
- Drama, Debate, & Forensics
- Nordic Ski
- Solo & Ensemble
- Swim & Dive
- Tennis
- World Language Declamation
- Wrestling - Girls

### TWO CLASSIFICATIONS

- Cross-Country Running - Division II (1-500 students), Division I (501 students & above)
- DDF Team - Division II (1-500 students), Division I (501 students & above)
- Hockey - Division II (1-850 students), Division I (851 students & above)
- Nordic Ski Team - Division II (1-500 students), Division I (501 students & above)
- Soccer - Division II (1-850 students), Division I (851 students & above)
- Softball - Division II (1-850 students), Division I (851 students & above)
- Track & Field - Division II (1-500 students), Division I (501 students & above)
- Wrestling - Division II (1-500 students), Division I (501 students & above)

### THREE CLASSIFICATIONS

- Football - Division III, Division II, Division I (Board places schools into Divisions)

### FOUR CLASSIFICATIONS

- Volleyball - Mix Six (1-60 students), 2A (61-150 students), 3A (151-500 students), 4A (501 students & above)
- Basketball- 1A (1-60 students), 2A (61-150 students), 3A (151-500 students), 4A (501 students & above)

## C. Reclassification Enrollment Policy

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

#### D. Request to play at a higher classification

Member schools may request to "opt up" in a specific activity. For the request to be granted, it must:

1. Be made in conjunction with the three year "reclassification policy" cycle
2. Be for both gender's activity

Unless there are unforeseeable circumstances, once granted the request will remain in effect until the next "reclassification policy" cycle

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

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

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

#### F. Unforeseen Circumstances:

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

#### Classification Time Schedule

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

- 2017-18 – schools remain at current classifications
- 2018-19 – schools move to new classifications
- 2019-20 – schools remain at current classifications

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

- 2020-21 – schools remain at current classification
- 2021-22 – schools move to new classifications
- 2022-23 and thereafter - etc.

April 2023 – check enrollments/reclassify schools/schools may appeal

- 2023-24 – schools remain at current classification
- 2024-25 – schools move to new classifications
- 2025-26 and thereafter - etc.

#### Narrative Example:

Smith High School is a 2A school with an enrollment of 155 in April of 2017 (including alternative education program students). There is no request for forgiveness so the board reclassifies Smith High School to 3A beginning in 2018-19 (the school remains at the 2A level in 2017-18). Smith High School is 3A school in 2018-19, 2019-20 and 2020-21. During the April 2020 board meeting, the school's enrollment is 149 and the board reclassifies the school to 2A beginning in the 2021-22 school year. The school remains at the 2A level for 2021-22, 2022-23 and 2023-24. During the April 2023 board meeting, the school's enrollment is 145 and so the school remains in the 2A classification and a new three year cycle begins in the 2024- 25 school year.

## **2. ASAA Outsourcing Policy**

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

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

A certified staff member, or other person approved in advance by the principal or superintendent of a member school or district, must be in charge of participants. For athletic events this person must be certified through the Alaska Coaches Education Program. Host schools must have an administrator or designee in attendance.

## **3. Proof of Residence Change**

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

## **4. E-Mail Policy**

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

## **5. ASAA Passes Policy**

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

## **6. Board Meeting Expenses Policy**

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

## 7. Fiscal Year

August 1 - July 31

## 8. Capitalization Policy

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

## 9. Gold Lifetime Pass

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

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

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

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

**RECIPIENTS:** For a list of Gold Lifetime Pass Recipients log on to <http://asaa.org/resources/about-asaa/gold-lifetime-passes/>

## 10. Alaska High School Hall of Fame

In recognition of ASAA's 50th anniversary in 2006, the Board of Directors established the Alaska High School Hall of Fame to identify and honor those athletes, activity participants, coaches, directors, officials, adjudicators, school administrators and contributors who have made outstanding contributions to interscholastic sports and activities in Alaska. For a list of inductees, to nominate a deserving individual or for more information, log on to <http://www.alaskahalloffame.org>

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

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

**7. Violations Reported to ASAA and Confidentiality Requirement:** After determining that an enrolled student, or an alternative education program student who has been granted eligibility at a member school, has committed a violation, the member school shall report the violation to ASAA via the School Activities Reporting System (SARS). Member schools and districts must report to ASAA a violation of this policy within 3 calendar days of determination that such violation has occurred. It is ASAA's intention to maintain the confidentiality of all such reports. As such, information concerning a student's previous violations will be disclosed by ASAA only to an administrator of the member school which the student is attending. A school administrator to whom such information has been disclosed may exercise discretion to provide such confidential information as is appropriate to the student's coach or other activity administrator, but only to the extent that such information is provided in a good faith effort to prevent violations and to assist

the student in maintaining a lifestyle free of tobacco, alcohol and controlled substance use, and to maintain eligibility to participate in interscholastic activities. An administrator who provides any confidential information to a student's coach or other activity supervisor shall assure that such person will use the information only in communications with the student and shall otherwise maintain strict confidentiality of the information. ASAA's records of violation shall be made available to the student and/or the student's parent or legal guardian upon written request.

**8. Student and Parent/Guardian Acknowledgement:** ASAA will provide access to the Student/Parent/Legal Guardian TAD video and acknowledgement form to member schools and districts. The orientation video will explain the policies of this section and penalties for violations. Students and the student's parent or legal guardian, are required to view the orientation video annually, prior to signing the acknowledgement form. The form must be signed by the student and the student's parent or legal guardian, and requires that the student and parent or legal guardian acknowledge that they have read and understand the terms of the policy, including the potential penalties for violations, and that it requires the school to report such violations to ASAA. The form will require that the student and parent or legal guardian agree to be bound by these terms. A copy of the signed form must be returned to the school before the student is permitted to participate. Member schools shall keep a copy of the signed forms on file.

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

**10. Definitions:** As used in this section, terms are amended as follows:

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

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

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

Report to ASAA – Violations must be reported to the ASAA office within three days via the School Activities Reporting System (SARS)

Suspension – As defined in Article 5, Section 1 A6 of ASAA bylaws.

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

An overview of each part follows:

Pre-Participation Orientation: The Orientation is required of each student participant and parent/guardian annually, at the beginning of the student’s first season of the school year, before the student is eligible to participate. This session is a short informative presentation designed to encourage students to maintain a chemical-free lifestyle, and to ensure that students and parents/guardians understand the policy and the consequences for violation. Upon completion of the Orientation, the student and parent/guardian must sign the Student/Parent/Legal Guardian TAD Acknowledgement Form as stated in number 8 for the student to gain eligibility. Schools will affirm that this has happened by marking the designated field on the School Activities Reporting System (SARS).

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

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

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

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

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

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

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

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

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

# ATHLETIC RELATED POLICIES

## TABLE OF CONTENTS

1 - Multi-Region Conferences .....	80
2 - Taunting Policy .....	80
3 - Out-of-Season Participation Policy .....	81
4 - Open Facility Policy .....	82
5 - Sportsmanship Creed .....	83
6 - Qualifying for State Tournaments .....	83
7 - Ejection/Suspension Policy .....	83
8 - Jamborees .....	84
9 - Takedown Tournament .....	84
10 - Mercy Rules Policy .....	84
11 - Endowment Game Policy .....	84
12 - Alumni / Staff Games .....	85
13 - Scrimmages .....	85
14 - Sports Medicine Advisory Committee .....	85
15 - Management of Concussions in Student Athletes .....	86
16 - Sudden Cardiac Arrest Information .....	87
17 - Emergency Action Plans (EAP) .....	87
18 - Coaches Code of Ethics .....	88

# ATHLETIC RELATED POLICIES

## 1. Multi-Region Conferences

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

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

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

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

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

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

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

## 2. Taunting Policy

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

- may only be performed as part of a pre-game or post-game activity,
- may only be performed on the sidelines facing its own fans,
- may not include taunting, disrobing or other inappropriate behaviors, and
- must conform to sportsmanship values established by school districts, ASAA and the NFHS.

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

### **3. Out-of-Season Participation Policy**

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

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

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

Policy Definitions:

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

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

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

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

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

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

“Conditioning” – Conditioning is defined as a session where students work on physical fitness and conditioning by use of weights, running, and /or exercise. Conditioning does not allow for the use of individualized and specialized sports equipment or apparatus, including but not limited to: balls, bats, protective equipment, blocking dummies, batting cages, charging sleds, and other implements related to

specific ASAA activities. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

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

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

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

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

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

“Non-School Teams or Leagues”

1. During the school year, a school coach may not coach his or her school team in any out-of-season games.
2. Players from school teams may play in out-of-season leagues or games outside the season, but may not be school sponsored in anyway. These non-school teams may not use school equipment or uniforms. School transportation and facilities may only be used in accordance with school board policies as they relate to any other non-school groups using facilities or transportation.
3. A school team is defined as a team composed solely of players from one member school.
4. The definition of a non-school team includes one or more of the following:
  - a. A team affiliated with and scheduled for participation in an organized league.
  - b. A team participating against a team that meets criterion (1.) above.
  - c. A team identified by a name or a uniform, and which participates in contests independent from league affiliation.

## **4. Open Facility Policy**

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



- A. The open facility is open to any student that is interested in attending.
- B. There shall be no organized competition such as established teams & round-robin competitions.
- C. Coaches and others may attend to supervise open facilities and may provide instruction as follows
  - 1. Individual Instruction (coaching) is acceptable on a three to one basis, i.e. three athletes per coach(es). This means that one or more coaches could instruct up to three athletes (in no cases can the instruction involve more than three athletes, i.e. two coaches working with six athletes) in the activities of:  
Basketball, Bowling, Cross Country, Gymnastics, Hockey, Nordic Ski, Rifle, Swim & Dive, Tennis, Track & Field, and Volleyball
  - 2. Individual Instruction (coaching) is acceptable on a four to one basis, i.e. four athletes per coach(es). This means that one or more coaches could instruct up to four athletes (in no cases can the instruction involve more than four athletes, i.e. two coaches working with eight athletes) in the activities of:  
Baseball, Cheer, Flag Football, Softball and Wrestling
  - 3. Individual Instruction (coaching) is acceptable on a seven to one basis, i.e. seven athletes per coach(es). This means that one or more coaches could instruct up to seven athletes (in no cases can the instruction involve more than seven athletes, i.e. two coaches working with fourteen athletes) in the activities of:  
Football and soccer
- D. The coach or other personnel representing the school is prohibited from requiring any athlete to participate as a condition of selection for the in-season team.

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

## 5. Sportsmanship Creed

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

## 6. Qualifying for State Tournaments

- A. Conferences / Regions are responsible for setting policies and guidelines to qualify for the state tournament, except in swim & dive, track & field and wrestling. Qualifying policies may include a season ending tournament, the regular season record or qualifying times.
- B. Qualifying for the state meet in Swim & Dive, Track & Field and Wrestling will be from the conference / regional qualifying events.

## 7. Ejection/Suspension Policy for Individual Sports.

This policy specifies the length of suspension subsequent to a contest ejection in individual sports (Cross Country Running, Nordic Ski, Swim & Dive, Track & Field, Wrestling). For the first offense:

Student - when ejected sits out for the rest of that day of competition and is suspended for the next day of competition.

Coach - when ejected must leave the vicinity and may not have any further contact with their athletes for the remainder of competition that day and is suspended for the next full day of competition.

(See Bylaw Article 6, Section 6, for suspension penalties for Team Sports)

## **8. Jamborees**

A. All players must have five (5) separate days of practice prior to the first day of the Jamboree. See Activity Specific pages within this handbook for more information.

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

C. Basketball - 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.

D. Football - 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.

E. Flag Football - 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.

F. Hockey - 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.

G. Volleyball - 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.

## **9. Takedown Tournament**

Wrestling - 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.

## **10. Mercy Rules Policy**

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

## **11. Endowment Game Policy**

ASAA encourages each school's team sports to play Endowment Games during the season above and beyond the 22 game/match limit. Additional Endowment Games may be played each season. (Bylaw,

Article 7, Section 9) 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.

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

## **12. Alumni / Staff Games**

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

## **13. Scrimmages**

A scrimmage is a practice and should be treated as such. Scrimmages with other teams or schools do not count as games. Coaches should stop the play at will to give instructions. Scrimmages may not involve:

- A. official game clock or score book
- B. admission charge
- C. advertisements or announcements about the event.

## **14. Sports Medicine Advisory Committee**

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

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

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

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

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

Composition - The committee is composed of medical professionals, a coach, an official, a ASAA board member and a school administrator. A staff member serves as liaison to the committee. The committee through the chair has the authority to contact other qualified medical providers throughout the state as consultants from time-to-time as appropriate. The chairman of the committee will be the ASAA board member.

#### Members

1. Administrator
2. ASAA Board Member (Chairman)
3. Certified Athletic Trainer
4. Coach
5. Medical Professional representing Interior
6. Medical Professional representing Southcentral
7. Medical Professional representing Southeast
8. Medical Professional representing Western
9. Official

#### Terms – 6 years

1. Terms end following January meeting of given year
2. If a member is on the national SMAC they will remain on the committee until they have ended their term on the national committee.
3. ASAA board may extend a term

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

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

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

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

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

## **15. Management of Concussions in Student Athletes**

All coaches must complete Concussion training in accordance with the Alaska Coaches Education Program (Bylaw, Article 10)

Schools shall annually provide to a student/parent/guardian written information on the nature and risks of concussions. A form verifying receipt of information must be signed by the student and parent/guardian.

The signed form must be returned to the school before the student is permitted to participate in an athletic activity. Schools shall keep a copy of the signed form on file.

## **16. Sudden Cardiac Arrest Information**

All coaches must complete Sudden Cardiac Arrest training in accordance with the Alaska Coaches Education Program (Bylaw, Article 10)

It is well documented that SCA is the leading cause of death of adults in the United States. It is also, the #1 killer of student athletes. A study showed that seventy-two percent of students who died from SCA did have a warning sign. However, the warning sign can be confused with other conditions, or just disregarded as insignificant. To ensure students and parents have been given information regarding the signs of Sudden Cardiac Arrest, schools shall annually provide to a student/parent/guardian written information on the nature and risks of SCA. A form verifying receipt of information must be signed by the student and parent/guardian. The signed form must be returned to the school before the student is permitted to participate in an athletic activity. Schools shall keep a copy of the signed form on file.

## **17. Emergency Action Plans (EAP)**

Schools should have an Emergency Action Plan in place for all venues where practices or games occur. It should be practiced and reviewed annually. It should also be posted or shared with all personnel.

# COACHES CODE OF ETHICS

The function of a coach is to educate students through participation in interscholastic competition. Educational Based Activity Programs should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered at all times.

In Educational Based Activities the coach shall;

- be aware that he/she has a tremendous influence, on the education of the student and, shall never place the value of winning above the value of instilling the highest ideals of character.
- uphold the honor and dignity of the profession. In all personal contact with students, officials, administrators, ASAA, the media and the public the coach shall strive to set an example of the highest ethical and moral conduct.
- promote the entire interscholastic program of the school and direct his or her program in harmony with the total school program.

When considering the welfare of their students the coach shall;

- take an active role in the prevention of drug, alcohol and tobacco abuse.
- avoid the use of alcohol and tobacco products when in contact with players.
- be aware of concussion management and return to play protocol.
- develop and practice an Emergency Action Plan with their team.
- work to keep programs free of hazing.

In Promoting Sportsmanship the coach shall;

- master the contest rules and shall teach them to his/her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- exert his/her influence to enhance sportsmanship by spectators, both directly and by working closely with cheerleaders, sponsors, booster clubs, and administrators.
- respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against officials. Public criticism of officials or players is unethical.
- meet with opponents, shake hands, and exchange cordial greetings to set the proper tone for an event.

# STATE CHAMPIONSHIP POLICIES

## TABLE OF CONTENTS

1 - Championship Site/Date .....	90
2 - Soliciting Bids .....	90
3 - State Championship Berths .....	91
4 - State Championship Code Of Conduct .....	91
5 - Championship Policies & Procedures .....	92
6 - State Championship Participation Fees .....	92
7 - State Championship Scheduling .....	93
8 - Late Arrivals To State Championships .....	93
9 - State Championship Officials .....	93
10 - Pre-Championships Practices .....	95
11 - State Championship Rosters .....	95
12 - State Championship Passes .....	95
13 - Tickets .....	96
14 - Souvenir Programs .....	96
15 - State Merchandise Sales .....	96
16 - All-Tournament Team Selection Process .....	96
17 - Official Championship Balls .....	97
18 - Performance Of Bands .....	97
19 - Halftime Entertainment .....	97
20 - Medical Policy .....	98
21 - Spectator Support Items/Artificial Noise Makers .....	99
22 - Event Supervision .....	99
23 - ASAA Media Credential Policy .....	99
24 - Photography/Videography/Web Streaming Policy .....	100
25 - Unmanned Aerial Systems .....	100
26 - Vendors .....	100
27 - Drawings / Fundraising .....	100
28 - Corporate Sponsors & Partners .....	100

# STATE CHAMPIONSHIP POLICIES

## 1. Championship Site/Date

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

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

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

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

## 2. Soliciting Bids

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

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



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

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

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

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

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

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

C. Open Individual Berths: The Regional/Conference shall submit to the ASAA office by the published deadline the meet results so ASAA can determine state qualifiers. Once the list of qualifiers is posted, the only changes will be scratches which must be submitted by the posted deadline. Deadlines for scratches can be found in the individual sports Policies and Procedures. ASAA will invite alternates to replace scratches from the list of qualifiers as authorized by the ASAA Board of Directors.

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

ASAA believes that co-curricular activities are an integral part of the educational program of a school. Each student enrolled in a member school should have an equal opportunity to participate in a broad number of activities based on his/her own talents and interests. It is the intent of ASAA to encourage participation in co-curricular activities.

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

Violation: Violation of the Code of Conduct will result in the removal of the student's right to participate in the event, as well as to attend the event. Any awards or team points received by that individual during the event shall be forfeited. Schools shall report all violations of the Code of Conduct to the Association in a

timely manner. Schools which report violations which were discovered “after the fact” will be shown leniency, including forgiveness of the Forfeiture Rule. Schools should hold their students to the same behavior standards during the state tournament series as they do at school.

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

Football - Because football playoffs extend over multiple weeks students participating in the state football playoffs are subject to the “Code of Conduct”

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

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

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

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

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

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

## **6. State Championship Participation Fees**

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

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

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

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

## **7. State Championship Scheduling**

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

## **8. Late Arrivals To State Championships**

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

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

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

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

**Wrestling:** In wrestling, a forfeit due to late arrival at the championship site because of weather or transportation problems shall not eliminate a contestant from further competition in the championship. The athlete will be placed in the consolation bracket. If a team is delayed due to weather or transportation problems and arrives after weigh-ins have occurred, these contestants shall be weighed by themselves upon arrival prior to their first match.

## **9. State Championship Officials**

A. It is imperative that ASAA State championship events are officiated by experienced certified and highly competent individuals. It is also imperative to avoid utilizing any official with an apparent conflict of interest. This could include but not be limited to: employee of school, parent of a competitor, relative of a coach, former player of coach, alumni of school. This could result in an official being re-assigned to a different game or being substituted with another official. It is also the intent of ASAA that each Region/Conference should have the opportunity for representation by an Official from their respective geographical region at state tournaments. However, when qualified and/or competent officials cannot be obtained from one region or conference, those positions will be filled from other regions of the state.

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

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

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

<b>2018-19 State Event</b>	<b>Nomination Deadline</b>	<b>Selection Deadline</b>
Football	September 8	September 14
Tennis	September 8	September 14
3A/4A Volleyball	October 11	October 18
2A & Mix Six Volleyball	November 1	November 8
1A/2A/3A/4A Wrestling	November 16	November 23
D II Hockey	January 3	January 10
D I Hockey	January 10	January 17
1A/2A Basketball	February 13	February 20
3A/4A Basketball	February 21	February 28
Soccer	April 25	May 2
Baseball	May 2	May 9
Softball	May 2	May 9

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

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

G. Allocation of Maximum Number of Officials:

- Baseball - 8 officials
- Basketball - 10 officials for 3 man crew per classification
- Football - 5 officials per game semis & finals
- Hockey Division I - 9 officials for 3 man crew / 12 officials for 4 man crew
- Hockey Division II - 9 officials for 3 man crew / 12 officials for 4 man crew
- Soccer - 10 officials for 1 field, 12 officials for 2 fields
- Softball - 10 officials
- Swim & Dive - 10 swimming officials plus 7 diving officials
- Tennis - 1 official or court monitor
- Volleyball - 6 officials for each weekend
- Wrestling - 12 officials for each division

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

1. FOOTBALL: The process and criteria for the selection of Officials for Semi (D II) and Final games at State

- Official per game: 5
- Positions: Referee, Umpire, Linesman, 2 Judges
- ASAA will allocate specific Officials crew positions

- Types of Crew: Mixed
- Certification required: National Federation

Association Allocation:

- DIVISION I (1 game):  
Anchorage (4), Southeast (1)
- DIVISION II (3 games):  
Anchorage (7), Northern Lights (4), Railbelt (4)
- DIVISION III (1 game):  
Anchorage (1), Barrow (1), Fairbanks (1), Kenai (1), Valdez (1)

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

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

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

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

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

## 10. Pre-Championships Practices

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

## 11. State Championship Rosters

A. ASAA has established maximum roster size limits for state tournament competition. See Article 7 Section 10 or the Activity Specific Policies & Procedures.

### B. Team Sports

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

## 12. State Championship Passes

Each participating school will be issued passes for state championships.

A. Coaches: To qualify for a Coach's pass. the coach must have successfully completed the Alaska Coaches Education Program (Article 10, Section 1), be listed in the School Activities Reporting System and been part of the program all season. The bench/sideline numbers will not increase regardless of the number of passes issued. Coaches must wear or have on their person, their pass while on the bench or sideline. If not, the school will be fined \$25.

B. Participant: Passes for state championships will be based on the submitted roster/state qualifiers for competition. Participant passes will not exceed the amount of the sport/activity state roster limit. Managers will be considered individual participants. All participants must wear or have on their person, their pass while on the bench or sideline unless in uniform. If not the school will be fined \$10.

C. Administration: One pass will be provided for each qualifying school's administrator. There is no charge for this pass. The supervising administrator should check in at the event entrance or with an ASAA staff member upon arrival to receive a pass.

D. Extra Passes: Schools may acquire extra passes for injured players, statisticians, videographers, or chaperones. Not all passes will allow bench access and the bench/sideline numbers will not increase regardless of extra passes issued. Review the sport specific policies and procedures for the bench size. When having to purchase extra passes, the teams can pay cash, or ASAA can bill the school ONLY with approval from the administration.

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

All passes are non-transferable and will be confiscated if used fraudulently. Coach and Administrative passes allow access to State Championship Hospitality Room when available.

### **13. Tickets**

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

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

### **14. Souvenir Programs**

State Championship souvenir programs are the responsibility of the ASAA office. ASAA State Championship Souvenir Programs will be available to view and download for free at <http://asaa.org> or <http://asaa365.com>. Souvenir Programs with the completed event results and awards will be available after the event to purchase online at <http://www.thebookpatch.com>.

### **15. State Merchandise Sales**

ASAA has contracted with Northwest Designs to be the ASAA Official Merchandise Vendor for all state championships events and online. They have exclusive authority to sell merchandise at championship events and online. No other merchandise sales are to be conducted at state events unless approved by ASAA.

### **16. All-Tournament Team Selection Process**

An anonymous selection committee will be appointed by ASAA staff and tournament/meet director. Committee members are expected to attend all games and may include members of the media, officials,

championship staff, and other knowledgeable attendees. Team selection will be based only on play during the state championship. It is NOT a requirement that every school in the championship have an athlete on the All-Tournament team. Some teams will have more members than others. The All-Tournament team will be announced during the awards ceremony.

## **17. Official Championship Balls**

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

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

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

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

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

## **18. Performance Of Bands**

School Pep Bands may attend state championship events when conditions allow. The following will be considered:

- Adequate space
- Only one game being played at a time
- Hinderance to the spectator experience

Bands must adhere to the following;

- Contact ASAA prior to the event for approval
- May play before the game begins.
- May play at halftime after any performances.
- May play between periods and during time-outs as long as it does not interfere with coaches ability to communicate with players.
- May play at the end of the contest.
- May not play during live action
- Musical instruments may not be used as noise makers during the contests.

For more information on specific events contact the ASAA staff.

## **19. Halftime Entertainment**

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

1. High School groups whose school is involved in the game being played or championship
2. High School groups

3. Jr. High and Elementary School groups
4. Student Groups not affiliated with a specific school
5. Outside groups that are not contrary to ASAA sanctioned activities or groups

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

## 20. Medical Policy

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

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

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

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

As interpreted by ASAA, “Qualified person” means either:

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

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

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

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

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



## 21. Spectator Support Items / Artificial Noise Makers

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

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

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

## 22. Event Supervision

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

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

## 23. ASAA Media Credential Policy

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

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

ASAA Media Credentials will not be granted to:

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

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

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

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

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

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

## **25. Unmanned Aerial Systems**

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

## **26. Vendors**

Vendors are not allowed at state championships without express written permission from the ASAA Associate Director in charge. Vendors must contact the ASAA Marketing Director to request space at any ASAA event. This must be completed at least four (4) weeks prior to the start of the state championship they want to attend.

## **27. Drawings / Fundraising**

No fundraising, drawings, split-the-pot, raffles, and other contests are to be conducted at the state championship event other than those conducted for the benefit of ASAA or approved by ASAA. ASAA reserves the exclusive authority to regulate split-the-pot and raffle activities. Schools and outside groups are not allowed to run split-the-pot or raffle activities without express written permission from an ASAA Associate Director.

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

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

# ACTIVITY SPECIFIC POLICIES & PROCEDURES

## TABLE OF CONTENTS

All-State Art ..... 102  
Baseball ..... 104  
Basketball ..... 108  
Bowling ..... 112  
Cheer ..... 113  
Cross Country Running ..... 116  
Drama, Debate & Forensics ..... 119  
Flag Football ..... 121  
Football ..... 123  
Gymnastics ..... 129  
Hockey ..... 130  
Music ..... 134  
Nordic Ski ..... 138  
Rifle ..... 141  
Soccer ..... 143  
Softball ..... 146  
Student Government ..... 150  
Swim & Dive ..... 152  
Tennis ..... 155  
Track & Field ..... 159  
Volleyball ..... 162  
World Language Declamation ..... 168  
Wrestling ..... 171  
Sport Specific Conferences ..... 177

# 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](http://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
---------------	----	-----------------



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](http://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](http://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](http://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](http://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](http://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](http://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

<b>Conference/District</b>	<b>Berths</b>
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](http://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](http://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](http://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](http://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 26, 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](http://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](http://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](http://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](http://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](mailto: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](http://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](http://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 <sup>1</sup>	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](http://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](http://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  
Kenai  
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  
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  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Region 4

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

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

### Region 5

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

Juneau-Douglas  
Ketchikan  
Thunder Mountain

### Region 6

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

Lathrop  
North Pole  
West Valley

## DIVISION II

### Region 1

<b>Conference/District</b>	<b>Berths</b>
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  
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  
Kenai  
Kodiak  
Palmer  
Soldotna  
Wasilla

### Region 4

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

### Region 5

Juneau-Douglas  
Ketchikan  
Thunder Mountain

### Region 6

Lathrop  
North Pole  
West Valley

## 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  
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  
Kenai  
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  
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

## 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  
Kenai  
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  
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

