

# FOOTBALL

## (11-PLAYER) ALL CLASSIFICATIONS

### A. SEASON

2023 SEASON

July 26, 2023 - First Practice

August 11, 2023 - First Contest

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

September 30, 2023 - Last Contest (Regular Season)

### 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.
3. By mutual consent, schools may play 9-player football. Without mutual consent the game shall be played as an 11-player game.

### E. CONFERENCES

All teams are assigned to conferences unless they wish not to be (See Football Conferences). Teams not assigned to a conference are not eligible for the DI, DII, or DIII playoffs. 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

A school may have its players participate in six (6) quarters of play per week, except that a kicking specialist may play in up to eight (8) quarters per week, providing that in four (4) quarters the player does no more than kick.

## I. FOOTBALL SCHEDULING PROCESS

Schools assigned to a conference must adhere to the following scheduling process. Schools will be considered to have broken a contract for each game not played. The following is the process:

1. The three schools “off the road system” must provide the following amount of round trip airline tickets from Anchorage to teams scheduled to play them:

Barrow	22 tickets
Juneau Co-op	36 tickets (JV and Varsity) or 22 tickets (Varsity only)
Kodiak	22 tickets

2. In order to not cause undue cost, the teams scheduled to play the “off the road system” schools, must:

- a. Agree to game date/times and general travel arrangements by May 5th, or agree to a set travel stipend. Travel stipend based on average round trip ticket price for Anchorage to game location.
- b. Provide traveler information, full legal name and date of birth, to the schools 10 business days prior to departure date.
- c. Only utilize the ticket for active players and up to three certified coaches.
- d. Be willing to travel as reasonably expected as determined by the host school. This could vary based on flight availability, numbers traveling and playing date.
- e. Cover any additional cost caused by failing to meet these obligations.

3. When hosting an “off the road system school,” the host agrees to provide ground transportation to and from the nearest airport (must be within an hour drive) to the school and field or to the hotel and field when housing is not provided. If the traveling school chooses to utilize an airport further than an hour away, the host school is not obligated to provide transportation.

4. Region 3, Region 4, Region 5 and Region 6 may select a commissioner with the authority to schedule games for the members their Region and a non-voting deputy commissioner. The commissioners will meet to complete the entire schedule for all classifications. This meeting will be held in early December at a site selected by ASAA. The purposes of this meeting will be to ensure all teams have completed schedules. The cost to attend the meeting will be the responsibility of the commissioner’s and deputy commissioner’s school district or Region.

5. Teams requesting byes or out of state travel must do so by November 30.

6. Once the schedule is completed, the commissioners will vote that it is finalized. In the event of a tie vote, the ASAA Executive Director will vote to break the tie.

## J. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative must create an account at the [MaxPreps.com](http://MaxPreps.com) website and submit their varsity level team schedules. This must be done by the first day of practice. This applies to all classifications.
2. All scores must be entered into the [MaxPreps.com](http://MaxPreps.com) website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

## K. FIRST NATIONAL BOWL / FOOTBALL STATE CHAMPIONSHIPS

### 1. DATES

- Division III - Semis (Oct 6/7), Final (Oct 14)
- Division I & Division II - Quarts (Oct 6/7), Semis (Oct 13/14), Finals (Oct 20/21)

### 2. SITE & HOST

ASD Location, Anchorage

Hosted by: ASAA and ASD

### 3. STATE CHAMPIONSHIP FORMAT

#### DIVISION I

Quarters and Semis hosted by higher seed

##### Quarter Finals

Game 1 Cook Inlet #1 v Cook Inlet #8  
Game 2 Cook Inlet #4 v Cook Inlet #5  
Game 3 Cook Inlet #3 v Cook Inlet #6  
Game 4 Cook Inlet #2 v Cook Inlet #7

##### 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 an Anchorage Location (TBD) W Game 5 v W Game 6

#### DIVISION II

Quarters and Semis hosted by higher seed

##### Quarter Finals

Game 1 Railbelt #1 v Railbelt #8  
Game 2 Railbelt #4 v Railbelt #5  
Game 3 Railbelt #3 v Railbelt #6  
Game 4 Railbelt #2 v Railbelt #7

##### 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 an Anchorage Location (TBD) W Game 5 v W Game 6

#### DIVISION III

##### Semi Finals

Game 1 Mid Alaska #1 v Mid Alaska #4  
Game 2 Mid Alaska #2 vs. Mid Alaska #3

##### Finals

Game 3 W Game 1 v W Game 2

#### 4. QUARTER & SEMI FINALS PROCEDURES

- a. Gate Prices & Event Passes: During all rounds of the playoffs, schools will utilize the ASAA gate prices. Passes issued by regions/conferences 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. Host schools choose whether the game will be held on Friday or Saturday and have the broadcast rights.
- f. Host schools are responsible for selecting and all expenses related to officials. ASAA official conflict of interest policy is in effect
- g. Assistance for travel is the same as the regular season.
- h. Revenue Split: Starting with the quarter finals, after all allowable expenses are subtracted from the gross ticket sales, the schools will equally split any net profit. Net losses are the responsibility of the host school. Allowable expenses include: officials pay and travel expenses, cost of ticket takers, security, custodians, and travel allowance given to visiting teams.
- i. The host school will determine if pep bands are allowed. In the event, pep bands are allowed, each school must be allowed to bring an equal number of students. The host school will determine an appropriate rotation for the bands to play.

#### 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.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- 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 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. Individual medallions for six outstanding performers, from teams in the finals.
- 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

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

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

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

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

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

Rationale: There is insufficient data to specify with certainty a research-validated “best practices” standard for contact limitations. Several states (Alabama, Arizona, Maryland, and Texas) adopted varying limitations on contact prior to the 2013 football season. Preliminary High School RIO injury surveillance data suggest these states have seen a statistically significant decrease in concussion rates during practices, with no increase in concussion or other injuries during games.

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

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

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

Rationale: Regular season practice limitations may need to be revised during the pre-season. This should be done in a specific and systematic manner to allow coaches to spend sufficient time teaching proper tackling and blocking techniques. Emphasis should be placed upon inexperienced

players, as they slowly work through tackling and blocking progressions with “Air,” “Bags,” and “Control” using the USA Football definitions of “Levels of Contact.”

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

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

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

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

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

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

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

The Football Camp Recommendations would be:

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

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

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

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

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

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

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

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

# FOOTBALL CONFERENCES

## DIVISION I

**Cook Inlet** (The results of the regular season will be used to seed a standard 8 team single elimination bracket)

Bartlett  
Bettye Davis East  
Colony  
Dimond  
Juneau  
Service  
South Anchorage  
West Anchorage

## DIVISION II

**Railbelt** (The results of the regular season will be used to seed a standard 8 team single elimination bracket)

Chugiak  
Eagle River  
Lathrop  
North Pole  
Palmer  
Soldotna  
Wasilla  
West Valley

**DIVISION III** (Berths to state are indicated in parenthesis)

### Mid Alaska (4)

Barrow  
Homer  
Houston  
Kenai Central  
Kodiak  
Redington