

ASAA Preseason Coaches Meeting



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

State Roster Policy for Team Sports

- All teams must submit their official state tournament roster through the School Activities Reporting System (SARS) no later than two weeks before the start of the tournament. This roster must include each athlete's uniform number. While player positions and heights are optional, any information provided will be published in the official tournament program.
- Teams are allowed to list up to three (3) additional athletes beyond the maximum roster size on the tournament roster as specified in Bylaw Article 7, Section 10.
- For each game, teams must also submit a game roster by the deadline outlined in the applicable game rules. The game roster must not exceed the maximum number of players allowed, as specified in Bylaw Article 7, Section 10. Only athletes listed on the official tournament roster are eligible to be included on a game roster, provided the maximum limit is not exceeded."

Rule Changes for 2025-2026

SPIRIT (Cheer)

NFHS Rulebook: The 2025-26 NFHS Spirit Rules Book has been redesigned to accommodate the unique nature of dance, separate from cheer, in the Spirit Rules. The new design includes:

Rule 1: General Risk Management

Rule 2: Cheer

Rule 3: Dance

BASKETBALL

- All games involving two 4A schools are required to utilize the 35-second shot clock. The complete shot clock policy can be found at
- <https://asaa.org/wp-content/uploads/board/Adopted-Shot-Clock-Rules-10-6-25.pdf>
- Schools classified below 4A may compete against another school using a 35-second clock if both schools mutually agree
- The agreement to use a shot clock must be made in writing at the time the game is scheduled.
- The written consent should be retained by schools and provided to the game officials prior to the contest.
- If written consent is provided, the game shall be administered under the same shot-clock rules as required for 4A contests.
- If no written consent exists, the game will be played under standard NFHS timing rules without the use of a shot clock, even if the equipment is available.”

QUALIFICATION OF COACHES

1. Fundamentals of Coaching: NFHS course.
2. Alaska State Component: (ASAA Policy and Procedures) Is included in the NFHS Fundamentals of Coaching Course or can be taken independently.
3. First Aid Requirement: Maintain a current certification in First Aid. The NFHSlearn First Aid Health & Safety course is valid for three years.
4. Concussion Awareness Training: The requirement to maintain current knowledge in concussion management is mandated by Alaska State Law. It is achieved only by successful completion of the current “NFHSlearn Concussion Course”. It is valid for three years.
5. Sudden Cardiac Arrest Training: It is achieved only by successful completion of the current “NFHSlearn Sudden Cardiac Arrest” course. It is valid for three years.
- 6. Protecting Students From Abuse: It is achieved by successful completion of the current “NFHSlearn Protecting Students from Abuse” course. It is valid for three years.**

Qualification of Advisors and Volunteers

A volunteer is an individual that works with a school's athletic team in the same manner as a coach but is never in direct supervision of students and is not compensated.

An Advisor is an individual that works in a school's activity program and has direct supervision of students.

Volunteers and Advisors must complete the following courses:

1. Concussion Awareness Training: It is achieved only by successful completion of the current NFHSLearn Concussion Course. It is valid for three years.
2. Sudden Cardiac Arrest Training: It is achieved only by successful completion of the current NFHSLearn Sudden Cardiac Arrest Course It is valid for three years.
- 3. Protecting Students From Abuse:** It is achieved by successful completion of the current "NFHSlearn Protecting Students from Abuse" course. It is valid for three years.
4. In addition to the above courses, coaches of Unified Sports programs must have successfully completed the NFHSLearn Unified Sports course.

Emergency Action Plan Worksheet—Student Response Team

Coach/Advisor Name: Adam Apple	Activity: Wrestling
---------------------------------------	----------------------------

1 911 TEAM			2 CPR/AED TEAM		3 AED TEAM		
Call 911			Start CPR		Get The AED		
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> Position person on back. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. Take turns with other responders as needed. 			Practice	Events
	Practice	Events					
Closest Phone	Coaches Office	cell at scorers table			Closest AED	Coaches Office	Outside main gym doors in commons
EMS Access Point	door off side parking lot	door off A street			Student 1	Kyle King	Kyle King
Street Intersection	A St and 1st	A St and 2nd			Student 2	Larry Lane	Larry Lane
Student 1	Bob Baker	Bob Baker			Get The AD		
Student 2	Chuck Carr	Chuck Carr					
MEET AMBULANCE at EMS Access Point. Take to victim.			Coach	Adam Apple			
	Practice	Events	Student 1	Fred Finger			
Entry Door/Gate	Side Door	Main Door	Student 2	George Gray			
Student 1	Bob Baker	Bob Baker	Student 3	Harry Hooper			
Student 2	Chuck Carr	Chuck Carr	When AED arrives, turn it on and follow voice prompts.				
CALL CONTACTS. Provide location and victim's name.			<ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 				
	Name	Cell					
Principal	Don Door	555-1111					
Athletic AD	Evan Emcee	222-3456					
Student 1							



COACH'S INFORMATION

- For information on your activity go to asaa.org
- Staff Coordinators

Brian	Kathleen	Sandi	Deanna	Rapi
Football	Baseball	Cheer	Art	Esport
Hockey	Basketball	Nordic Ski	DDF	
	Cross Country	Soccer	World language	
	Flag Football	Softball		
	Swim/Dive	Tennis		
	Track & Field	Volleyball 2A/M6		
	Wrestling	Volleyball 3A/4A		

- Rule Books – Recommend having a copy of your activities rule book
- EAP – Have an Emergency Action Plan in place and practice it
- Max Preps – Team Sports enter schedule and all scores into Max Prep

Bigteams

- Certification needs to be current and completed
- For students to practice all forms must be completed (Green Dot)
- 2 weeks into the season put participants on a roster
- Team sports – 2 weeks prior to state tournament complete varsity roster (uniform numbers, roster limit + 3)

Roster limits

Baseball	18
Basketball	12
Basketball Cheer	12
Cross-Country Running	7
Nordic Ski	6
Flag Football	30
Football - Division I	65
Football - Division II/III	48
Hockey	20
Hockey Cheer	12
Soccer	22
Softball	18
Volleyball - 3A	12
Volleyball - 4A	14
Volleyball - MixSix/2A	12

ASAA STAFF CONTACTS

Brian Hosken – brian@asaa.org



Deanna Montagna - deanna@asaa.org



Kathleen Navarre – kathleen@asaa.org



Sandi Wagner – sandi@asaa.org