SCHOOL
INFORMATION

School Phone
School Fax
Principal Name, Email, Cell
Activities Principal Name, Email, Cell
Activities Director Name, Email, Cell
Activities Clerk Name, Email
Until further notice, ASAA will use the following modifications to our practice rules.

Section 7 - Practice
A. All players must have ten (10) physical practices in the same sport activity prior to the 1st day of competition. For the purpose of this bylaw, a “practice” is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the sports season and conducted under the supervision of a certified school coach during the season established by the Board of Directors. In order to qualify as practice the student must participate in at least an hour of physical activity. A maximum of two (2) practices may occur on the same day, and the student may also count one (1) practice the same day as the first competition.
OUT OF SEASON POLICY

Out-of-Season is any time other than during the established high school season in a particular sport. During this time coaches may practice up to six hours a week, with out-of-season games or scrimmages counting as one hour.

OPEN FACILITY POLICY

Schools may conduct “open facility” in any athletic activity. Open Facility activities may be run outside the regular season. The philosophy of the open facility is that students may voluntarily attend for wholesome recreation or for purposes of improving their skills. (See page 84 ASAA Handbook)
ASAA will not consider the inability to fulfill a contract due to concerns with COVID-19 a contract violation. ASAA hopes all schools will operate in “good faith” and let other schools know their intent as soon as possible.
CLASSIFIEDS

SAMPLE

WASILLA HIGH SCHOOL
VOLLEYBALL
Varsity volleyball games between October 1-3 and October 8-10. Home games or willing to travel.

FOOTBALL
Varsity and JV football games for an open weekend September 25-26. Home games or willing to travel.
Contact AD Stacia Rustad – stacia.rustad@matsuk12.us
<table>
<thead>
<tr>
<th>FORMS</th>
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| ASAA Online Forms | Sports Official Selection Ballot  
Ejection Forms  
State Tournament Forms  
Sunday Contest |
| Planeths Online Forms | Participation Forms  
Transfers  
Student Eligibility  
Alaska Student Foreign Exchange  
TAD Violations (coming soon) |
| Scan/Email Paper Form | Pass Order  
Cooperative School Application  
Eighth Grade Eligibility  
Foreign Exchange J1 visa  
International Student Registration  
Book Orders  
Endowment Games |
ADVISORS/COACHES

All advisors, coaches and volunteers must have a planeths account Certification (https://asaa.org/coaches/coaches-education/)

- Coaches - 5 courses
- Volunteers - 2 courses
- Advisors - 2 courses

New NFHSlearn Course

- COVID-19 For Coaches and Administrators

Pre Approved Courses
PRE-APPROVED COURSES

Approved Courses for Fundamentals of Coaching

Coaching Principles – American Sport Education Program (ASEP)

Approved Courses for First Aid
American Health Care Academy – CPR + First Aid
American Health Care Academy – First Aid
American Heart Association – Heartsaver First Aid
American Heart Association – Heartsaver First Aid CPR AED
American Red Cross – First Aid/CPR/AED
American Red Cross - Lifeguarding First Aid/CPR/AED
American Safety & Health Institute – Advanced First Aid
American Safety & Health Institute – CPR, AED, and First Aid American Sport Education Program (ASEP)
– Sports First Aid
Medic First Aid – BasicPlus CPR, AED, and First Aid for Adults
Medic First Aid – PediatricPlus CPR, AED and First Aid for Children, Adults
Pro Trainings – ProFirstAid
Pro Trainings – ProFirstAid Advanced
Certified Emergency Trauma Technician
Certified Emergency Medical Technician

ASAA Website https://asaa.org/wp-content/uploads/Pre-Approved-Courses.pdf
Planeths Trainings

PLANETHS TRAINING

https://asaa.org/eligibility/planeths-training/
COVID-19
Waiver and Release Form

The Alaska School Activities Association ("ASAA") is an IRS 501(c)(3) non-profit corporation that sanctions Alaska high school activities in the State including sports, music, art, drama, debate, esports, language, and student government. In this role, ASAA is working with member school districts to provide activities to the extent possible during the current COVID-19 pandemic. Providing activities during this time cannot be done without inherent risk to all participants. ASAA and member school districts are planning and may plan to allow activities (referred to in this document as an “EVENT”) to take place. This effort to provide student activities comes with inherent risks. In consideration of being permitted to practice, compete, officiate, observe, work, or participate in an EVENT, I, for myself and my children, agree to the following:

Student Waivers
Submit On Planeths Transfers
Student Eligibility
Alaska Student Foreign Exchange

Other
Cooperative Programs - send names to Sandi
Parent start Process

Attention!
Check Your Home School!

Make sure the **Home School** listed in the **Student Account** is set to the **New School** that the **Student** will be **attending PRIOR** to **completing the form**.

If you need to **update** this go to **Settings** in the **Student Account**. Access this by clicking on the name in the top right corner of the screen and selecting settings from the dropdown.
TRANSFER WAIVERS

WAIVER FORMS

Transfer Rule Waiver - To be started by students/parents

Is this a bona fide move of parents

YES

NO

Definition of bona fide change in residence

Previous Address
New Address
2 uploaded documents
List activities want to participate in
List activities already participated in
Certification Signature

To principal of receiving school
Complete Section A only

To ASAA

If you meet all other eligibility rules you will be immediately eligible for sub-varsity. Are you seeking full eligibility?

NO

YES

Is the school you are transferring from/to a boarding school

Article 12 Section 9 C 16

Article 12 Section 9 C 3

Eligible

YES

NO

Is it during the summer

List activities want to participate in
List activities already participated in
Reason for transfer
List of written documents
uploaded supporting documents
Confidentiality Requested
Certification Signature

To principal of receiving school
Certification of Principal of the Receiving School section

To ASAA
For ASAA use only section

To Principal of sending school
All of Section B

To ASAA
Executive Director decision
MASTER ELIGIBILITY

Section 10 - Eligibility Lists for Interscholastic Participation
A. A Master Eligibility List (currently referred to within Planet HS as the “roster”.) including all participants involved in interscholastic participation shall be submitted through the School Activities Reporting System (SARS). This information needs to be updated each time there is an addition to an activity.

ASAA Bylaws Article 12 Section 10

TEAM & ACTIVITY ROSTERS

All students that attend any practice need to be on the Preliminary Roster
Assign students to competition level - creates Not Applicable Roster
State Participants - Check the state column in the Not Applicable Roster
Team Rosters

View your rosters below. To view students interested in a Sport, and to add them to a specific Team for that Sport, select Preliminary Roster & Team Assignments.

2019-2020

**Baseball**
- Preliminary Roster & Team Assignments

**Cross Country (team)**
- Preliminary Roster & Team Assignments
- Not Applicable

**Basketball**
- Preliminary Roster & Team Assignments

**Dance**
- Preliminary Roster & Team Assignments

**Football**
- Preliminary Roster & Team Assignments

**Not Applicable**
Registration/Certification

https://app.arbitersports.com/registration/official?org=9890&role=3

Alaska High School Activities Association

2020-2021 School Year (AUXILIARY OFFICIAL)
Sun Jun 07 2020 - Fri May 28 2021

- Basketball
  Auxiliary Basketball (OFF COURT ONLY), Auxiliary Basketball - Registered

- Football
  Auxiliary (Clock and Chains ONLY), Auxiliary - Registered

- Volleyball
  STUDENT OFFICIAL - Volleyball

Register

2020-2021 School Year (CERTIFIED OFFICIAL)
Sun Jun 07 2020 - Fri May 28 2021

- Baseball
  Baseball - Registered, Baseball - Certified

- Basketball
  Basketball - Certified, Basketball - Registered, Basketball - Registered, Basketball - Certified

- Competitive Cheerleading
  Cheer - Registered, Cheer - Certified

- Diving
  Diving (ONLY) - Certified, Diving (ONLY) - Registered

Update
NFHS Rules For COVID-19

The ASAA Board has adopted the NFHS rule modifications for

- Cross Country Run
- Football/Flag Football
- Gymnastics
- Soccer
- Swim/Dive
- Volleyball

These rules can be found at the ASAA website on the officials page, COVID -19 page and the sport specific pages.
Due to the rapidly changing responses to COVID-19, ASAA will be updating our website as information become available. More information can be found on our COVID-19 Resources page. It is the intent of ASAA to host championship events in all activities. However, dates, locations and formats may change due to the impact of COVID-19.
## ASAA Protocols - Recommendations

<table>
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<th>Practice</th>
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<td>Swim/Dive</td>
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<tr>
<td>Cross Country Run</td>
<td>Tennis</td>
</tr>
<tr>
<td>Football/Flag Football</td>
<td>Volleyball</td>
</tr>
</tbody>
</table>

## Other

- ASAA COVID-19 Waiver
- Monitoring form
- Study - COVID-19 & Health of Adolescent Athletes
- School District resources
- Alaska State resources
- CDC resources
Questions

Billy Strickland - Executive Director  
billy@asaa.org

Brian Hosken - Coaching Boys Into Men  
brian@asaa.org

Deanna Montagna - Student Waivers, TAD violations  
deanna@asaa.org

Rus Schreckenghost - Officials, Coaches  
schreck@asaa.org

Isaiah Vreeman - ASAA365, NFHS Network  
isiaiah@asaa.org

Sandi Wagner - Planeths, COVID-19  
sandi@asaa.org

Website  
asaa.org

General Email  
contactus@asaa.org