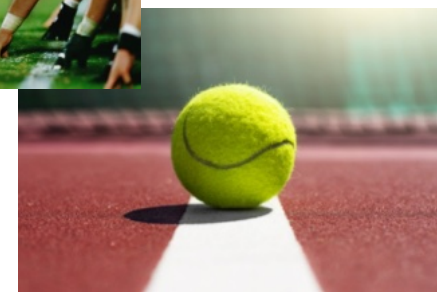
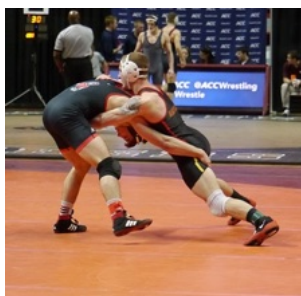
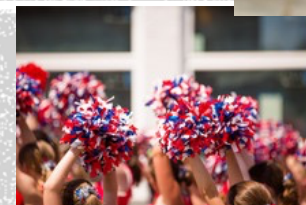


ASAA Preseason Coaches Meeting





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2026 ASAA/First National Bank Alaska Cross Country Running State Championships

October 3, 2026 at Bartlett High School Trails in Anchorage



Our Mission is to Provide and Promote Opportunities through Activities for all Alaska Students

Rule Changes for 2026-2027

WRESTLING

- **1-5-1, 2:** Modified a minimal body fat percentage for female wrestlers.
- **4-2-6:** Clarified a comprehensive description of an intraoral mouth and tooth protector.
- **4-5-1:** Modified the process of weighing-in contestants.
- **5-24-4b:** Clarified when a certain potential stalling situation hold is applied on the edge of the mat.
- **5-28-3, 8-2-7:** Modified the definition of recovery time.
- **7-6-3:** Clarified four additional elements of stalling.
- **1-4-3, 5-3-1-5, 10-3-1-5:** Modified how the use of byes affects bracketing in tournaments, round robin, pool play and scramble events.

Rule Changes for 2026-2027

SWIM & DIVE

- **3-3-4b(2):** Bonded or taped seams on suits are permitted by rule.
- **3-5-1, 3-5-2:** No competitor shall wear any audio (microphone) or video (camera) device during the race or dive.
- **8-2-3g, 8-2-4e:** During the finish of the butterfly and freestyle, once some part of the swimmer's head has passed the 5-yard/5-meter mark immediately prior to reaching for the finish, the swimmer may be completely submerged.

Rule Changes for 2026-2027 (continued)

VOLLEYBALL

- **4-2-1a, 4-2-1i(3) (NEW), 4-2-2:** Libero uniform bottoms may be any color and no longer must match the team uniform bottoms.
- **6-4-2, 10-4-3a, 10-4-3d:** A team may designate up to two liberos, but only one libero can be in the game at a time. When a team designates two liberos and one is injured/ill, a new libero may be re-designated. When a team designates two liberos and one is disqualified; the team must continue with one libero.
- **6-4 PENALTIES 1c (NEW), 12-2-8b NOTE (NEW):** If non-playing teammate(s) (bench players) enter the court during play it is illegal alignment. It remains a conduct violation if a coach or team attendant (anyone not in uniform) enters the court while the ball is in play.
- **6-5-1:** Players on the serving team are not permitted to raise their hands above their heads during service until the ball has passed beyond the net.
- **9-2-1 NOTE 1 (NEW):** Players shall not wear any audio or video devices during the match.
- **12-2-8m (NEW):** It is an unsporting conduct violation if coaches, non-playing teammates or team attendants use props on the bench during celebrations.

CROSS COUNTRY RUNNING

4-6-5: Permits an appropriate health care professional, designated by the games committee, to evaluate a downed competitor without resulting in disqualification.

4-6-6c (NEW): Clarifies athletes are not permitted to wear any type of audio or video recording devices during a race, trial, or while in restricted areas.

FOOTBALL

1-5-3c(9): The committee has approved the wearing of play cards on both the forearm/wrist and belt areas of the body.

9-4-7: The committee approved new rules language that no player may use the hand(s) to slap the opponent's head.

FLAG FOOTBALL

1-1-2, TABLE 1-7 (1), Field Diagrams #4 (NEW): Added a new fourth field option to be used for flag football. This option would be through state association adoption.

1-1-3: Standardized that all teams must start the game with 7 players.

2-18 (NEW): Added a new definition for hurdling as it was not previously defined but yet it was listed as an illegal personal contact foul in 2025-26.

2-35-10, 3-4-3I (NEW), 4-1-1, 8-3-9 EXCEPTION (NEW), 8-4-3 EXCEPTION (NEW): The committee approved a procedure to allow for the team trailing in score to attempt a high risk play in order to maintain possession following a score.

3-5-1: Increased the total number of charged time-outs per half from two to three so as to give each team an extra opportunity to stop play each half with an additional time-out.

4-1-1, 8-5-5: Following a safety, the team whose goal line was involved shall put the ball in play by a scrimmage kick from it's own 20-yard line.

9-7-4: Further clarified what cannot be done to the ball that is in player possession.

2026-2027 Points of Emphasis

Football

Sideline Management

Coaches and teams need to do the following during a game;

- Remain inside the team area
- Only move toward the sideline after play is dead and for signal/play calling
- Keep non-essential personnel and spectators off the field level
- Avoid approaching game officials during play or with electronic devices

Flag Football

Flags must be one solid color and the short/pant color must clearly contrast. Belts must contain 3 flags that are at least 1.5 inches wide and 14 inches long. It is important that one flag is located on each hip and one flag is located on the tailbone. No article of clothing or hair may cover the flag or belt

MAX PREP

A member school must create an account at the 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.



All scores must be entered into the MaxPreps.com website from the previous week by the following Tuesday 7:00 PM during the regular season.



All scores from the conference tournament must be entered into the MaxPreps.com website by Sunday, 8:00 AM.



Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

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.			1. Position person on back. 2. 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. 3. Take turns with other responders as needed.		
	Practice	Events			
Closest Phone	Coaches Office	cell at scorers table			Closest AED
EMS Access Point	door off side parking lot	door off A street			
Street Intersection	A St and 1st	A St and 2nd		Student 1	Kyle King
Student 1	Bob Baker	Bob Baker	Coach	Adam Apple	
Student 2	Chuck Carr	Chuck Carr	Student 1	Fred Finger	Student 2
MEET AMBULANCE at EMS Access Point. Take to victim.			Student 2	George Gray	
	Practice	Events	Student 3	Harry Hooper	
Entry Door/Gate	Side Door	Main Door	When AED arrives, turn it on and follow voice prompts.		
Student 1	Bob Baker	Bob Baker	1. Remove clothing from chest. 2. Attach electrode pads as directed by voice prompts. 3. Stand clear while AED analyzes heart rhythm. 4. Keep area clear if AED advises a shock. 5. Follow device prompts for further action. 6. After EMS takes over, give AED to Athletic Administrator for data download.		Typical location
Student 2	Chuck Carr	Chuck Carr			
CALL CONTACTS. Provide location and victim's name.					
	Name	Cell			Student 1
Principal	Don Door	555-1111		Student 2	
Athletic AD	Evan Emcee	222-3456			
Student 1					

QUALIFICATION OF COACHES

- 1. Fundamentals of Coaching: NFHS course. (does not expire)
- 2. Alaska State Component: Covers ASAA Bylaws and Policies. Included in the NFHS Fundamentals of Coaching AK Course or can be taken independently. (does not expire)
- 3. First Aid Requirement: Maintain a current certification in First Aid. It is achieved by completing the NFHSLearn First Aid, Health and Safety course which is valid for three years or by completing one of the pre-approved courses.
- 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 “NFHS Sudden Cardiac Arrest” course. It is valid for three years.
- 6. Protecting Students from Abuse: It is achieved by successful completion of the current “Protecting Students from Abuse” course which is valid for three years or by completing one of the pre-approved courses.

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.

ASAA POLICIES

State Tournament Award Ceremony Policy

Athletes shall conduct themselves with decorum, sportsmanship and respect. Attire must present a professional and unified appearance consistent with team Identity. Athletes should demonstrate positive sportsmanship and respect during the entire ceremony and photo session (page 93 in the ASAA handbook)

Master Eligibility List

A master eligibility list that includes all students participating in the activity must be submitted in Arbiter two weeks following the start of the season. This requirement is fulfilled by creating a roster in Arbiter Sports

Arbiter Management (Arbiter.io)

Student Registration

Student Eligibility

Coach Certification



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Book a Demo

For Schools, Assigners, and Association

For Officials and Event Workers

For Registration Admins

For Families/Students

The Connected Platform For K-12 Sports And Activities

More time makes a difference. Manage registrations, schedules, payments, facilities, and eligibility in one connected system. Reduce duplicate work and give staff, families, and administrators a single place to manage activities.

Book a Demo



Arbiter Management Software

Click on For Registration Admins

Student Registration

- Admin will create a report and send you an invitation
- List of students that are interested in your activity
- Must show Approved (approval status) to practice

Table ViewPage View

Cross Country Team

Last updated 07/28/2026 ViewPrograms 1

Results: 4 | Selected: 0

Edit SelectedEmail/Text SelectedLinksColumnsDownload

☐	Approval Status ▾	Participant Name 🔍	Participant Gender	Participant E-Mail	Parent First Name	Parent Last Name	Parent Mobile Phone	Emer. First Name	Emer. Last Name	Emer. Mobile Phone
☐	Not Approved ▾	Marquez, Diego	male	diego_marquez11@icloud.com	Shaneil	Marquez	(907) 491-0880	Christopher	Marquez	(907) 491-0880
☐	Approved ▾	Noon, Alex	male	test@gmail.com	Noon	Parent	(843) 939-9993	Test	Test	(888) 939-9993
☐	Approved ▾	Student_Test	female	asaastudent@bigteams.com	Test	Parent	(907) 321-2000	Test	Contact	(907) 321-2000
☐	Approved ▾	Student A_Test	female	sandiwanerak@gmail.com	Test	PArent	(907) 563-9999	Test	Contact	(907) 563-9999

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Arbiter Management Software

Click on For Schools, Assigners and Association

Roster

- Resources, click on the whistle across from your sport and level you want
- Click the blue + on the right hand side, then add those that are attending practice

TO ADD TEAMS

Sport/Activity	Gender	Level	Team Status	
All Sports/Activities	All Genders	All Levels	Active	... +
Sport/Activity	Gender	Level	Team/Squad Name	Details
Baseball	Boys	Junior Varsity		  
Baseball	Boys	Varsity		  
Baseball	Coed	Varsity		  
Basketball	Boys	Junior Varsity		  
Basketball	Boys	Varsity		  
Basketball	Girls	7/8th		  
Basketball	Girls	Freshman		  
Basketball	Girls	Junior Varsity		  
Basketball	Girls	Varsity		  
Basketball	Coed	Varsity		  

State Tournament Roster

State Tournament Roster Policy

All team sports must submit their official state tournament roster through Arbiter 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.





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

Arbiter

- Certification needs to be current and completed
- For students to practice all forms must be completed (Approved)
- 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 + 2)

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

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Sandi Wagner – sandi@asaa.org