



2024-2025 HANDBOOK

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GENERAL INFORMATION

ABOUT ASAA

Contact Information

Alaska School Activities Association
4048 Laurel Street, Suite 203
Phone: (907) 563-3723
Fax: (907) 561-0720 or (907) 563-3739
Email: contactus@asaa.org
Website: <http://www.asaa.org>

Member of the National Federation of State High School Associations since 1956

Mission

(Revised October 2022)

Provide and promote opportunities through activities for all Alaska Students.

Vision

(Revised October 2022)

Alaska students become lifelong learners who are engaged in their communities and active contributors to society. #winforlife

Values

Integrity, respect, perseverance, leadership, teamwork, inclusivity

Services

ASAA is responsible for sanctioning 36 activities ranging from fall, winter and spring sports, to music, art, drama, debate, language and student government. ASAA sets competitive seasons, sponsors state competitions, regulates sports officials and provides eligibility criteria for students. Specifically, ASAA does the following:

- Provides awards, in each state competition, and an academic champion.
- Sponsors the Alaska Association of Student Governments (AASG).
- Tests and certifies officials in various sports.
- Trains and certifies coaches in various sports and trains music adjudicators.
- Enforces standard rules and regulations associated with each competition.
- Supplies rule books and audio-visual training materials.
- Sanctions out-of-state travel for interscholastic competition.
- Promotes sportsmanship and a cooperative spirit among member schools, coaches, student athletes and communities.
- Works to prevent exploitation of student athletes by special interest groups.
- Manages a current website (<http://asaa.org>) which provides information and services to all its member schools and administrators as well as coaches and officials associations.

History of ASAA

(Condensed Version • Revised June 2014)

ASAA's roots predate statehood. In the early 1950s, school leaders in the Territory of Alaska recognized the need to separate the high school basketball program from the local town business leagues. William Zahradnicek of Palmer, and W.W. Lahnum and Gordon Guffey of Anchorage, joined forces to organize the Western Alaska High School Activities Association with a mandate to ensure the necessary educational leadership. Sterling Sears of Juneau and Les Wingard and J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association.

In 1956, the Territorial Department of Education Superintendents Advisory Commission determined the need for an organization that could establish common rules and regulations to guide the activities of the two associations. In the Fall of 1957, the commission approved the Constitution and Bylaws of the Alaska High School Activities Association (ASAA). Officers representing the two divisions were elected. The first Board of Control consisted of William Zahradnicek, Palmer, as Chairman, J.E. Danielson, Ketchikan, Secretary-Treasurer; and members George McMillan, Juneau, Joe Montgomery, Anchorage, and Sterling Sears, Juneau.

This informal arrangement worked very well until the early 1970s, when the State Legislature added a section to the Educational Statutes placing the Association under the Department of Education. School populations and the number of participating schools were increasing. After many meetings, the two original associations became five distinct Regions based on school size and geographic location. One year later, in 1976, Regions increased to six. The new Board of Control consisted of one member from each Region, a representative of the Association of Alaska School Boards, and a representative of the Superintendents Association. In 1978, the board added a representative of the Alaska Association of Student Governments.

Due to the increasing number of schools participating in boys and girls basketball, the need for additional statewide culminating events became evident. This required the formation of a classification system that spanned all of the Regions. This task fell to a committee composed of representatives from all six Regions. It was known as the "Black and Blue" Ribbon Study Commission because of the difficulties faced in satisfying the needs of each Region. In June 1981, the Board of Control adopted the Commission's recommendation to establish four classifications based on school enrollment with some overlap in the two smallest classes due to geographic location. The first statewide event for the smaller classes was an invitational basketball tournament held in Anchorage in 1983-84.

In 1986, the Department of Education eliminated funding for ASAA. The Board of Control voted to incorporate as a 501(c)(3) non-profit corporation, beginning July 1, 1987. Because of ongoing jurisdictional issues between the Association and the State of Alaska, both entities sought a legal resolution. This resulted in the 1995 repeal of the Legislative Statute that had placed ASAA under the Department of Education.

In 2007, in order to ensure consistent tobacco, alcohol and controlled substances policies by member schools and districts, the Board of Directors adopted the "Play for Keeps-Win for Life" program for all student participants.

In 2011, the Alaska Legislature passed House Bill 15, (amended in 2012 under Senate Bill 119), that sets standards for concussion awareness, education, treatment and return to participation protocols. ASAA developed recommended policies and procedures to assist in the implementation of the law.

In 2013, the Alaska Legislature passed Senate Bill 41 that addressed interscholastic participation by "alternative education program students." ASAA developed bylaws and policies to assist schools, students and families in the implementation of the statute.

Executive Directors

1957-1960	J.E. Danielson, Ketchikan
1960-1965	Joe Montgomery, Anchorage
1965-1971	Les Wells, Anchorage
1971-1975	Rick Arndt, Anchorage
1976-1976	Ed Frandsen, Wasilla
1977-1981	Les Wells, Anchorage
1981-1993	Ed Nash, Anchorage
1993-2014	Gary Matthews, Anchorage
2014-present	Billy Strickland, Anchorage

Staff

Billy Strickland – Executive Director

Email: billy@asaa.org

Billy is responsible for all ASAA operations, staff, finances, eligibility, waivers, and ASAA board relations. As ASAA's liaison for the National Federation of State High School Associations (NFHS), Billy serves on the National Federation Council. Billy currently serves as the Chair on the NFHS Basketball Rules Committee and on the NFHS Board of Directors. Additionally, Billy serves on the ASAA Sports Medicine Advisory Committee.

Brian Hosken – Associate Director

Email: brian@asaa.org Brian is responsible for officials and coaches certification, state championship officials selection and ejections. Brian is also responsible for grant writing and administrating. He assists with ASAA coaches and activities director trainings. Brian also represents ASAA on the NFHS Football Rules Committee. Brian coordinates Bowling, Esports, Gymnastics and Rifle.

Isaiah Vreeman – Associate Director

Email: isaiah@asaa.org

Isaiah develops all championship budgets, coordinates media relations, and manages ASAA365.com. He monitors and solicits championship bids and produces all state champion programs. Isaiah also coordinates Baseball, Basketball, Football, and Hockey.

Kathleen Navarre – Associate Director

Email: kathleen@asaa.org

Kathleen coordinates student government assists in other ASAA programs. Kathleen consults with Special Olympics Alaska on the development and promotion of Unified Sports. She also coordinates Cross Country, Flag Football, Nordic Ski, Swim & Dive, Track & Field and Wrestling

Sandi Wagner – Associate Director

Email: sandi@asaa.org

Sandi is responsible for historical data, Alaska High School Hall of Fame, awards and serves on the Sports Medicine Advisory Committee. She provides support and trainings for the School Activities Reporting System (SARS). She is the NIAAA Liaison and provides training for both coaches and activities directors. Currently Sandi represents NFHS Section 8 on the NFHS Coach's Advisory, Spirit of Sport, Spirit Rules and Volleyball Rules Committees. Sandi also coordinates Cheer, Soccer, Softball, Tennis, and Volleyball.

Deanna Montagna – Director of Office Operations

Email: deanna@asaa.org

Deanna manages office operations, assists Associate Directors and works with the Executive Director in communication to schools. Deanna provides support for the School Activities Reporting System (SARS) and is also responsible for All State Art Competition, DDF and World Language Declamation Competition. She is the secretary for the ASAA Board of Directors meetings and is charged with maintaining the minutes.

Brad Potter – Director of Technology

Email: brad@asaa.org

Brad is responsible for the design, development and content management of all ASAA websites, social media accounts, photography, digital media assets and related technology. He is also responsible for the IT management of computer systems, mobile communications, network infrastructure and provides technical assistance and training for the staff.

Colin McDonald – Director of Marketing

Email: colin@asaa.org

Colin leads the corporate sponsorship sales and fulfillment efforts by creating and maintaining relationships with both the ASAA staff and their corporate sponsors.

Kari McFeron – Administrative Assistant

Email: kari@asaa.org

Kari is part-time receptionist and helps with front office duties.

Barb Carroll – Music Coordinator

Email: barb@asaa.org

Barb organizes and administers the All-State Music Festival held in November and the State Solo and Ensemble Music Festival held in May. Her responsibilities involve overseeing the adjudication process, the student selection procedure, the daily festival activities, the culminating performances and any appeal actions for each of the two state music festivals with the high school music directors, adjudicators, conductors, accompanists, students and parents.

Jeanie Farley - Chief Financial Officer

Email: jeanie@asaa.org

Jeanie is responsible for all accounting-related activities including processing of all accounts payable, accounts receivable and payroll. She is responsible for preparing the annual operating budget as well and in house finance reports. Annually she assists the auditors with preparation of our financial statements.

Board of Directors

The Alaska School Activities Association is governed by a Board of Directors. The Board includes voting members from each of the six regions, as well as from the Alaska Association of School Boards and the Alaska Association of School Administrators. A student representative from the Alaska Association of Student Governments also sits on the board as an advisory, non-voting member. Board members serve two-year terms and may serve up to three consecutive terms.

Region 1

Patrick Callahan, Activities Director

Nome-Beltz
PO Box 131
Nome, AK 99762
Phone: 907-443-6180 / Fax: 907-443-3626
(2nd term, ends December 2024)

Region 2

James Sickler, Activities Director

Susitna Valley High School
PO Box 8580
Talkeetna, AK 99676
Phone: 907-733-9300 / Fax: 907-733-9380
(2nd term, ends December 2024)

Region 3

Stacia Rustad, Activities Director

Wasilla High School
701 East Bogard Road
Wasilla, AK 99654
Phone: 907-352-8249 / Fax: 907-352-8282
(2nd term, ends December 2025)

Region 4

Tim Helvey, Principal

Eagle River High School
8701 Wolf Den Drive
Eagle River, AK 99577
Phone: 907-742-2700 / Fax: 907-742-2710
(2nd term, ends December 2025)

Region 5

Jaime Cabral, Activities Director

Petersburg High School
PO Box 289
Petersburg, AK 99833
Phone: 877-526-7656 / Fax: 907-772-4168
(1st term, ends December 2024)

Region 6

Wayne Sawchuk, Activities Director

Fairbanks North Star Borough School District
520 5th Ave
Fairbanks, AK 99701
Phone: 907-452-2000
(1st term, ends December 2025)

Alaska Association of School Administrators

Jim Holien, Superintendent

Klawock City School District
PO Box 9
Klawock, AK 99925
Phone: 907-755-2220
(2nd term, ends December 2025)

Alaska Association of School Boards

Dana Mock

PO Box 31328
Fort Greely, AK 99731
(2nd term, ends December 2024)

Alaska Association of Student Governments

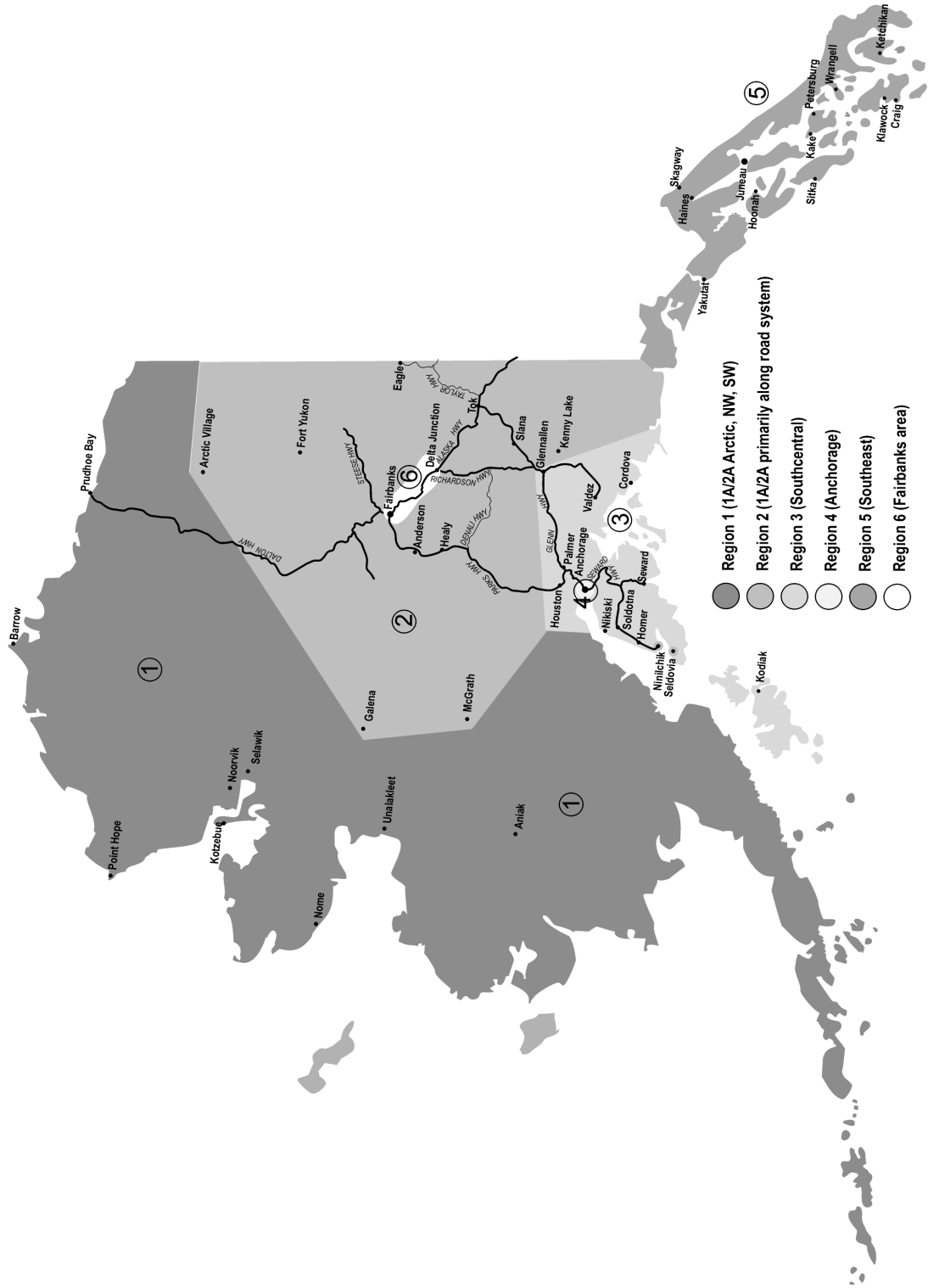
Rhiannon Dobbins

Eagle River High School
8701 Wolf Den Drive, Eagle River, AK 99577
Anchorage, AK 99517
Phone: 907-742-2700 / Fax: 907-742-2710
(Term ends December 2024)

Member Schools

ASAA maintains a list of member schools online at: <http://asaa.org/resources/member-schools/>

Map of Alaska - Regional Divisions



ALASKA EDUCATION REGULATIONS

The State of Alaska education regulations that govern interscholastic activities are contained in:

4 AAC 06.115. Interscholastic activities

(a) The purpose of this section is to provide a procedure that enables school districts to promote and govern interscholastic activities effectively, economically, and fairly, while keeping those activities in their proper perspective educationally.

(b) A school or school district may join and, to the extent authorized by its budget, may pay dues to the Alaska School Activities Association, Inc., or any other voluntary, nonprofit association whose purpose is to administer and promote interscholastic activities in Alaska so long as the association

(1) makes applications and membership available to all public and private schools, and school districts in the state;

(2) is governed by a board that is elected from the association membership and that fairly represents all regions of the state, that participate in the organization and whose membership may also include appointed representatives of other education organizations;

(3) adopts a constitution and bylaws setting out its philosophy, purpose, rules, and procedures, including a fair procedure for challenging interpretation or application of a rule;

(4) operates in compliance with state and federal law; and (5) administers interscholastic activities in a manner that

(A) encourages high standards of citizenship and complements the academic programs of schools;

(B) is consistent with and advances the state's education policy set out at AS 14.03.015; and

(C) recognizes that the organization and governance of interscholastic activities is a public purpose that is best met through the cooperation and association of interested schools and school districts.

(D) ensures fairness, safety, and equal opportunity for female students in high school athletics by providing, in consideration of responses to a school survey under 4 AAC 06.520, that if a separate high school athletics team is established for female students, participation shall be limited to females who were assigned female at birth; in this subparagraph, "athletics" means competitive or contact sports, as determined by the association.

(c) The state board considers a decision of an association described in (b) of this section, made when applying association bylaws to a particular person or school, to be an adjudicatory, administrative decision. Under existing case law, when a board performs an administrative function and makes an adjudicatory decision that affects an individual, the final decision is appealable to the superior court under Part VI of the Rules of Appellate Procedure.

(d) In this section, "district" has the meaning given in AS 14.17.990.

CONSTITUTION

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CONSTITUTION

ARTICLE 1 - NAME

This organization shall be known as the Alaska School Activities Association, Inc.

ARTICLE 2 - OBJECT

The object of this Association is to promote and control interscholastic activities and other interschool contests or programs sanctioned by the Association and to assist in the promotion of those other activities and interests as it may from time to time to elect.

ARTICLE 3 - MEMBERSHIP

Secondary schools of Alaska are defined as schools, public or private, with grades 7 through 12 or any combination of those grades.

Section 1 - Eligible Schools

A. Any state public school district, or if not a part of a state public school district, accredited or state approved secondary school may become a member of the Association by paying the applicable annual dues. Being a member constitutes recognition by the member of the Association's authority over the membership and agreement to comply fully with the Association's Bylaws and policies.

B. A high school is defined as a school which offers grades 9 through 12 or any combination thereof.

C. A junior high school or middle school is defined as a school which offers grades 6 through 9 or any combination thereof.

D. On or before May 1 of each year participating schools of member school districts and other member schools must declare whether they will participate with grades 9, 10, 11 and 12 or 10, 11, and 12 and whether they will participate with grades 7 and 8, or 7, 8, and 9, if at all.

E. The Board of Directors will hear any request for an organizational structure other than those mentioned above should a school district organize its secondary school or schools on a different basis.

Section 2 - Membership Definition

A. Member Schools: A school district's membership status applies to all units for which the district has made application and paid the applicable annual dues. Each of these school units is considered a "member school" for the purposes of the Constitution.

B. The Board of Directors may establish additional membership classifications and determine the status of such classifications.

Non-Voting Members: The chief school administrator of each member district shall be a non-voting member of the Association

ARTICLE 4 - DUES

The annual dues and dates of payments shall be as set forth in the Bylaws.

ARTICLE 5 - OFFICERS AND DUTIES

Section 1 - Board of Directors

The Board of Directors consists of the elected representative from Region 1, Region 2, Region 3, Region 4, Region 5 and Region 6 and one representative each from the Association of Alaska School Boards, the Alaska Superintendents Association, and one non-voting ex-officio member representing the Alaska Association of Student Governments.

Section 2 - Terms of Board of Directors

- A. The term of office for each member of the Board of Directors is two years, except that one-half of the members elected to the first elected Board are elected for one-year terms based upon a drawing of lots.
- B. The Board of Directors shall appoint an Executive Director, prescribe duties and fix the compensation. This person shall serve at the pleasure of the Board. The Board may appoint other officers, agents and employees and prescribe their duties and compensation.

Section 3 - Powers & Duties of the Board

- A. The Board of Directors is the executive and administrative body of the organization, subject to the restraint of the Constitution and Bylaws of the Association.
- B. The Board of Directors may determine the time and place of its meetings. A majority shall constitute a quorum.
- C. The Board of Directors has supervision of all sanctioned interscholastic activities of participating schools of member school districts and member schools and interprets the rules of the Association.
- D. With respect to funds, the Board of Directors has the charge of Association funds, shall audit and approve all expenditures, and shall conform to the financial policies and audit as set forth by the membership of the Association.
- E. The Board of Directors may delegate to the Executive Director the authority to rule on all protests and rule violations and determine the penalties, not otherwise specified, for violations of the provisions of the Constitution and Bylaws.
- F. The Board of Directors may make investigation relative to the violation of the Constitution and Bylaws and policies to the Association.
- G. The Board of Directors may appoint special committees to assist in the arrangement and supervision of various activities and contests.
- H. The Board of Directors may sanction out-of-state meets, contests or activities.
- I. The Board of Directors may determine suitable awards for winners of contests sponsored by the Association.

J. The Board of Directors may approve and register contest officials for use in those activities sanctioned by the Association.

K. The Board of Directors may sanction and operate state championship plans, sites and finances.

L. Regional Placement: The regional placement of schools is determined annually by the Board of Directors at its summer meeting. Changes in regional placement take effect on July 1 of the following summer. The change may take effect earlier if all schools involved and affected as well as the Board of Directors concur. New member school placement becomes effective immediately.

M. The Board of Directors shall report annually to the Commissioner of Education, the State Board of Education, and the Alaska Association of School Administrators for the purpose of receiving advice and comments. The report will show programs carried out.

N. The Board of Directors may grant eligibility to a student in certain hardship and emergency cases when granting eligibility does not violate the intent and the purpose of any of the standards of eligibility. The purpose of this provision is to provide for certain cases that are beyond the control of the students or their parents. (Refer to Article 13 in Bylaws for procedures.)

ARTICLE 6 - REGIONAL ASSOCIATIONS

Section 1 - Powers

A regional association operates autonomously from Alaska School Activities Association Inc., and is solely responsible for its own decisions, actions and financial affairs. Each regional association administers its own activities in accordance with the provisions of this Constitution and the Association's Bylaws and policies. Regions may adopt their own Bylaws not in conflict with those of the Association.

Section 2 - Bylaws

A current copy of the Bylaws of each regional association must be on file with the Executive Director of the Association.

ARTICLE 7 - LOCAL CONTROL

The chief administrative officer of a member, or his/her designee, shall be the member school's official representative and shall be responsible for each member school's actions.

ARTICLE 8 - AMENDMENTS

Section 1 - Amendments

A. Proposed amendments to this Constitution by member schools must be introduced at a meeting of the Board of Directors. The Board of Directors may make recommendations on proposed amendments. Amendments which are proposed by the Board of Directors must be endorsed by the authorized representative of ten different member schools.

B. Adoption of a proposed amendment requires a majority vote of all member schools voting by mail ballot or electronically, provided that more than 50% of the eligible schools vote.

Section 2 - Effective Date

Amendments take effect July 1 following their adoption unless otherwise provided by the amendment.

ARTICLE 9 - DISSOLUTION CLAUSE

Section 1 - Powers

A. Upon dissolution of the corporation, the disposition of assets other than those derived through charitable gaming shall be distributed for one or more exempt purposes within the meaning of Section 501(c)(3) of the Internal Revenue Code, or corresponding section of any future federal tax code, or shall be distributed to the federal government, for a public purpose. Any such assets not so disposed of shall be disposed of by the District Court of the State of Alaska in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or organizations, as said court shall determine, which are organized and operated exclusively for such purposes.

B. The disposition of net proceeds from charitable gaming conducted under AS 05.15, will go to a charitable organization as defined at AS 05.15.690(5) or another qualified organization that is authorized to conduct an activity under AS 05.15.

As of 2/19/2024

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BYLAWS

ARTICLE 1 - BOARD OF DIRECTORS, ORGANIZATION & OPERATION DEFINITION

Section 1 - Organization and Terms of Members

A. The administration of the Association is vested in the Board of Directors composed of representatives elected by the member schools of each regional association and one representative each from the Alaska Association of School Boards and the Alaska Association of School Administrators. Each selected member of the Board of Directors shall have one vote. The Alaska Association of Student Governments (1978) is invited to appoint one non-voting ex-officio representative to the Board with terms not to exceed two years. Requests for additional ex-officio membership on the Board of Directors must be approved by the Board and member schools.

B. The term of office expires December 31.

Section 2 - Dates of Election and Replacements

Members of the Board of Directors shall be elected by December 1st of the year in which the term for the regional representative expires. A person may not serve more than six consecutive years. The Board of Directors will certify new Board members. If an incumbent ceases to be a member of the Board of Directors because of death, resignation, incapacity, change of a member school's or organization's designation of its Board representative, or because of moving out of the region in which elected, the member schools of the regional association or the governing body of any other association with a representative on the Board of Directors shall elect or appoint a replacement to serve on the Board of Directors for the remainder of the term.

Section 3 - Alternate Regional Representative

A regional association, the Alaska Association of School Boards, the Alaska Association of School Administrators, and the Alaska Association of Student Governments may elect an alternate member to sit on the Board of Directors in place of the regular member for only the following instances: weather and transportation problems, medical illness, or other excusable and acceptable reasons as approved by the majority of the other members of the Board of Directors.

Section 4 - Meetings

The Board of Directors shall meet not less than four times annually. It may otherwise convene upon the call of the president or upon the request of a majority of the Board of Directors, the call to be issued by the Executive Director. The membership will be informed of the meetings in a timely manner. Board members may attend and vote at the Board of Directors meetings, including its meetings as an appeals board, by teleconference. Meetings will be conducted according to the new Robert's Rules of Order.

Section 5 - Officers of the Association

The officers of the Association are a president, vice-president, and a secretary/treasurer. The president and vice-president shall be elected from among the members of the Board of Directors, each to be

elected annually for a term of one year. No one individual may serve as president for a period longer than a total of five years. If the offices of either the president or the vice-president become vacant because of death, resignation, or other emergency, it shall be filled for the remainder of the term by election by the Board of Directors at its next meeting.

Section 6 - Secretary/Treasurer

The secretary/treasurer is the Executive Director and serves at the pleasure of the Board of Directors. The duties and functions of the secretary/treasurer are the responsibilities of the Executive Director.

Section 7 - Association Funds

To the extent applicable, the secretary/treasurer shall comply with accepted fiscal procedures. The secretary/treasurer shall, under the supervision of the Board of Directors, have charge of funds of the Association. The secretary/treasurer shall make complete financial statements to the Association members at the time of the fall meeting. The accounts shall be audited at least annually and the cost of the audit will be paid by the Association. The financial year for the Association shall be August 1 to July 31.

Section 8 - Definitions

As used in these bylaws, the following definitions apply:

1. "Student," whether in the singular or plural, means:
 - a. Students enrolled in grades 9-12 attending a public school district's brick and mortar member schools and those enrolled in a public school district's non-member charter schools, alternative schools or programs (including district correspondence programs);
 - b. Students in grades 9-12 attending an alternative education program, as defined in this section;
 - c. Students enrolled in grades 9-12 in a member private or religious school and those enrolled in a correspondence program administered by such private or religious school, and
 - d. Students enrolled in a junior high school or middle school which becomes a member of the Junior High /Middle School Division of the Association, pursuant to Article 17, Section 1, provided, however, that the only eligibility and participation rules of these bylaws applicable to such students are those contained in Articles 16 and 17.
2. "Alternative Education Program": The Association adopts the statutory definition, in AS 14.30.365 (c) (1), of "alternative education program" as a public secondary school that provides a nontraditional education program, including the Alaska Military Youth Academy; a public vocational, remedial or theme-based program; a home school program that is accredited, as defined in this section; a charter school authorized under AS 14.03.250-14.03.290; and a statewide correspondence school that enrolls students that reside outside of the district in which the student resides and provides less than 3 hours a week of scheduled face-to-face student interactions in the same location with a teacher who is certified under AS14.20.020.
3. "Accredited": For purposes of determining whether a home school program is "accredited" such as to qualify as an alternative education program herein, the State Department of Education and Early Development (DEED) has identified Cognia as the sole recognized body to accredit home school programs that have standards similar to Alaska's standards; the Association shall regard as "accredited" those home school programs that have been accredited by Cognia.

ARTICLE 2 - MEMBERSHIP DUES

Section 1 - Member Schools

Each participating school for which a member school district has paid dues is a “member school” as that term is used in these Bylaws. This may include statewide correspondence schools. Note: See Application for Membership Form in the Table of Contents. Applications for membership from non-member schools must be received by ASAA prior to the Fall meeting of the Board of Directors, when those schools wish to engage in athletic competition during that respective school year.

Section 2 - Scale of Dues

A. Annual Association membership dues and student surcharges for school districts and private and religious schools shall be determined as the sum of the dues for each participating member school based on the actual enrollment in grades 9-12 shown on the Department of Education and Early Development first student count report for the prior school year for each school. For schools other than public schools, dues shall be based on the actual enrollment at the beginning of the present or prior school year, whichever is greater.

B. Based on enrollment in grades 9-12, school dues are as follows:

- 1-100. \$250
- 101-500. . . . \$500
- 501-1,000 . . . \$950
- 1,001-up . . . \$1,400

In addition to school dues, a surcharge of \$10.00 per student is levied.

C. Alternative education program students who participate in a member school’s interscholastic activity program under AS 14.30.365 will be added to the school’s enrollment to determine school dues, beginning in 2014-15.

Section 3 - Date of Payment

ASAA will invoice for school dues August 1 for the current school year. Unpaid school dues are delinquent October 1. School Districts whose member schools are delinquent in paying the dues will be charged a penalty of \$250 per invoice after October 15.

Section 4 - New Member Schools

New member schools will not be assessed the penalty for the first year of membership.

ARTICLE 3 - VIOLATIONS OF BYLAWS & RULES

Section 1 - Conduct of Activities

A. All school sponsored interscholastic sports, events and activities of member schools must be conducted in accordance with the Association’s Constitution and Bylaws, sport or activity rules and policies, the Activities Guide and Championship Handbook, the Music Handbook, and the Debate, Drama and Forensics Handbook.

B. Member schools shall follow the Bylaws and rules as adopted and set forth by the Association.

Section 2 - Conforming to Rules

A. Bylaws, including eligibility rules, contest rules, and Board of Directors policies may not be waived by consent between or among member schools.

B. As used in these Bylaws, “rule” includes the Bylaws.

Section 3 - Violations and Disputes

A. All cases in which there exists a reasonable belief that a rules violation has or will occur must be reported to the Executive Director in writing. All materials pertinent to the case shall be submitted for consideration. Any requests by the Executive Director for additional information pertaining to rule violations shall be promptly supplied by affected students, coaches, and member schools. In considering evidence provided in favor or opposed to the determination of a rule violation, and in investigating the matter, the Executive Director shall not be bound by the technical rules relating to evidence and witnesses. Relevant evidence will be considered if it is the sort of evidence on which responsible persons are accustomed to rely on in the conduct of serious affairs, regardless of the existence of a common law or statutory rule that makes improper the admission of the evidence over objection in a civil action. Written decisions will be made by the Executive Director setting forth findings of fact, conclusions based on the Association’s Constitution and Bylaws, other relevant Federal or State law, and shall include any resulting order. Such findings, conclusions and orders shall be submitted to all appropriate and relevant parties within twenty-one (21) calendar days after the receipt of all materials.

B. All questions in dispute must be submitted to the Executive Director. The Executive Director’s decision is final unless appealed to the Appeals Board.

C. Self-Reporting: A member school shall report its own violation for any infraction of the Bylaws or policies. Some degree of leniency, including waiver of minimum mandatory financial and other penalties, may be made in self-reporting cases since the majority of such infractions may not otherwise come to light. Game or contest forfeitures as stated in Article 12, Section 1, shall not be waived in cases of self-reporting, unless the school was given incorrect information from the student, parent or guardian. In these instances, the association may waive the game or contest forfeitures.

D. A protest by a member school under Section 4, A. of this Article constitutes a report of a rule violation under Section 3 and is governed by the procedure under Section 3, in addition to those in Section 4.

Section 4 - Protests Against Member Schools

A member school entering a protest against another school shall submit to the Executive Director, in writing, a full statement of the facts relating to the alleged violation committed by the offending school. A protest must be accompanied by written authorization from the superintendent of the protesting school or district. The Executive Director shall submit copies of the complaint to the superintendent or principal of the accused school. The accused school shall present its case in writing to the Executive Director within twenty-one (21) calendar days after receipt of the complaint. After reviewing the submitted materials, the Executive Director shall render a decision within twenty-one (21) calendar days.

ARTICLE 4 - APPEAL PROCEDURE

Section 1 - Appeals from Executive Director Decisions to Appeals Board

A. Within twenty-one (21) calendar days of receipt of a decision of the Executive Director, a member school or an individual may appeal such decision by requesting, in writing, that the case be presented to the Board of Directors, which shall act as the Appeals Board. When requested by an individual student or by the parent or guardian of the student, the student's school shall submit the student's appeal to the Appeals Board.

B. The written appeal shall specifically set forth the grounds for the appeal, and include all relevant factual matters and citations to applicable provisions of the Association's Constitution and Bylaws, and to State or Federal statutes or constitutions.

C. The Appeals Board shall not be bound by the provisions of this section in an appeal of a game suspension of a player, or of a coach, when the suspension resulted from a game ejection which was based on the judgement call of a contest official. The Appeals Board will hear an appeal of a game suspension under this section, only, if the game ejection which caused the suspension, was a result of a misapplication of a rule. A misapplication of a rule which results in a game ejection, must be reported to ASAA by the contest official, by no later than noon of the next business day following the end of a contest, with a subsequent follow-up in writing.

Section 2 - Appeals Board Procedures

A. Upon receipt of an appeal, the Executive Director shall promptly transmit to Appeals Board members a copy of the Executive Director's decision from which the appeal is taken, all relevant documents upon which the Executive Director's decision was based, copies of the applicable provisions of the Association's Constitution and Bylaws, State or Federal statutes or constitutions upon which the Executive Director's decision was based, and copies of all written materials provided by the appellant in support of the appeal. The Appeals Board may receive additional evidence not considered by the Executive Director. All additional evidence submitted by the appealing party, including evidence submitted in response to any requests by the Appeals Board for additional information pertaining to the appeal, shall be promptly supplied by the affected student, member school or school personnel.

B. The Appeals Board may review the appeal and render a decision thereon on the basis of only the written materials provided to it in connection with the appeal. Oral hearings are not a matter of right, but may be granted, in the discretion of the Appeals Board, upon request by the appellant student or school, by the Executive Director, or by the Appeals Board itself, for good cause shown. A hearing, if granted, will be held during the next regular meeting of the ASAA Board of Directors, unless an expedited hearing is granted.

C. The appellant may request that the Board of Appeals conduct an expedited oral hearing. Such a request will be promptly reviewed by the Chair of the Appeals Board, who will approve or deny the request. If approved, an expedited oral hearing will be scheduled at the earliest available time consistent with the requirement that a quorum of the Appeals Board be present. An expedited hearing may be conducted by teleconference or video conference. When an expedited hearing is requested, the Appeals Board will assess the appellant a \$250 fee to cover expenses. If the decision of Executive Director is overturned by the Appeals Board, the fee will be reimbursed.

D. All hearings conducted by the Appeals Board will be held in executive session. Audio recordings of hearings will be made by the Association. Deliberations of the Appeals Board following hearings will be in executive session, which will not be recorded.

E. The Executive Director will participate in the hearing for the purpose of providing information but will be excluded from participating in deliberations. Once the Appeals Board has reached its decision, it may invite the Executive Director to join the Board prior to moving out of Executive Session, if the Board decides that it needs assistance with the wording of the decision.

F. In considering evidence provided in favor of or in opposition to the appeal, including written documents, and, if applicable, testimony at any hearing, the Appeals Board shall not be bound by the technical rules relating to evidence and witnesses. Relevant evidence will be considered if it is the sort of evidence upon which responsible persons are accustomed to rely in the conduct of serious affairs, regardless of the existence of a common law or statutory rule that makes improper the admission of the evidence over objection into civil action. Issues regarding consideration of evidence will be resolved by the Chair of the Appeals Board, unless a member of the Board objects to the Chair's ruling, in which case the evidentiary issue will be resolved by majority vote of the Appeals Board. Any such ruling pertaining to evidence or testimony submitted at a hearing shall be made during the hearing.

G. Following its deliberations, the Appeals Board shall make a written decision setting forth its findings of fact, conclusions based on the Association's Constitution, Bylaws and/or any other relevant Federal or State law, and shall include any resulting order. Such findings, conclusions and order shall be entered no later than twenty-one (21) calendar days after the Appeals Board's receipt of all materials and any additional information submitted in response to a request by the Board, and shall be signed by the Chair or, in the Chair's absence, by an alternate Chair selected by the Appeals Board.

H. All decisions of the Appeals Board will be promptly transmitted by facsimile to the affected school and mailed to the home addresses, as provided by the school, of the affected student and the student's parent or guardian. The decision shall contain an express notice that it constitutes a final decision of the Appeals Board and that any party wishing to appeal the decision to the Superior Court for the State of Alaska must file such an appeal within thirty (30) days from the date of the decision.

Section 3 - Appeals Concerning Students in Alternative Education Programs:

For purposes of Article 4 and appeals procedures, references to the "student's school" or the "affected school" shall include the public school, or the private or religious school wherein an alternative education program student participates in interscholastic activity pursuant to Article 12, Section 2 (C).

Section 4 - Appeals from Board of Directors Actions:

Actions taken by the Board of Directors are not subject to the appeal procedure in Article 4. Actions taken by the Board of Directors includes, but is not limited to, adoption of new policies, changes to policies, adoption of schedules and calendars, and amendment of the Bylaws. Individuals or schools wishing to change an action taken by the Board of Directors are encouraged to contact their Board Representative.

ARTICLE 5 - PENALTIES

Section 1 - Nature of Penalties

A. Penalties assessed by the Executive Director or by the Board of Directors upon member schools or individuals for violations of the Bylaws will vary depending upon the nature and character of the violation. Penalties assessed may include one or more of the following and will be in effect for the entire current school year.

1. Warning — A member school is placed on notice. After a member school is given a warning, all member schools will be notified. A like or similar violation within a school year will be the basis for placing the school on probation and/or the withholding of play-off privileges.
2. Forfeiture — To forfeit is to give up something because of error or rule violation through intent, neglect or oversight. Forfeiture always takes away a win and denotes a loss. Forfeiture may be used in conjunction with other penalties.
3. Probation — Probation is a testing or trial period for a school or team. Probation is tantamount to a larger penalty should the probation not be carried out in good faith and with due respect to all concerned.
 - a. The action is spread on the records and published in the Association’s official communications.
 - b. This penalty may carry one or more requirements for action & reports.
 - c. This penalty may be used in conjunction with other penalties.
4. Fines — A fine of up to \$2,500 may be levied upon member schools for rule violations.
5. Prohibition — A member school placed on prohibition is ineligible to participate in state level competition in that sport.
6. Suspension — A school is suspended from an interscholastic activity for regular season and post season participation. An individual is suspended from practice and competition for a specified time period.
7. Suspension from the Association — A member school is suspended from Association membership for a period not to exceed 365 calendar days and forfeits any dues paid for the current school year.
8. Restitution — In addition to the above penalties, any one or more of these additional actions may be taken: 1) individual or team records achieved during participation by an ineligible player be vacated or stricken; 2) team or individual awards earned by an ineligible player be returned to the Association. If an ineligible student competes in a meet, match or tournament in violation of any Association Bylaws, all points earned by that student, or by a relay team of which the student is a member, will be declared forfeited; and in team sports (including wrestling), the entire contest is forfeited. The intent of this rule is to deter future violations and to ensure fairness to other individuals or teams with which that student or teams competes. When the Association is involved in legal cases, it may seek to recover attorney costs when it is found to be the prevailing party.
9. Failure to Pay a Fine — A member school that refuses to pay an assessed fine may be suspended from the Association.

ARTICLE 6 - CONTEST RULES

Section 1 - Contracts/Schedules for Contests and Events

A. Final agreements relating to contests or events between or among member schools must be incorporated into written contracts (may be on forms provided by the Association) or on league schedules. These contracts or league schedules must be executed by mutual consent of the representatives of the respective schools and exchanged or established not less than ten (10) calendar days prior to the

contest. The contract or schedule may not be canceled or altered except by mutual consent of the schools involved. Breach of contract or league schedule will be considered a rule violation.

B. Contract Violation: A contract violation is a unilateral breaking of a game event contract which was agreed upon in writing or by league schedule with another school. A contract signed by the previous administrator of a school is enforced unless nullified by agreement of both schools' administration. Pulling a team off the floor or field is an intentional contract violation.

C. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A member school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. First Offense: The member school receives a \$200 fine. If the Association determines that the violation involved intentional conduct by a member school representative, the member school is placed on probation and receives a \$500 fine, and can be assessed with costs of reimbursement for financial loss by the aggrieved member school as determined by the Board of Directors.

2. Second Offense: The member school will be placed on probation/suspension, loses playoff privileges, receives a \$500 fine, and can be assessed with costs of reimbursement for financial loss by aggrieved member school as determined by the Board of Directors.

Section 2 - Non-Member School, Suspended School, and Out-of-State Competition

A. As a condition of membership, members expressly agree that they and their member schools will not take part in any interscholastic activities or contests with schools eligible for membership but who are not member schools of the Association, nor will they take part in any activities or contests with clubs or other non-school entities (alumni & faculty contests excepted). Upon request, a waiver may be granted by the Executive Director to participate in interscholastic activities with a non-member school. A member school may participate in interscholastic activities with a non-member school of less than twenty-five (25) students on an intermural basis as long as the schools are in the same school district and as long as they are in compliance with all other Association athletic eligibility regulations.

B. A member school may not participate in any contest or event with an out-of-state school unless a sanction has been granted by the Board of Directors. The Executive Director may approve such contests or events that occur in-season. Other requests for approval of such contests or events occurring during the school year must be submitted to the Board of Directors.

C. Participation without a waiver under paragraph A or a sanction under paragraph B of this section will result in disciplinary action for the member school.

D. A member school may not participate in any contest or event with a school that is under suspension from the Association.

E. A member school may not play a Non-Member School, Non-school Entity, Suspended School or Unauthorized Out-of-State Travel.

F. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A member school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. First Offense: The school receives a fine of \$200 minimum. If the Association determines that the violation involved intentional conduct by a school representative, the school will be placed on probation, and will receive a fine of \$500.

2. Second Offense: School will be placed on probation/suspension, will lose playoff privileges, and will receive a fine of \$500.

Section 3 - Use of Ineligible Students

A. A member school may not permit students who are ineligible under the Bylaws to represent the school in interscholastic activities in or otherwise appear on the field or floor in uniform during any contest between itself and other member schools.

B. Penalty: A student deemed to be ineligible and the member school which permitted the student to participate under the rules set forth in the Bylaws will be subject to the following penalties. The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. First Offense: Member school forfeits game or meet and receives warning. If the Association determines that the violation involved intentional conduct by a member school representative, the school will be placed on probation/suspension and will receive a fine of up to \$2500.

2. Second Offense: School forfeits game or meet and receives a \$200 fine. If the Association determines that the violation involved intentional conduct by a school representative, the school will be placed on probation/suspension and will receive a fine of up to \$2500.

3. In addition to the above penalties, one or more of the actions below may be taken:

a. that individual or team records achieved during participation by an ineligible player be vacated or stricken;

b. that team or individual awards earned by an ineligible player be returned to the Association

c. that if an ineligible student competes in a meet, match or tournament in violation of Association Bylaws, all points earned by that student, or by that student's team, or by a relay team of which the student is member, are to be declared forfeited; and in team sports (including wrestling), the entire contest is forfeited. Records earned by other team members will stand.

Section 4 - Contest & Event Supervision

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.

Section 5 - Personal Conduct/Sportsmanship

A. All Association contests or events must feature high standards of courtesy, fair dealing and sportsmanship.

B. In matters pertaining to personal conduct, such as gross violations of sportsmanship, attacks on officials and other gross misconduct by any student, school staff member, coach or school community

member, the Association will determine appropriate penalties and whether or not the student, coach or school will be suspended or barred from future contests or events.

C. No student or coach may physically attack a contest official or coach. Notwithstanding any other penalty schedule described in this Article, where such attack includes physical contact determined by the Association to have seriously threatened the health or safety of the official or coach, any student committing such an offense will lose all eligibility for one calendar year from the date of the attack; and any coach committing such an offense will be suspended from practicing and coaching in any Association sanctioned activity for one calendar year from the date of the attack.

D. All suspension penalties imposed by the Executive Director under Section 5 will take effect immediately upon determination of the penalty. Notwithstanding the provisions of Article 4, Section 2 (C), a member school or individual subject to a suspension penalty may request an expedited appeal, in which case the Appeals Board shall make a written decision within four (4) calendar days after receipt of the written appeal and all materials and other additional information submitted by the appellant. In such case, an oral hearing may be requested, but will be granted only for good cause shown. Officials' decisions can't be appealed to ASAA except in the case of misapplication of rules. The board does not intend to review officials' decisions or judgement calls.

Section 6 - Penalty For Violation of Section 5

A. Penalty: The following penalties assume that a member school is in good standing and has not been warned or is not under other penalty at the given time. A member school under warning or other penalty status may have additional penalties than those listed below.

B. Poor Sportsmanship, Gross Misconduct and/or Loss of Control of an Event: Aggrieved school or party must report by phone to the Association or regional representative on the Board of Directors within seventy-two (72) hours. This must be followed by a full written statement.

1. First Offense: The member school will be placed on probation and will receive a fine of \$500 minimum. The coach and/or student may be suspended from practice and competition for a period of time to be determined by the Association, based on the circumstances of the incident.

2. Second Offense: The member school will be placed on probation/suspension and will receive a fine up to \$2,500 maximum. The coach and the student may be suspended from practice and competition for a period of time to be determined by the Association, based on the circumstances of the incident.

C. Student Ejection (see specific Supplementary Rules for Hockey): Team Sports

1. An ejected player must leave the bench and be supervised by another adult. In the event there is no other adult to supervise, the player may remain on the bench. Player must refrain from participation in any scheduled contest in the same activity (game suspension) until the completion of the suspension period at the same level (ie. JV, Varsity). This means that a Varsity player may not participate in a JV game while waiting for the next Varsity game in which he/she is suspended. Schools may not schedule additional contests to circumvent this provision.

2. First Ejection - For a first ejection during a respective sport season, a student shall be removed for the remainder of the contest and shall serve a one game suspension.

3. Second Ejection - For a second ejection during a respective sport season, a student shall be removed for the remainder of the contest and shall serve a two game suspension. Prior to returning to competition, the student must complete the on-line NFHS Course entitled, "Sportsmanship." At <http://www.nfhslearn.com/>

4. Third Ejection - For a third ejection during a respective sport season, a student shall be removed for the remainder of the contest and becomes ineligible for the remainder of that sport season.

NOTE: A jamboree/pool play does not count as a contest for the purpose of meeting the suspension requirement. Should a student be unable to complete a suspension during the sports season in which the ejection occurs, the suspension shall be carried over into the student's succeeding season of participation. In order for the suspension in the succeeding season of participation to meet this requirement, the student must be a member of the team for the entire season for that sport.

D. Coach Ejection: Team Sports

1. Immediately upon being ejected from a contest, the coach shall be removed from the vicinity of the playing area (out of sight and sound) and will be prohibited from any further contact (direct or indirect) with the team during the remainder of the game. For failure to comply, the referee may forfeit the game. Coach must refrain from coaching in any scheduled contest in the same activity (game suspension) until completion of the next regularly scheduled contest at the same level. Schools may not schedule additional contests to circumvent this provision. Implementation of this penalty will be delayed for a coach who is traveling with his/her team when the game ejection occurs, and who has no assistant coach or other authorized individual available at the site of the contest to supervise the team during the period of suspension. In such case, the ejected coach must serve the suspension during the next regularly scheduled contest after returning to the home community.

2. Coach may not be physically at the site of any contest, nor may he/she have any contact, direct or indirect, with their teams during a contest while suspended

3. First Ejection: For a first ejection during a respective sport season, a coach shall be removed for the remainder of the contest and shall serve a one game suspension.

4. Second Ejection: For a second ejection during a respective sport season, a coach shall be removed for the remainder of the contest and shall serve a two game suspension. Prior to returning to coaching, the coach must complete the on-line NFHS Course entitled, "Teaching and Modeling Behavior" at <http://www.nfhslearn.com/>

5. Third Ejection: For a third ejection during a respective sport season, a coach shall be removed for the remainder of the contest and becomes ineligible for the remainder of that sport season.

NOTE: A jamboree/pool play does not count as a contest for the purpose of meeting the suspension requirement.

E. School Penalty: The principal of a school whose students and/or coaches accumulate 5 or more ejections during a school year (10 if participating in football or hockey, 15 if participating in football and hockey) will be expected to explain to the ASAA Board of Directors, a Plan of Action to reduce the number of ejections. This explanation must be presented at the next Board meeting.

F. Appeal of a Game Suspension: The Board of Directors will not hear an appeal of a game suspension penalty under this section, from either a player, a coach or other affected individual, if the contest ejection which caused the suspension was based on a judgement call of an official. The Executive Director will waive a game suspension under this section only if the game ejection was a result of a misapplication of a rule by a contest official. Any misapplication of a rule which results in a game ejection must be reported by the calling official, by no later than noon of the next business day following the end of a contest, by notifying ASAA verbally and by following up in writing."

G. Reporting an ejection: The head coach is responsible for reporting an ejection within 24 hours to his/her administrator. A player or coach who fails to serve a required game suspension under this rule will be

subject to penalty. Schools and officials must notify the Association whenever a player or a coach is ejected from a game or contest by submitting a Contest Ejection or Hockey Penalty Incident form.

H. Failure to Serve a Game Suspension: A player or coach who is required to serve a game suspension subsequent to a game ejection will be subject to the following penalty for failure to do so:

1. First Offense: The member school will be placed on probation and will receive a fine of \$250 minimum. The player or coach may be suspended from practice and competition for a period of time to be determined by the Association based on circumstances of the incident.
2. Second Offense: The member school will be placed on probation/suspension and will receive a fine of \$1000 maximum. The player or coach may be suspended from practice and competition for a period of time to be determined by the Association, based on the circumstances of the incident.

Section 7 - Sunday Contest or Event Rule

A. Interscholastic events or contests may not be held on Sunday. If inclement weather, transportation difficulties or equipment failure forces the cancellation of one contest of a scheduled series, and the series cannot be rescheduled at a later date, the host school may request of the Executive Director that a Sunday contest be sanctioned. Transportation difficulties (in scheduling games) is a reason for allowing schools to schedule a Sunday contest or event. Sunday contests or events require a waiver.

B. Sunday Contest or Event Waiver: The host school may apply for a waiver because of a visiting team's inability to arrive at the contest site because of inclement weather or equipment failure.

Procedure to Request Waiver:

1. Principal or superintendent of each school must approve contest.
2. Host school must complete and send Sunday Contest/Event Waiver Form to the Executive Director after the event occurs.

C. Playing Unauthorized Sunday Sport Contests/Interscholastic Events:

D. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. First Offense: School will be placed on probation and will receive a fine of \$200 minimum.
2. Second Offense: School will be placed on probation/suspension, and will receive a fine of \$500 minimum.

Section 8 - Playing Rules

A. All sports will follow National Federation of State High School Association rules with the following exceptions:

1. Badminton - Badminton World Federation Simplified
2. Bowling - Modified USBC
3. Flag Football - Modified NIRSA Rules
4. Nordic Ski - FIS Rules with ASAA modifications
5. Powerlifting - USA Powerlifting Rules with ASAA modifications

6. Rifle - Modified CMP Rules
7. Tennis - USTA with ASAA modifications
8. Coed Soccer - NFHS rules with ASAA modifications
9. Mix Six Volleyball - NFHS rules with ASAA modifications
10. Swim & Dive - NFHS rules with ASAA modifications
11. Wrestling - NFHS rules with ASAA modifications
12. ASAA has adopted supplementary rules for baseball, hockey and softball

Section 9 - Officials

A. Certified Official: A certified official is one who has passed the appropriate National Federation, if applicable, or other National Governing Body Rules Exam in a particular sport and who has registered with the Alaska School Activities Association. Officials under Association jurisdiction are: Baseball, Basketball, Cross Country Running, Football, Gymnastics, Hockey, Nordic Ski, Soccer, Softball, Swim & Dive, Volleyball, Wrestling and Track & Field.

B. Use of Certified Officials: The Alaska School Activities Association encourages individuals from throughout the state to pursue their interest in officiating high school contests. Only officials certified by the Association shall be eligible to officiate in regularly scheduled Association contests for all sports listed in paragraph (A) above (exception C below).

C. Use of Non-Certified Officials: Member schools in remote areas, unable to provide certified officials, may use non-certified officials under the following conditions:

1. The host school shall notify the visiting school when non-certified officials are to be used.
2. The responsibility and liability for selection and use of any non-certified official becomes that of the host school.

D. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

Use of Non-Certified Officials Except as in Article 6, Section 9, C:

1. First Offense: Host school forfeits the contest and receives a fine of \$200 minimum.
2. Second Offense: Host school will forfeit the contest, will be placed on probation, and will receive a fine of \$500 minimum.

E. Procedure for Selecting Officials for State Tournaments: Approval of the selection process for determining officials for state tournaments rests with the Board of Directors. The Association attempts to secure the most qualified persons from throughout the state to officiate state tournaments. The procedure is outlined in State Championship Polices.

F. Standards for Officials: While officiating ASAA sanctioned contests, officials shall conduct themselves in accordance with standards of good sportsmanship, professional competence, fairness and integrity, including but not limited to the standards set forth in the National Federation Officials' Code of Ethics.

1. Decertifying or Denying Certification — the Executive Director may decertify or deny certification to a contest official for gross or repetitive violations of these standards. Requests to decertify or to deny certification must be filed in writing to the Association. Only requests from member schools, districts,

regional associations or officials' associations will be considered. The Executive Director may, on his own initiative or on written request, decertify or deny certification to a contest official who is a registered sex offender or child kidnapper under the statutes and regulations of the State of Alaska.

2. Right-of Appeal — The affected official may appeal the Executive Director's decision in accordance with Article 4, Section 1 of these Bylaws. Evaluation by the Executive Director of a potential decertification shall be conducted in accordance with the procedures set forth in Article 3, Section 3, of these Bylaws including providing opportunity for the affected contest official to submit information in writing.

ARTICLE 7 - SANCTIONED ACTIVITIES

Section 1 - Compliance with Title IX

A. The Association will comply with the provisions of Title IX of the Education Amendments of 1972, Alaska Statute Chapter 18.80, and all amendments there to. No person shall, on the basis of sex, be excluded from participation in, be denied the benefits of, be treated differently from another person or otherwise be discriminated against in any activities regulated by the Association.

B. Separate Teams and Contact Sports: Separate teams for each sex are permissible in contact sports or where selection for teams is based on competitive skill. If a separate high school athletic team is established for female students, participation shall be limited to females who were assigned female at birth. Contact sports include wrestling, ice hockey, football, basketball, and any other sport "the purpose or major activity of which involves bodily contact."

C. Sports Divisions

Single Division Sports: Whenever a school has a team in a given sport for one sex only, and athletic opportunities for the other sex have been limited, members of both sexes must be allowed to try out for the team.

Double Division Sports: Whenever a school has separate divisions based on sex, one team shall be limited to females who were assigned female at birth. The other team shall not be limited to either sex. However, a female is ineligible to compete on both teams during the same school year.

Coed Teams: Prior to the first contest of the season for a specific sport, a school may declare a team as a coed team. If a school chooses to have coed team, then it may not have a separate team in that sport. Any school declaring a coed team may not compete in any district, regional or state competition in the division limited to females who were assigned female at birth. An exception to the playoff rule is made for mix six volleyball when a separate playoff category is provided by the Board of Directors.

D. Equal Opportunity: A school must provide equal athletic opportunity for both sexes in numbers that are "substantially proportionate" to enrollment. In determining whether athletic opportunities are equal, the United States Department of Health, Education and Welfare (HEW) will consider whether the selection of sports and levels of competition effectively accommodates the interests and abilities of members of both sexes. HEW will also consider (among other factors): locker rooms, practice and competitive facilities, medical and training facilities and services, equipment, supplies, game and practice schedules, travel, per diem allowances, coaching (including assignment and compensation of coaches), academic tutoring, housing, dining facilities, publicity and support services. Equal expenditures are not required, but HEW "may consider the failure to provide necessary funds for teams for one sex in assessing equality of opportunity for members of each sex."

Section 2 - Compliance with Section 504 of the Rehabilitation Act of 1973

A. The Association will comply with the provisions of Section 504 of the Rehabilitation Act of 1973 (29 USC §794 (a) and (b)), and all amendments thereto. No student shall, on the basis of a disability as defined in Section 504 and regulations thereunder, be denied an opportunity to benefit from participation in or otherwise be discriminated against in any activities regulated by the Association. This does not mean that a disabled student must be allowed to participate in any selective or competitive activity, but that the selection or competition criteria not be discriminatory on the basis of a disability.

B. The Association's eligibility rules shall not operate, on the basis of disability, to render a student ineligible to participate, or to limit the eligibility of a student to participate in any activities regulated by the Association.

Section 3 - Sanctioned Activities

Member schools may sponsor any sport and/or activity which is listed under the following headings: Sports Confined to a Season, and Activities Without Seasons.

Section 4 - Seasons

Sports confined to a season

- Badminton
- Baseball
- Basketball
- Bowling
- Cheer
- Cross-Country Running
- Flag Football
- Football
- Gymnastics
- Hockey
- Nordic Ski
- Powerlifting
- Rifle
- Soccer
- Softball
- Swim & Dive
- Tennis
- Track & Field
- Volleyball (Girls & Mix Six)
- Wrestling

Activities confined to a season

- Esports

Activities without seasons

- Art
- Drama, Debate & Forensics
- Dance / Drill Teams
- Honor Band, Choir, Orchestra
- Music Festivals
- Solo & Ensemble Music Festival
- Student Government
- World Language Declamation

Section 5 - Addition or Suspension of Sanctioned Activities

A. Adding Sanctioned Activities: The Board of Directors may sanction additional interscholastic activities to those listed under Section 4 upon request of member schools or districts. Requests to sanction should be directed to the Association no later than April 15 for all activities.

B. Suspending Sanctioned Activities: The Board of Directors may suspend sanctioning of an activity listed in Section 4 if the Board feels that it is in the best interests of the Association and member schools to do so. Requests to suspend sanctioning may be directed to the Association by member schools or districts, the Executive Director or any Board member.

Section 6 - Seasonal Competition

A. The Board of Directors adopts the calendar. The first (Fall) season begins in July. Spring season ends no later than the second week of June. Students who participate in activities that begin or end at times other than during the regular school term are considered to be eligible for participation if they were or will be eligible during the regular school term.

B. Specific seasonal dates cannot be changed without Board of Directors approval. Minor adjustments may be made as needed to fit calendar needs.

C. Definition of Season - For an activity that is confined to a season, the season is established by the Board of Directors and may begin with the first day of practice and end at the conclusion of the state championship event. From time to time, the Board of Directors may grant a post season extension when requested in a timely manner by a member school, for the sole purpose of out-of-state competition. Additionally, cheer squads may request a pre-season extension for the sole purpose of cheering at the Great Alaska Shootout.

D. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

E. Out-of-Season Practice/Play:

1. First Offense: School receives warning and the head coach receives a suspension of games equaling the number of days of the violation. If Association determines that the violation involved intentional conduct by a school representative, probation for one school year and the head coach receives a game suspension for three times the length of the infraction.

2. Second Offense: The head coach receives a suspension for one school year and the school will receive a fine of \$200 minimum.

Section 7 - Practice

A. All players must have ten (10) separate days of physical practice 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

B. When a student is participating in an ASAA sport that overlaps the beginning of another ASAA sport, only five practices in the second sport are required. In addition when a student is participating in a

nationally recognized activity (or the Arctic Winter Games) that overlaps the beginning of an ASAA sport season, the Executive Director may waive up to five practices. For purposes of this section, a “nationally recognized activity” is a non-school athletic competition and/or practice, in a sanctioned ASAA sport, conducted under the auspices of a national sports governing body as part of an Olympic Development Program. This activity will usually be conducted outside of the state of Alaska.

Note: To request a waiver contact the ASAA office.

C. 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:

1. official game clock or score book
2. admission charge
3. advertisements or announcements about the event.

D. If a student has completed the required practices but has not competed or practiced for whatever reason for less than two weeks, no additional practices are required before returning to competition with the concurrence of the coach. If a student misses between two and four weeks of practice and competition, five additional days of practice and the concurrence of the coach are required before returning to competition. If more than four weeks have been missed, the student must have ten (10) additional days of practice and concurrence of the coach before returning to competition.

E. Member schools permitting a student to participate in interscholastic competition without meeting the practice requirements of this section will be considered to be using an ineligible player and will be subject to penalty under Article 12, Section 1.

Section 8 - Number of Games or Periods of Play per Day or Week

A. Basketball and Flag Football: 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.

B. Football: 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.

C. Hockey: 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 he/she plays 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.

D. Soccer: Student may participate in four halves per day.

E. Penalty: The following penalties assume that a school is in good standing, has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may have additional penalties than those listed below. Exceeding Maximum Number of Games or Periods per Day or Week:

1. First Offense: School will forfeit game and will be placed on probation.
2. Second Offense: School will forfeit game, will receive a \$200 fine and will be placed on probation/suspension.

Section 9 - Maximum Games Prior to Qualification for State Tournament

A. The following number of games/matches may be played during the regular season. In addition, 2 Endowment Games may be played each season in the following team sports; Baseball, Basketball, Hockey, Soccer, Softball and Volleyball.

- Baseball — 22 contests, exclusive of conference tournaments
- Basketball — 22 games exclusive of conference tournaments or 19 games and one individual tournament of three or more games.
- Football — one game per week to a maximum of 9 games per season exclusive of playoffs
- Hockey— 22 contests, exclusive of conference tournaments
- Soccer— 22 contests, exclusive of conference tournaments
- Softball — 22 contests, exclusive of conference tournaments
- Volleyball — 22 contests, exclusive of conference tournaments
- Wrestling — 24 individual weigh-ins exclusive of forfeits by opponents exclusive of conference tournaments

B. Penalty: See Section 8, E above.

Section 10 - Team Roster Size limits for State Championships

A. In order to promote fairness and the “level playing field” concept, the Association has established maximum team roster size limits for players in uniform for the following state tournament championships:

• Baseball	18
• Basketball	12
• Basketball Cheer	12 (on sideline)
• Cross-Country Running	7
• Nordic Ski	6
• Football - Division I	65 (quarters, semis & final)
• Football - Division II / III	48 (semis & finals)
• Hockey	20
• Hockey Cheer	12 (standing)
• Soccer	22
• Softball	18
• Volleyball -3A/4A	14
• Volleyball - Mix Six/2A	12

B. Penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may have additional penalties than those listed below: Exceeding Roster Size Limit:

1. First Offense: School will forfeit game and will be placed on probation.
2. Second Offense: School will forfeit game, will receive a \$200 fine and will be placed on probation/suspension.

Section 11- Joint Participation and Cooperative School Programs

A. Cooperative School Programs for 1A and 2A Schools: All member schools classified as 1A or 2A are eligible to participate in the Cooperative School Program when timely application is approved by the Executive Director. The purpose of this rule is to provide adequate numbers of participants to make a team for competition in the smaller high schools in Alaska. It is not the intent of this rule for schools to be able to form “All Star” teams. For the purposes of this section, team sports are defined as football,

basketball, volleyball, mix six volleyball, hockey, baseball, softball and soccer. Cooperative School Programs are defined as a union of two or more member schools who do not have sufficient players (as defined by names on the School Activities Reporting System (SARS)) to field a team and elect to join another school or schools who do not have sufficient players to form a team. Cooperative sponsorship of any activity by two or more member schools will be considered under the following conditions:

1. Schools are located in the same geographical area.
2. Combining School Enrollments — When schools are involved with the cooperative sponsorship of any activity and the combined enrollments of the schools involved exceeds the classification number in grades 9 through 12, these schools will compete at the next higher classification in that activity.
3. Cooperative sponsorship agreements must be in affect for a minimum of an entire season.
4. The participating member schools must jointly submit the Application for Cooperative Sponsorship Form to the Executive Director.
5. Applications must be submitted to the Executive Director for fall activities by August 1; winter activities by October 15; and spring activities by January 15. The Executive Director may at his/her discretion act on applications after these dates.
6. The Executive Director may approve an application to participate in the Cooperative School Program where it is shown that such a program is necessary to afford full opportunity for participation by students in the affected schools.

B. Other Cooperative School Programs: All member schools whose enrollments are less than 500 students in grades 9-12 that are unable to participate in the Cooperative School Program under Section B may participate in the Cooperative School Program in a team sport with another member school whose enrollment is also less than 500 when timely application is approved by the Executive Director. The purpose of this rule is to provide adequate numbers of participants to make a team for competition in the smaller high schools in Alaska, not to enable the formation of “All Star” teams. Applications will be considered under the following provisions:

1. Schools may form cooperative teams only in the sports of football, tennis, volleyball, hockey, basketball, softball, baseball and soccer. Schools may not cooperate for the individual sports of cross-country running, swim & dive, wrestling, nordic ski, and track & field.
2. All but one of the schools requesting to coop do not have sufficient numbers of players interested in forming a team.
3. All schools involved in a cooperative school agreement must be members of the same school district. Administrators of involved schools and the superintendent must approve this agreement.

EXCEPTION: The Executive Director also may approve cooperative school programs of single site school districts

4. When the combined enrollments of all schools involved exceeds their classification cutoff levels, the cooperative team shall compete in the next .higher classification for state tournament qualifying purposes.

EXCEPTION: If the combined enrollments in grades 9 through 12 causes the cooperative team to qualify for a higher classification, the schools requesting permission for a cooperative team may petition the Board of Directors for an exception to this provision. Factors that may be considered by the Board of Directors when evaluating a petition for an exception may include, but are not limited to,

number of participants from each school, how much the combined ADM exceeds the classification cutoff point, and geographic considerations.

5. No students may be cut or displaced by the additional students from the cooperative school(s).

6. Cooperative agreements must be in effect for a minimum of an entire season and may be renewed on an annual basis.

7. Deadlines for applications: Fall Sports, Winter Sports, Spring Sports – first official day of practice in that specific sport season according to the ASAA calendar. Football – the December board of directors meeting.

8. The Executive Director may approve this application if the above conditions are met.

C. The Board of Directors may also approve cooperative school programs for member schools who do not otherwise qualify under these sections. Request will only be considered at regular Board of Directors meetings. Schools are encouraged to consult with the Executive Director as how to best submit request.

D. Joint Participation Program for 1A and 2A Schools: If a member school classified as 1A or 2A is unable to field a team and is also unable to participate in a cooperative program with another 1A or 2A member school, it may petition the Executive Director for permission for its students to participate on another 1A or 2A member school's team in the same geographical area. In this section, team has the same definition as stated in Section B. above. The schools' enrollments will not be combined in determining the team's classification under the Joint Participation.

E. ESSS Designation: All member schools classified as 1A are eligible to participate in the ESSS Designation system when timely application is approved by the Executive Director. The purpose of this rule is to provide adequate numbers of participants to ensure and make possible competition in the smallest high schools in Alaska. It is not the intent of this rule for schools to be able to form "All Star" teams. Rather it is to help the smallest of member schools be able to consistently conduct activities. ESSS Designation schools are defined as the permanent union of two or more member schools who typically do not have the sufficient number of students to provide meaningful participation and elect to join a similar sized school. School choosing to take part in the ESSS Designation system must meet the conditions of Article 7 Section 11 B.

F. Affiliate Schools:

Students attending non-member schools within school districts that does have member schools may register with both a "school of eligibility" for sports and an "affiliate school" for the activities:

- All-State Art
- All-State Music Festival
- E-sports
- Solo & Ensemble Festival
- Student Government
- World Language

ARTICLE 8 - AMATEURISM

Section 1 - Amateur Athletes

A. A student-athlete who represents a member school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental, social and pleasure benefits derived therefrom. This rule may be waived for students participating as members of official United States Olympic Teams.

B. A student-athlete forfeits amateur status and eligibility in a sport sanctioned by the Association by:

1. entering into a competition for which the student-athlete is either paid to participate or is competing to win monetary compensation (allowable travel, meals and lodging expenses may be accepted); or
2. receiving any award, merchandise or prize whose aggregate value exceeds \$1000 for a specific event or tournament, unless such award has been approved by the school's principal for an event or tournament sanctioned by the school or Association (this section does not apply to awards given by the Association); or
3. capitalizing on athletic fame by receiving money or gifts of monetary value in exchange for endorsements, participation in commercials, advertisements or the like in affiliation with the student's school team, school, ASAA Region or ASAA (scholarships paid directly to institutions of higher learning are specifically exempted). This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school team, school, ASAA Region or ASAA affiliation (Note: other organizations, such as the NCAA may have different policies pertaining to the "capitalizing on athletic fame" which could jeopardize a student's future amateur status); or
4. signing a professional playing contract in that sport.

C. Accepting a nominal, standard fee or salary for instructing, supervising or officiating in an organized youth sports program or recreation, playground or camp activities shall not jeopardize amateur status. An "organized youth sports program" includes both school and non-school programs. The Association permits reasonable compensation for giving private lessons.

D. Penalty: A student-athlete deemed to be ineligible and the school which permitted the student-athlete to participate under the rules set forth in this section will be subject to the following penalty. The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. Amateurism: This violation applies to a student-athlete and the member school.
2. School: Member schools which permit a professional student-athlete to compete as a member of an interscholastic team will be deemed to have been using an ineligible student and will be penalized as specified in Article 12, Section 1.
3. Student-Athlete-Each Offense: The student-athlete loses eligibility in that sport for 365 days and until reinstatement according to the following subsection.

E. A student-athlete who violates his/her amateur standing as set forth by these Bylaws may apply to the Board of Directors for reinstatement as an amateur, if 365 days have elapsed since the date he/she was declared ineligible, and if he/she has been in regular school attendance and has not competed as a professional in that sport during the intervening period. An application under this paragraph must be in writing and must be signed by both the student and the principal or superintendent of the school.

Section 2 - Other Amateurs

A. A student who represents a member school in a non-athletic interscholastic competition shall be an amateur in that discipline. An amateur is one who engages in that discipline solely for the physical, mental, social and pleasure benefits derived therefrom.

B. A student forfeits amateur status and eligibility in non-athletic interscholastic competition in a discipline by:

1. receiving any award, merchandise or prize whose aggregate value exceeds \$1000 which has not been listed on the approved list by the NASSP or approved by the school's principal (this section does not apply to awards given by the Association); or
2. capitalizing on fame by receiving money or gifts of monetary value in exchange for endorsements, participation in commercials, advertisements or the like in affiliation with the student's school program, school, ASAA Region or ASAA (scholarships paid directly to institutions of higher learning are specifically exempted). This provision is not intended to restrict the right of any student to participate in a commercial endorsement provided there is no school program, school, ASAA Region or ASAA affiliation (Note: other organizations, such as the NCAA may have different policies pertaining to the "capitalizing on fame" which could jeopardize a student's future amateur status); or
3. signing a professional contract in that discipline.

C. Reasonable compensation for giving private lessons is permissible by the Association.

D. A student is ineligible if he or she competes or participates under an assumed name for the purpose of concealing his or her status as a professional.

E. Penalty: A student deemed to be ineligible and the school which permitted the student to participate under the rules set forth in this section will be subject to the following penalty: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. School: Member schools who permit a professional student non-athlete to compete in an interscholastic competition will be deemed to have been using an ineligible student and will be penalized as specified in Article 12, Section 1.
2. Student Non-Athlete-Each Offense: The student non-athlete loses eligibility in that specific discipline for 365 days and until reinstated according to subsection F:

F. A student who has violated his or her amateur standing as set forth by these Bylaws may apply to the Board of Directors for reinstatement as an amateur, if 365 days have elapsed since the date he or she was declared ineligible, and if he or she has been in regular school attendance and has not competed as a professional in that discipline during the intervening period.

An application under this paragraph must be in writing and must be signed by both the student and the principal or superintendent of the school.

Section 3 - Professional and College Try outs

Professional and college try outs that interfere with a high school student's work or involve a game in violation of Association rules may cause that student to be ineligible for further interscholastic athletic competition.

ARTICLE 9 - AWARDS

The Board of Directors designates, gives, and controls ribbons, medals, and trophies to be awarded to schools and individuals.

Section 1 - Principal Approval

Awards must have symbolic value only, awards may be accepted by a student only if granted through the school with prior approval of the school principal or school district superintendent.

Section 2 - Value Limit

Awards such as unattached letters, trophies, metal charms or pins, or similar articles, having symbolic value only, may be given to students by the school if the cost of the award does not exceed \$30. This section does not apply to trophies awarded to teams by the Association or regional associations. Jackets or sweaters may be presented to championship teams or groups by a school or non-school organization or individual(s) with prior approval of the school's principal within the limits established in Article 8, Section 1, Subsection B-2.

Section 3 - Invitational Tournaments

Leagues or schools conducting invitational tournaments or meets under Association rules may make awards to the winning schools or contestants if the awards are within the limits set forth in Sections 1 and 2 of this Article and in Article 15.

Section 4 - Presentation of Awards

No awards other than ASAA sanctioned awards may be given during Association State Championship awards ceremonies, unless approved prior to the event.

ARTICLE 10 - QUALIFICATION OF COACHES AND ADVISORS

Section 1 - Qualification of Athletic Coaches

A. The Board of Directors has adopted the Alaska Coaches Education Program for all high school level athletic coaches who have direct supervision of students. This may include head coaches and assistant coaches at all levels, as well as non paid coaches and coaches of out-sourced programs. The Coach of any team representing a member school in interscholastic athletic competition must have successfully completed the Alaska Coaches Education Program.

B. The Program consists of Five Components

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. In addition to the above courses, coaches of Unified Sports programs must have successfully completed the NFHSLearn Unified Sports course.

NOTE: For information on specific requirements go to <http://asaa.org/coaches/coaches-education/>

C. School Request for Waiver of Alaska Coaches Education Program: If requested by a school principal or superintendent, the Executive Director may grant to a coach, on a one-time only basis, a waiver of the certification requirement for the remainder of that sport season on a case-by-case basis. The waiver is good only until the completion of the current sport season and will not be granted without the successful completion of the NFHSLearn Concussion in Sport and Sudden Cardiac Arrest courses.

D. Equivalency for the Alaska Coaches Education Program: Coaches who believe they have completed an equivalent certification program for Fundamentals of Coaching or First Aid may submit that program directly to ASAA for review in order to determine whether that alternate program may be substituted. When an alternate program is approved, the coach will still be required to successfully complete the Alaska State Component. Coaches previously certified under the American Sports Education Program do not need to recertify for Fundamentals of Coaching.

E. Administrative Responsibility: The principal or designee at each member school or district shall ensure that the requirements in Section 1, paragraph A, B and C are met for each coach.

Section 2 - Qualification of Advisors and Volunteers

A. 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.

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

C. 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. In addition to the above courses, coaches of Unified Sports programs must have successfully completed the NFHSLearn Unified Sports course.

Section 3 - Reporting of Coaches

A. The principal or designee of each member school or district shall annually report the names of all head coaches and assistant coaches at all levels, non-paid coaches, coaches of out-sourced programs, advisors and volunteers. The individual and their position must be reported within two weeks of the beginning of their respective season using the School Activities Reporting System (SARS). The principal or designee must ensure that the individual has the certifications required under this article or have a current approved waiver of the Coaches Certification rule.

B. Only coaches/advisors/volunteers meeting these requirements and listed on the SARS will be eligible for a Coach's Pass at any ASAA State Championship event.

Section 4 - Penalty

The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. Non-Compliance with Section 1 and 2: School receives a warning and a fine of \$105 per coach/advisor/volunteer.
2. Failure to report coaches/advisors/volunteers as specified in Section 3: School receives a warning and a fine of \$105 per activity.

ARTICLE 11 - PHYSICAL EXAMINATION, PARENTS' CONSENT

Section 1 - Medical Examination

A student-athlete may not be permitted to participate in a practice session or in any athletic event (including rifle and cheer) until there is on file, with the superintendent or principal, a statement, signed by a practicing physician, advanced nurse practitioner, physician's assistant, doctor of chiropractic or a military medical examiner, and the student's parents or legal guardians, certifying that he or she has submitted to a history and physical examination within the prior 18 months. The statement must certify that, in the opinion of the examiner, the student is physically fit to participate in strenuous physical activities.

Penalty: A student who practices or participates with-out a physical exam in violation of this rule will be considered to be an ineligible student. A school who permits a student to practice or participate without a physical exam will be penalized under Article 12, Section 1.

Section 2 - Parental Permission

Prior to each year of interscholastic athletic participation, a student shall furnish a statement, signed by the student and the student's parent (or other person with whom the student has resided for a period of time approved by the Association) which, in compliance with the Health Insurance Portability Accountability Act (HIPAA) and regulations thereunder, authorizes release to the school in which the student is enrolled or in which the student is participating in interscholastic activities pursuant to the student's alternative education program, of the student's medical history and physical examination described herein, disclosure of information which may be made to administrators, the athletic director, the athletic trainer and the coaches of any activity in which the student is to participate. Submission of ASAA's Authorization to Release Medical Information Relating to Student Health/Review Exam form will satisfy this requirement.

Section 3 - Wrestling Weight Rule

The National Federation Wrestling Rule Book, with some revisions to the weight control program, is followed with respect to student wrestling participants.

A. A wrestler must have his/her certified minimum weight determined within 60 calendar days prior to the first competition of the season. This determination must be in writing and signed by a person authorized

to sign the initial medical exam form and/or the medical history review form and the student's parent. No wrestler may be certified at a lower minimum weight during the season. These minimum weights must be an integral part of the eligibility roster. A student starting wrestling after the start of the season must have his/her minimum weight determined before his or her first competition. A student deemed to be ineligible, and the member school which permitted the student to participate, under the rules set forth in this article will be subject to the following penalty.

B. Penalty: These penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

Wrestling Minimum Weight Violation:

1. First Offense: In any meet in which the student competed in violation of this rule, the student will forfeit his or her match and the team score will be disallowed, resulting in the school forfeiting the entire meet. Records earned by other members of the team will stand. The school will be placed on probation.

2. Second Offense: In any meet in which the student competed in violation of this rule, the student will forfeit his or her match and the team score will be disallowed, resulting in the school forfeiting the entire meet. Records earned by other members of the team will stand. The school will be placed on probation/suspension and will receive a fine of \$200 minimum.

Section 4 - Concussion Management

Schools and districts have a responsibility under House Bill 15 and Senate Bill 119 to develop a Concussion Policy. It must include awareness and education for student athletes, coaches and parents, and return to play and cognition protocols. Recommended policies can be found within the Sports Medicine section and forms can be found with the handbook section of ASAA's website.

ARTICLE 12 - ELIGIBILITY REQUIREMENTS FOR ENROLLED AND ALTERNATIVE EDUCATION PROGRAM HIGH SCHOOL STUDENTS

The member schools of the Association have adopted through their elected representatives an essential interrelated group of minimum eligibility requirements which establish the threshold for participation for all students, including managers, within the interscholastic program and which work together to define and preserve the fundamental nature of the program.

Unless expressly limited, the following rules are intended to be minimum requirements for student eligibility to participate in all sanctioned interscholastic activities and do not preclude a school, a school district, or a regional association from imposing additional rules that are reasonable, prudent and not in conflict with those of the Association.

Section 1 - Penalty

A. A student deemed ineligible under ASAA rules, and the member school which permitted the student to participate under the rules set forth in this article, are subject to the following penalties. The following penalties assume the school is in good standing and has not been warned or is not under other penalty at

the given time. A school under warning or other penalty status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

1. First Offense: School forfeits game or meet and school receives warning. If the Association determines that the violation involved intentional conduct by a school representative, the school will receive a fine of \$200 minimum and will be placed on probation.

2. Second Offense: School forfeits game or meet and receives \$200 fine. If the Association determines that the violation involved intentional conduct by a school representative, the school will be placed on probation/suspension and will receive a fine of up to \$2,500.

a. In addition to the above penalties, any one or more of the actions below may be taken:

1. that individual or team records achieved during participation by an ineligible player be vacated or stricken;

2. that team or individual awards earned by an ineligible player be returned to the Association.

b. If an ineligible student competes in a meet, match or tournament in violation of any Association Bylaws, all points earned by that student or by a relay team of which the student is a member, are to be declared forfeited; and in team sports (including wrestling), the entire contest is forfeited. Records earned by other members of the team will stand.

Section 2 - Participation Rules

A student is eligible to participate in the interscholastic activities of only one member school per year, except as provided under the Transfer/Residency Rule (Section 9). That school shall be considered the School of Eligibility. A student who is simultaneously enrolled at more than one member school and who wishes to be eligible to participate in the interscholastic activities of one of those schools, must designate that school as the School of Eligibility. The School of Eligibility must ensure that the student meets all eligibility requirements before being permitted to participate.

A. To be eligible during a school semester for participation in interscholastic activities, a student must meet the following criteria:

1. Be properly registered in a 9-12 or 10-12 high school program or any combination thereof, in the member school where the student will participate or where authorized by a member district, be enrolled in the member district's non-member school or program (including district correspondence), when such district is paying the student surcharge for that student or, in the case of students attending alternative education programs, be registered with their School of Eligibility, as described below.

2. Students enrolled in an alternative education program, as defined in Article 1, Section 8 herein, are eligible to participate in the interscholastic activities of only one member school per year, except as provided under the Transfer/Residency Rule (Article 12, Section 9). That school shall be considered the School of Eligibility.

a. The School of Eligibility shall be the public school (1) that, based on the residence of the parent or legal guardian, the student would be eligible to attend were the student not enrolled in an alternative education program; or (2) at which the student requests to participate, if (A) the student shows good cause, as determined by the governing body of the Public School the student would be eligible to attend were the student not enrolled in an alternative education program and

(B) the governing body of the school in which the student seeks to participate in interscholastic activities approves; or The School of Eligibility may be a private or religious school that the student would be eligible to attend were the student not enrolled in an alternative education program; and at which the student requests to participate; and if the administrator of the school approves.

b. The School of Eligibility must ensure that the alternative education program student meets all eligibility requirements before being permitted to participate. Alternative education program students who request to participate in the interscholastic activity program of a member public school or district, or a private or religious school, must be properly registered for participation in interscholastic activities with the member school district or School of Eligibility. Schools (districts) may require that alternative education program students who request to participate in interscholastic activities at one of its member schools pre-register either prior to the beginning of the school year, prior to the beginning of a sport or activity season which begins before school starts, or upon moving into the district's boundary.

3. Not be a graduated senior, with the exception that the eligibility of a senior graduating near the end of a regular school year, shall extend through the conclusion of any current school athletic season in which he or she is participating.

4. For all freshmen, sophomores, and junior, as well as seniors who are not on track to graduate, must be enrolled in a minimum of courses needed to receive 2.5 units of semester credit or equivalent at School of Eligibility or supervised by the School of Eligibility or its school district, that lead to granting credit toward graduation from the school district or School of Eligibility.

5. Seniors who are on track to graduate must be enrolled in a minimum of courses needed to receive 2.0 units of semester credit or the equivalent at the School of Eligibility or supervised by the School of Eligibility or its school district that lead to granting of credit toward graduation from the school district or the School of Eligibility. Full time seniors who are on track to graduate, must be enrolled in a minimum of two (2) semester units of credit, or equivalent, at School of Eligibility.

6. Must maintain at least an overall 2.0 GPA during the current semester to remain eligible. Students who do not maintain an overall 2.0 GPA may regain eligibility during the current semester by achieving and maintaining an overall 2.0 GPA within the school's grading system.

7. Must be in regular attendance at school classes in which enrolled or for which credit is granted (or be enrolled in a district or member school correspondence program).

8. The requirements for Special Education students participating in Unified Sports, as "Athletes", will be determined by the student' IEP team.

B. Alternative Schools of Member Districts

1. A student attending a non-member charter school, alternative school or program (including district correspondence) during the first semester of ninth grade; and a student transferring from out-of-district who attends a non-member charter school, alternative school or program (including district correspondence) after the first semester of the ninth grade, must designate a member school within the district as the School of Eligibility.

2. The School of Eligibility of a student, other than a first semester freshman, who transfers to a non-member charter school, alternative school or program (including district correspondence), from another school within that district, will be the member school from which the student transferred.

3. A student attending a non-member charter school, alternative school or program (including district correspondence) whom wishes to change his/her School of Eligibility will be ineligible for Varsity, State Qualifying and State Championship interscholastic competition at the new School of Eligibility for one calendar year, from the start of the next semester at the new school of eligibility based on the date of receipt by ASAA of the Application for Changing School of Eligibility form. At schools with no sub-varsity teams, the student could ask for a waiver to participate on the varsity team during the regular season, but would not be able to participate at either conference or state tournaments.

C. Alternative Education Programs:

1. A student in grades 9-12 in an "alternative education program" as defined in Article 1, Section 8, is eligible to participate in interscholastic activities at a member public, private or religious school, as follows:

2. Students enrolled in an alternative education program, may participate in interscholastic activities when such participation is sanctioned or supported by this Association; is conducted outside of the regular school curriculum; and does not involve participation in student government at a school. Such students need not be enrolled in the member public, private or religious school in which they participate in interscholastic activity, except that

a. in order to participate in the All-State Music and Solo and Ensemble Music Festivals, such students must be enrolled in a corresponding music class at their School of Eligibility, at which they may be selected for participation through a competitive audition process, and

b. in order to participate in All-State Art or in the World Language Declamation Festival, such students must be enrolled in a corresponding class at their School of Eligibility. ASAA may waive the requirement for students enrolled in alternative education programs or in the event that the individual school of eligibility does not offer Music, Art or World Language classes.

3. Nothing in these bylaws precludes a school or school district from imposing additional eligibility rules upon alternative education program students that are reasonable, prudent and not in conflict with these bylaws or AS 14.30.365.

4. Nothing in these Bylaws or in Association policies prohibits a member school or district from adopting a "fair share" policy as to the equitable charging of fees to alternative education program students who participate in the member school's or district's interscholastic activities.

D. Establishing a "School of Eligibility": A student establishes a "school of eligibility" by participating in an interscholastic activity. A student who attends an alternative education program and who participates in interscholastic activities at a member public, private or religious school establishes their "school of eligibility" at such school upon participating in interscholastic activity there. (Note: see Article 12 Section 9.A for definition of participation).

E. Use of Junior High / Middle School Students:

1. High schools of 70 or fewer students may use 7th and 8th grade students as cheerleaders for home high school games upon approval of the principal or superintendent of the school. They may not be used at games during district, regional or state tournaments. Additionally, all member schools may use 7th and 8th grade students, zoned for their school, as managers upon the approval of the principal or superintendent of the school.

2. 7th and 8th grade students are ineligible to participate in high school interscholastic competition except as specified in the following section:

3. 8th Grade Student Participation Authority:

a. Notwithstanding any provisions or restrictions of the Association's Bylaws, Policies or past practices, the Board of Directors has determined that under certain conditions, students enrolled in the 8th grade in a member school district, may be granted eligibility to participate as members of a high school basketball, volleyball, soccer, mix six volleyball team, when an annual request is submitted in writing to ASAA by the district superintendent. The conditions are that there were thirty (30) or fewer students, or fifteen (15) or fewer students per gender, enrolled in grades 9-12 during the previous school year's October student count as reported to the Department of Education and Early Development (DEED) or that there were fifty (50) or fewer students, or twenty-five (25) or fewer students per gender, enrolled in grades 9-12 during the previous school year's October student count as reported to the Department of Education and Early Development (DEED), and that the school is conducting two (2) or more team sports which seasons overlap for more than six (6) weeks. If the current school year's October count is lower than the previous year's, it may substitute as the official count for purposes of this section.

b. For schools classified as 1A, 2A, or mix-six, students enrolled in the 8th grade may be granted eligibility to participate as members of a high school basketball, volleyball, soccer, mix six volleyball sub-varsity team, when an annual request is submitted in writing to ASAA by the district superintendent.

c. For schools with enrollments of 500 or less, students enrolled in the 8th grade may be granted eligibility to participate as members of the a high school's Art, Drama, Debate & Forensics, Dance / Drill Teams, Esports, Honor Band, Choir, Orchestra, Solo & Ensemble, Student Government and World Language Declamation programs, when an annual request is submitted in writing to ASAA by the district superintendent. This request must verify that the high school described above is a member school and that there were five hundred (500) or fewer students, enrolled in grades 9-12 during the previous school year's October student count as reported to the Department of Education and Early Development (DEED). If the current school year's October count is lower than the previous year's, it may substitute as the official count for the purposes of this section

d. Alternative education program students who participate in a member school's interscholastic activities program under AS 14.30.365 will be added to the school's October count to determine a school's eligibility to use 8th grade students, beginning in 2014-15.

4. 8th Grade Student Eligibility Guidelines:

8th grade students participating under provisions of this bylaw must:

a. meet the eligibility requirements imposed by the member school district,

b. have a current medical history and physical exam form on file in the school office prior to participation (see Article 11), and

c. participate in and fully comply with all provisions of ASAA's "Play for Keeps" tobacco, alcohol and controlled substances (TAD) program.

5. Future High School Eligibility of 8th Grade Students Participating Under These Provisions: Nothing in this Bylaw shall limit 8th grade students who participate under the provisions of sections 3 and 4, from enjoying the opportunity for full high school eligibility upon first entering into 9th grade. This includes but is not limited to Article 12, Section 3, Maximum Participation (eight (8) semesters or four (4) seasons of participation).

6. How Classification May Effect 8th Grade Student Participation: Under some circumstances, the forgiveness of ineligible 5th year seniors may effect a school's classification. As a result of this forgiveness, a school's enrollment may authorize it to request interscholastic eligibility for 8th grade students. (See Policy 3. Classification – in the Policy section of this handbook).

Section 3 - Maximum Participation

A. No student enrolled in a four (4) year high school program, including a four year alternative education program, may participate in more than four (4) seasons in any specific interscholastic activity. No student enrolled in a three (3) year high school program, including a three year alternative education program, may participate in more than three (3) seasons in any specific interscholastic activity. Participation in any interscholastic contest during a season shall be considered as one (1) season of participation in that activity.

B. No student will have more than eight (8) consecutive semesters of eligibility. Consecutive" semesters include all semesters, including semesters in which the student is not enrolled in any school or is enrolled in another school, after the student's initial enrollment in 9th grade, including enrollment in 9th grade in an alternative education program.

- Students first entering 9th grade will have eight (8) consecutive semesters of eligibility.
- Students first entering 10th grade will have six (6) consecutive semesters of eligibility remaining.
- Students first entering 11th grade will have four (4) consecutive semesters of eligibility remaining.
- Students first entering 12th grade will have two (2) consecutive semesters of eligibility remaining.

NOTE: Many Special Education Students remain in high school for more than eight (8) semesters. Special Education Students participating in Unified Sports as "Athletes", and living in communities without Adult Special Olympic programs may be eligible for a waiver of the rule. Schools interested should contact the Executive Director for more information.

Section 4 - Repeating Grades for Athletic Purposes

A. A student held back in the seventh (7) or eighth (8) grade for athletic purposes shall cause that student to lose one of his or her four years of high school eligibility for each year that he or she is held back.

B. Penalty: Loss of Fourth Year: A student held back one year in the seventh (7) or eighth (8) grade for athletic purposes shall lose his or her fourth year of eligibility after entering the ninth (9) grade. Loss of Third and Fourth Years: A student held back for two years in the seventh (7) and eighth (8) grades for athletic purposes shall lose both the third and fourth years of eligibility after the ninth (9) grade.

Section 5 - Recruiting/Undue Influence

A. Undue influence is defined as the attempt to secure the attendance of a student for athletic reasons. Any verbal or written recruiting contact initiated by a representative of another school will be considered as asserting undue influence. If the contact is initiated by an individual who is not a representative of a school, that individual's name shall be recorded and a warning issued. If a further violation is reported relative to this individual, he/she will be considered to be a representative of the school, and the school may be subjected to the prescribed penalties.

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.

C. In districts that have multiple high schools and junior high schools, undue influence may not be exerted by anyone on a student who has not yet entered the ninth (9) grade, to enroll in a school other than his or her home school or the one that he or she ordinarily would be expected to attend.

D. In applying this rule to students attending an alternative education program, undue influence is defined as the attempt to secure participation in interscholastic activities at a private or religious school, or at a public school other than the public school the student would be eligible to attend, based on the residence of the parent or legal guardians, were the student not enrolled in an alternative education program.

E. Because it is not feasible to determine whether recruiting was involved, transfer student-athletes who live with any salaried or non-salaried member of the school's coaching staff are not eligible. In addition, a member of the school's coaching staff may not arrange for housing for any student who may wish to participate in interscholastic athletics. This rule does not apply if the coach is related to the student within the second degree of kindred defined as: father, mother, brother, sister, son, daughter, spouse, grandparents, grandchild, brother or sister-in-law, son or daughter-in-law, father or mother-in-law, stepfather, stepmother, stepsister, stepbrother, stepson, or step daughter. Students placed in a school under a court order shall be eligible under Article 12, Section 9, C7.

The Board of Directors has authorized a waiver of this rule for foreign exchange students under certain conditions (see Article 12, Section 9, C14-2).

F. Unless reliable evidence to the contrary is presented, the Association shall accept as prima facie evidence of undue influence: the offer of the awarding of tuition, allowance for board and/or room, allowance for transportation, priority in assignments of jobs, cash or gifts in any form, or any other privilege or consideration accorded if not similarly available to students not participating in athletics. Penalty: The member school which permitted the student to participate under the rules set forth in this Section will be subject to the following penalties: The coach will also be subject to the following penalties.

G. The following penalties assume that a school is in good standing and has not been warned or is not under another penalty at the given time. A school under warning or other status may be assessed additional penalties than those listed below, up to and including suspension from the Association.

Recruiting Students: The school and coach will be penalized as follows:

1. First Offense: The school will be placed on prohibition, will receive a fine of \$500, and will lose playoff privileges. The coach will be suspended from coaching in all Association sanctioned competition for up to 365 days. A school which permits a coach, suspended under this rule, to coach a team including practices, in violation of this section, will forfeit all contests in which that team competes.
2. Second Offense: The school is placed on suspension and receives a fine of \$2,500. The coach will be suspended from coaching in all Association sanctioned competition for up to 365 days. A school which permits a coach, suspended under this rule, to coach a team including practices, in violation of this section, will forfeit all contests in which that team competes.

Section 6 - Age Rule

A student who becomes nineteen (19) years of age, on or before August 1, shall be ineligible for interscholastic competition.

NOTE: Many Special Education Students remain in high school well beyond their 19th birthday. Special Education Students participating in Unified Sports as “Athletes”, and living in communities without Adult Special Olympic programs may be eligible for a waiver of the rule. Schools interested should contact the Executive Director for more information.

Section 7 - Semester Credit Rule

All first semester freshmen are immediately eligible for the first semester. After the first semester of the freshman year, all students must meet the following criteria to remain eligible for interscholastic competition (Any credited course listed on a student’s transcript may be counted toward the semester units needed for eligibility.):

A. Credit

All second-semester freshmen, sophomores and juniors, as well as seniors who are not on track to graduate, must have passed at least 2.5 units of credit, or the equivalent, toward graduation, during the previous semester.

All second semester seniors who are on track to graduate must have passed at 2.0 units of credit, or the equivalent, toward graduation, during the previous semester.

All first semester seniors must have passed at least 2.5 units of credit, or the equivalent, toward graduation, during the previous semester in order to be eligible anytime during the current semester.

B. Grade Point Average (GPA)

All students must have maintained at least an overall 2.0 GPA for the previous semester. Students who did not maintain an overall 2.0 GPA for the previous semester may regain eligibility in the current semester by achieving and maintaining an overall 2.0 GPA within the school’s grading system.

1. For the purposes of this section, academic deficiencies may be made up through successful completion of correspondence courses or summer school.
2. A grade of incomplete is considered as not passing until the incomplete is changed on the official school records.
3. Correspondence study students must meet the same time frame as regular students.

NOTE: Special Education Students participating in Unified Sports as “Athletes”, are exempt from the Semester Credit rule and GPA requirement. The student’s IEP team will determine if they are eligible

Section 8 - Citizenship Rule and Tobacco, Alcohol and Controlled Substance Policy

The determination by a member school that a student is ineligible based on poor citizenship is not appealable to the Association. A student who is expelled from a school will not be eligible in another school for the duration of the period of expulsion.

A. Tobacco, Alcohol and Controlled Substance Position Statement:

ASAA and its member schools recognize that the use of tobacco, alcohol and controlled substances is a significant health problem for many students, resulting in negative effects on behavior, learning and their total development. The use of tobacco, alcohol and controlled substances by students affects academic development, personal growth, extracurricular activities participation and the development of related

skills. Others affected by misuse and abuse are family, teammates and other significant persons in their lives. ASAA and its member schools believe that close contact of parents/coaches, advisors, students and communities in interscholastic activities and class-rooms provides a unique opportunity to observe, confront and assist one another. It is the philosophy of ASAA and its member schools that students should be encouraged and supported in their efforts to develop and maintain a chemical-free lifestyle.

Participation in ASAA sanctioned sports and activities is a privilege which requires all participants to adhere to rules imposed by the member schools and/or member districts that students attend and represent. The policy described in this article is intended to further the following purposes:

The position of ASAA is:

1. To emphasize the health and safety of students while participating in activities to recognize the long-term physical and emotional effects of controlled substance, alcohol and tobacco use on student health, and to minimize the potential for injury.
2. To promote a sense of order and discipline among students;
3. To recognize that a student's possession, distribution or use of controlled substances, alcohol, or tobacco during the school year or during interscholastic competition outside of the school year, even during times when a student is not actively participating in interscholastic activities, may nevertheless be detrimental to health, safety, order and discipline when the student is participating.
4. To assist schools in the establishment of policies that are consistent with ASAA standards of athletic and activity eligibility;
5. To support schools that have programs to assist students who desire to resist peer pressure which directs them toward the use of tobacco, alcohol and controlled substances;

B. Tobacco, Alcohol and Controlled Substance Policy:

The Board of Directors has implemented a statewide policy regarding the possession, distribution and use of controlled substances, alcohol and tobacco. This policy includes an educational component, minimum penalties which are cumulative and progressive, a time period in which the policy applies, an explanation of how violations are determined and reported, a required Student and Parent/Guardian Acknowledgement Form which must be signed prior to participation, and a definition of terms. The complete policy is found in the Policy Section

Section 9 - Transfer/Residency Rule

The Association has established the following rules to govern the eligibility of students who transfer to Alaska, or from one school to another within Alaska, or who are simultaneously enrolled at more than one school, or who are enrolled in a member school district's non-member charter school, alternative school or program (including district correspondence), and who wish to transfer interscholastic participation eligibility from one school to another, and who participate in the activities listed under Section 10 A of this Article with the exception of Student Government, All-State Music Festival, World Language, All-State Art and Solo & Ensemble Festival.

A school district may establish its own policy regarding intra-district student transfer, so long as it is at least as stringent as Association transfer rules. This will allow students to be transferred within the district by the Superintendent for reasons that are to the benefit of the student and district, but are not related to activities' participation.

A. For transfer purposes, a student establishes their “school of eligibility” by participating* in an interscholastic competition.

*Participating is further defined as:

Having met the minimum eligibility requirements to participate in competition and at least one of the following:

1. Being entered in a score/record book
2. Recording an official time or score for the participant in an interscholastic competition
3. Dressing in uniform during an interscholastic competition

NOTE: Once established a student is not required to change their “school of eligibility” unless they wish to do so.

B. A transfer from a school outside or within Alaska to an alternative education program constitutes a transfer subject to the rules established in this section for transfer of eligibility to another school. Students attending alternative education programs who establish interscholastic activity eligibility residency at a member public, private or religious school are subject to the rules established in this section for transfer of eligibility to another member school.

C. Types of Transfers

NOTE: These transfer types 1-9 do not cause the student to become ineligible at the varsity level. However, the student’s parents and the receiving school must complete the applicable form and evidence as required by ASAA.

1. Transfer as a Result of a Move of Parents: A student who transfers from one school’s attendance area to another’s with a bona fide change of residence of the parents, legal guardians (or other persons with whom the student has resided for a period of time to be determined by the Association) shall be eligible for interscholastic competition at the new school as soon as properly certified.

NOTE: Students may continue to attend and/or participate at their existing “school of eligibility” regardless of the move of parents.

Bona Fide Change of Residence: For the purposes of this section, a bona fide change of residence means the moving of the permanent residence of the entire family of the student and his/her parents or guardians (or other person with whom the student has resided for a period of time approved by the Association) from one school’s attendance area into another school’s attendance area prior to a change in enrollment of the student.

Additional Requirements:

If the receiving and sending school are connected by a road, the distance between the schools must be 30 miles or greater.

For the purposes of this section, a student’s transfer to or from a private school shall be treated the same as a transfer to or from the public-school attendance area in which the private school is located. Schools must verify that a bona fide change of residence has occurred and must report this to the Association on the Bona Fide Change of Residence form before the student is allowed to participate.

2. Transfer for Emancipated Student: A student who is legally emancipated as supported by court documents and who is not dependent upon parents or guardians for a home and who transfers from one school to another (except in Section 9, C3) is eligible for interscholastic competition as under Section 9, C2. Transfer with a Move of Parents.

3. **Transfer Due to Parental Divorce or Legal Separation:** A student whose parents are divorced or legally separated may establish eligibility in the school or school district of either parent but not both parents. After establishing initial residency with one parent, all subsequent transfers without a change of residence of that parent will be subject to the rules for Transfer Without a Move of Parents.

4. **Married Student:** A married student whose transfer to another school is specifically related to the marriage is eligible in the new school as soon as properly certified. Otherwise, married students must conform to all other transfer rules.

5. **Student Under Court Order or Ward of the State:** A student who transfers under a “court order” or is a “ward of the state” is eligible at the new school as soon as properly certified.

6. **Homeless Student:** A student who is homeless as defined in the McKinney-Vento Act, 42 U.S.C. 11434 a (2), shall be immediately eligible to participate at the public school in which he or she is enrolled, notwithstanding the Transfer/Residency Rule, as soon as the student becomes enrolled in a school. The public school district in which the student is enrolled shall determine whether or not the student meets the definition of homeless under the Act, and shall provide ASAA with its basis for such determination. Such determination may be reviewed by ASAA.

The definition of homeless students in the Act reads as follows:

(A) means individuals who lack a fixed, regular, and adequate nighttime residence (within the meaning of section 103 (a)(1)) [43 USCS § 11302 (a)(1)]; and

(B) includes-

(i) children and youths who are sharing the housing of other persons due to loss of housing, economic hardship, or a similar reason; are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations; are living in emergency or transitional shelter; are abandoned in hospitals; or are awaiting foster care placement;

(ii) children and youths who have a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings (within the meaning of section 103 (a)(2)(C) [42 USCS § 11302 (a)(2)(C)];

(iii) children and youths who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and

(iv) migratory children (as such term is defined in section 1309 of the Elementary and Secondary Education Act of 1965 [20 USCS § 6399]) who qualify as homeless for the purposes of this subtitle [42 USCS §§11431 et seq.] because the children are living in circumstances described in clauses (i) through (iii).

7. **Transfer Due to Elimination of Activity:** A student enrolled in a school which eliminates an interscholastic activity may transfer to another school and be eligible as soon as properly certified, provided the student had participated in the eliminated activity the prior school year. Elimination of an activity” occurs when a school drops an interscholastic activity that it sponsored during the previous school year, for whatever reason. A transfer under this rule must be approved by the principal of both the sending and receiving schools.

8. **Start of the Year/End of the Year Boarding School Transfer Rule:** Students who transfer their “school of eligibility, to a boarding school at the beginning of a school year, or from a boarding school at the end of a school year, will be eligible for interscholastic participation at the new school as soon as properly certified.

Note: The “beginning of the school year” is the first 15 student contact days of the first semester.

9. Foreign Exchange Student Transfer Rule: A foreign exchange student is an international student who attends high school in Alaska. The foreign exchange student must possess a current J-1 visa, issued by the U.S. State Department. To be eligible for interscholastic competition, such a student must be under the auspices of, and be placed with a host family by an international student exchange program that has been accepted for listing by the Council on Standards for International Educational Travel (CSIET), or other programs approved by the Association; and be recognized by the U.S. State Department. The foreign exchange program must assign students to host families by a method that ensures that no student, or his/her parents, school or other interested party may influence the assignment for athletic or other purposes. The foreign exchange student may not be selected or placed on any basis related to his/her athletic interests or abilities. In order to obtain to be eligible, a foreign exchange student must meet all other eligibility rules required of other students in Alaska.

Foreign exchange must also:

1. attend the school for no less than a complete semester; and
 2. not have participated in the same sport (for which eligibility is being sought) at another school earlier in the same school year; and
 3. not have graduated from (the home country's equivalent of) a secondary school; and
 4. must affirm that there is no evidence of athletic recruitment resulting in the student's attendance at the school either by the school or any other outside entity.
 5. A foreign exchange student is considered to be placed with a host family when written notice of placement is provided by the exchange organization to the student and his/her parents, and to the host family.
 - a. Neither the school the student attends nor any person associated with the school shall have input into selection of the student.
 - b. No member of the school's coaching staff, paid or voluntary, shall serve as a host family for a foreign student athlete; nor may a coaching staff member arrange for housing.
 - c. Notwithstanding the provisions in parts 5 a and b, a school may request a waiver of the transfer rule for a foreign exchange student whose host family includes a member of the school's coaching staff when it can be verified that the student was not recruited by either the school, coach or host family
- Non compliance with one or more of the foregoing provisions shall render the foreign exchange student ineligible for interscholastic competition.

NOTE: Students wishing to change their school of eligibility for transfer types 10-12 will lose varsity level eligibility for a specific period of time.

10. Transfer Without a Bona Fide Change of Residence of Parents: A student who transfers their "school of eligibility" without a bona fide change of residence of parents or guardians, is ineligible for Varsity, State Qualifying and State Championship interscholastic competition for one calendar year, from the date of first attendance in the new school in team sports. Students participating in individual sports may compete on varsity during regular season, but are ineligible for State Qualifying and State Championship interscholastic competition for one calendar year, from the date of first attendance in the new school.

Students who live with coaches are ineligible (see Section 5, E). At schools with no sub-varsity team sports, the student could ask for a waiver to participate on the varsity team during the regular season, but would not be able to participate at either conference or state tournaments.

NOTE: Students who transfer schools are not required to also transfer their “school of eligibility” and may continue to participate at their former school at the varsity level, provided they meet all other ASAA eligibility requirements.

11. During the School Year Boarding Student Transfer Rule: Students who transfer their “school of eligibility” to or from a boarding school during the school year shall be ineligible for Varsity, State Qualifying and State Championship interscholastic participation the remainder of the school year in team sports. Students participating in individual sports may compete on varsity during regular season, but are ineligible for State Qualifying and State Championship interscholastic competition for the remainder of the school year.

12. Foreign Student Transfer Rule: A foreign student who has been granted an F-1 visa will be ineligible for interscholastic competition for Varsity, State Qualifying and State Championship interscholastic competition for one calendar year, from the date of first attendance in the new school, unless there has been a bona fide move of parents. Students who live with coaches are ineligible (see Section 5, C). At schools with no sub-varsity teams, the student could ask for a waiver to participate on the varsity team during the regular season, but would not be able to participate at either conference or state tournaments from the date of enrollment.

NOTE: Other Transfer Related Issues

13. Seasons of Participation for Transfer Student: A student who transfers to Alaska from another state who has competed in an interscholastic sport including a tournament where qualified, in the current school year shall not be eligible for the same sport during the remainder of the school year at the receiving school in Alaska. A transfer student subject to this paragraph, who has not completed a full season (through the culminating tournament) in a sport may complete the season in Alaska, but may not exceed the maximum number of contests or weeks as established by the Board of Directors.

14. Alaska Students Involved in Exchange/Travel Programs: Alaska students involved in exchange/travel programs, including but not limited to the American Field Study Service, Rotary International and Youth for Understanding, are exempted from the Semester Credit Rule (Bylaw Article 12, Section 7) upon return to their home schools provided they would have been otherwise academically eligible for the semester they began the exchange/travel program. Alaska students involved in exchange/travel programs must be otherwise eligible by all other rules, including Article 12, Section 3, Maximum Participation.

Participation in interscholastic competition while involved in an exchange travel program will count toward the maximum years or seasons of participation in that specific competition as defined in Bylaw Article 12, Section 3.

15. Changing Schools During a Sport Season: A student who participates in a sport at one school, and who subsequently transfers to another school, will not be eligible in that sport at the Varsity, State Qualifying and State Championship interscholastic competition level. At schools with no sub-varsity teams, the student could ask for a waiver to participate on the varsity team during the regular season, but would not be able to participate at either conference or state tournaments.

Section 10 - Eligibility Lists for Interscholastic Participation

- A. A Master Eligibility List 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. Note: This requirement is met by assigning each participant to a varsity or subvarsity roster.

Master Eligibility lists shall be submitted for the following:

- All-State Art Competition
- Badminton
- Baseball
- Basketball
- Bowling
- Cheer
- Cross-Country Running
- Dance / Drill Team
- Drama, Debate & Forensics
- Esports
- Flag Football
- Football
- Gymnastics
- Hockey
- Music (All-State and Solo & Ensemble)
- Nordic Ski
- Powerlifting
- Rifle
- Soccer
- Softball
- State Student Government Conferences
- Swim & Dive
- Tennis
- Track & Field
- Volleyball (Girls & Mix Six)
- World Language Declamation
- Wrestling

B. School Districts will be required to provide ASAA a list of each activity anticipated to be offered by their member schools at the beginning of each school year. The Master Eligibility List for each activity must be submitted by the school using the School Activities Reporting System (SARS) before the first contest of that season. For activities that involve only one event, the list must be submitted by the school at least five (5) school days before the contest.

Master eligibility includes students granted transfers and waiver exceptions. Once the school is notified of the exception, schools must enter the student and exception information into the SARS. Contact the ASAA office for questions regarding the SARS.

C. Any deletions to the School Activities Reporting System (SARS) must be entered into the SARS before a student is eligible to participate.

D. Penalties: The following penalties assume that a school is in good standing and has not been warned or is not under other penalty at the given time. A school under warning or other penalty status may have additional penalties than those listed below.

1. Eligible Student Left off the School Activities Reporting System (SARS):

- a. First Offense: School receives warning.
- b. Second Offense: School receives probation.
- c. Third Offense: School receives fine of \$200 minimum.

2. Failure to Submit the School Activities Reporting System (SARS) Prior to First Season Contest:
 - a. First Offense: School receives warning and superintendent is notified.
 - b. Second Offense: School receives \$50 fine and superintendent is notified.
 - c. Third Offense: School receives \$100 fine and superintendent is notified.

Penalties are cumulative throughout a school year.

ARTICLE 13 - WAIVERS OF ELIGIBILITY RULES

Section 1 - Student Request

A student who has been determined to be ineligible to participate in interscholastic competition under one or more of the eligibility rules of Bylaw Article 12 may request a waiver of that rule or rules by the Executive Director. A waiver may only be granted for reasons of hardship or emergency, as described in Section 5 below; or because such waiver is required by Federal or State law.

Section 2 - Penalty

If a student who has been determined to be ineligible by the Executive Director or the Appeals Board is nevertheless permitted to participate in interscholastic activities pursuant to a restraining order or injunctive order issued by a court, the penalties described in these Bylaws for participation in interscholastic activities by an ineligible player shall apply to the student and the student's school, if the court subsequently upholds the Association's determination that the student was ineligible.

Section 3 - Waiver Request Procedures

A request for a waiver of the eligibility rules must be directed by the student to the involved member school's officially designated administrator who shall then file a written request (on the appropriate form) stating the full particulars of the case and the reason felt by the student or the administrator, or both, for granting of the waiver. This request for waiver must be submitted to the Executive Director. Waiver requests should be filed promptly when it becomes apparent to the student, or to his member school's officially designated administrator, that a waiver will be required. Prompt filing of a waiver request is necessary to permit timely processing of any appeals before commencement of the interscholastic activity for which the waiver is sought. Responsibility is on those seeking a waiver to provide timely additional documentary evidence relied upon to support the waiver request. Failure to provide timely additional documentary evidence will eliminate that evidence from consideration in the determination of the decision. All waiver approvals must be entered by the school into the School Activities Reporting System (SARS). See Article 12 Section 10B.

Note: Transfer waivers are initiated by the parent in studentcentral.bigteams.com. All other waivers are initiated by the member school. Contact the ASAA office for more information.

Section 4 - Review by Executive Director

Upon receipt of the waiver request, the Executive Director shall review it to determine whether any additional information is necessary. Any requests by the Executive Director for additional information pertaining to a waiver request shall be promptly supplied by affected students, coaches and member schools. In considering evidence provided in favor or opposed to the determination of a waiver request, and in investigating the matter, the Executive Director shall not be bound by the technical rules relating to evidence and witnesses. Relevant evidence will be considered if it is the sort of evidence on which responsible persons are accustomed to rely in the conduct of serious affairs, regardless of the existence of a common law or statutory rule that makes improper the admission of the evidence over objection in a

civil action. Written decisions will be made by the Executive Director setting forth findings of fact, conclusions based on the Association's Constitution and Bylaws, other relevant Federal or State law, and shall include any resulting order. Such findings, conclusions and orders shall be submitted to all appropriate and relevant parties within twenty-one (21) calendar days after the receipt of all materials and other additional information.

Section 5 - Guidelines for Consideration

Ignorance of any rule is not a sufficient reason for waiving a rule. To assist students and member schools in deciding whether to request a waiver of the eligibility rules, the following should be considered:

- A. If the student is a transfer student, a Transfer Form must be supplied to the Association office.
- B. A school's ruling that a student is ineligible because of poor citizenship is not waivable by or appealable to the Association.
- C. Hardship Rule:
 - 1. Upon recommendation of a member school, the Executive Director or the Appeals Board may grant eligibility to a student in certain hardship and emergency cases.
 - 2. A waiver will not be granted in any case in which the asserted hardship is the sole result of knowing conduct by the student or his or her parents or guardians which had the effect of causing the hardship.
 - 3. Hardship is an unforeseeable, unavoidable and uncorrectable act, condition or event which causes the imposition of severe and non-athletic burden upon the student and his/her family.
- D. Hardship Waiver: A hardship waiver is to grant an opportunity to participate, not a right to make a team. It is granted to replace what was lost. A waiver will frequently give advantage in maturity, strength and skill to the person seeking it. Thus, the facts must substantiate real hardship in order to justify giving an individual this added advantage which may deny an equally deserving student the opportunity to make the team, should a waiver be granted.
- E. Factors to Be Considered in Determining Whether a Hardship Exists:
 - 1. Whether there were conditions beyond the control of the student or his/her parents that prevented the student from having the opportunity to participate at the time. Whether substantial evidence existed to support this.
 - 2. Whether the student could be reasonably expected to carry on if he or she desired at the time. Whether the hardship was too inhibiting or debilitating. Whether other students have carried on under similar conditions. Whether there is evidence to show that the hardship conditions existed.
 - 3. Whether the parent(s) could have been expected to preclude or remedy the debilitating condition.
 - 4. Whether granting the waiver would stand the test of fairness and/or the appearance of fairness, to every student when considering other students who are involved in the same intense competition of athletic pursuit.
 - 5. Whether someone else will be denied a place on the team or squad who has met all the eligibility rules.

6. Whether the student is homeless as defined in the McKinney-Vento Act, 42 USCS 11434 a (2), and whether the student's homelessness affected the student's ability to meet eligibility rule requirements.

7. Whether the student has a disability as defined in Section 504 of the Rehabilitation Act of 1973, regulations thereunder, and any amendments thereto; and whether the student's disability affected the student's ability to meet eligibility rule requirements.

F. Appeals Procedure: The appeals procedure for cases involving the hardship rule will follow the procedures specified in Bylaw Article 4, Appeal Procedure.

ARTICLE 14 - ASAA REGIONS

Section 1 - Changes in Regional or Conference Placement

A. Changes in regional / conference placement take effect on July 1 of the following summer, unless all affected schools and the Board of Directors agree to an earlier effective date.

B. Changes in regional / conference placement may be initiated by the Board of Directors or by member school request.

C. Initial regional / conference placement for new member schools will be made by the Board of Directors. The Board will give full consideration to a recommendation or request from the new member school. Placement of new member schools becomes effective immediately.

ARTICLE 15 - STATE TOURNAMENTS

Section 1 - Planning Guidelines

The Board of Directors will ensure that each athletic and activity state-culminating event has prescribed procedures and guidelines regarding operation, budget and awards. It is the responsibility of the ASAA staff and host site tournament director(s) to carry out these guidelines.

Section 2 - Awards

The Board of Directors approves all state tournament awards for distribution.

Section 3 - Sanctioned State Level Competition

The Board of Directors may sanction state level competition when four or more regions have participating teams or individuals in that event. In addition, the Board may also sanction state level competition when participating regions or schools comprise at least 60% of the enrollment in member schools throughout the state. In addition, in interscholastic competition that is limited to 1A-2A schools, the Board may sanction state level competition when a significant number of 1A-2A member schools participate in the activity. This competition should be held at a location that has the facility, officials, support necessities and financial capability to operate a successful tournament.

ARTICLE 16 - PREFACE FOR JUNIOR HIGH/MIDDLE SCHOOL ACTIVITIES

NOTE ABOUT ARTICLE 16: ASAA does not currently govern middle or junior high Schools. Should ASAA decide to do so in the future, the following guidelines would be used.

Section 1 - Guidelines for Administration

To ensure that interscholastic competition will make its maximum contribution to the development of junior high/middle school pupils, it is necessary that the administration of this program be under the jurisdiction of school officials and be carefully supervised by competent and professionally prepared personnel. The organization of interscholastic programs should be based upon the following principles:

A. The Administrative Head must accept full responsibility for the proper organization, administration and supervision of interscholastic programs as a part of the total educational program.

B. The interscholastic athletic program in the junior high/middle school should supplement, rather than serve as a substitute for, a broad and comprehensive program of physical education and intramural activities for all students.

C. The junior high/middle school interscholastic program should be considered as a necessary enrichment program for those who excel and will benefit from additional experience above and beyond the required physical education, classroom and intramural programs.

D. The interscholastic program must be developed according to the needs and abilities of the age level of junior high/middle school youth. There should be particular emphasis placed on the health, safety and personal well-being of the participant with additional consideration given to the development of good sportsmanship, character and citizenship characteristics.

E. In certain sports it is recommended that serious consideration be given to equalizing competition by some method of classification which will take into consideration individual differences of pupils participating.

F. Whenever feasible, school systems should operate a self-contained junior high/middle school interscholastic athletic and activities program rather than schedule distant schools outside of the immediate area.

G. A wide variety of activities should be included in the junior high/middle school interscholastic program and an effort should be made to encourage all pupils to participate.

H. Written policies should be developed at the local level outlining sound administrative practices which will implement state rules and regulations regarding the junior high/middle school interscholastic program.

I. Students attending alternative education programs are not eligible to participate in junior high/middle school activities, unless authorized to do so by individual public schools or school districts, or by private or religious schools.

ARTICLE 17 - JUNIOR HIGH/MIDDLE SCHOOL REGULATIONS

NOTE ABOUT ARTICLE 17: ASAA does not currently govern middle or junior high Schools. Should ASAA decide to do so in the future, the following guidelines would be used.

Section 1 - School Membership Requirements

A. Eligibility: Schools which include grades seven (7), eight (8), and nine (9), or any combination of these grades are eligible to apply for membership in the Junior High/Middle School Division of the Alaska School Activities Association.

B. Application for Membership: A school shall become a member when its Board of Education has authorized membership by resolution and when the Superintendent and Principal have signed the prescribed membership blank and filed with the ASAA Executive Director. Junior High/Middle School membership blanks should be filled out, signed and returned to the Association office before October 1 of each school year, along with membership dues (as listed on page 6 of the Constitution and Bylaws).

C. Student Participation: Pupils below the seventh (7) grade shall not be permitted to compete on any Junior High/Middle School interscholastic athletic team.

D. Students Under Same Administrative Head: All students on Junior High/Middle School athletic teams must be enrolled in the same school and be under the supervision of the same administrative head who shall be held ultimately responsible in all matters pertaining to interscholastic athletic activities involving his/her school.

E. Rule Books: The National Federation rule books, as adjusted for Junior High Schools, will be the official rule books in wrestling, basketball, track & field, and cross country, swimming and volleyball.

F. Competition: Member schools may play non-member schools which have rules at least as stringent as these Association rules.

Section 2 - Student Eligibility Requirements

A. Student in Good Standing: To be eligible to participate in the Junior High/Middle School interscholastic activities program, a student must be currently enrolled as an official student of the school and must be in good standing. Such criteria that would tend to deny a student his/her place in the classroom would also be the same criteria that deny him/her the opportunity to participate in the interscholastic activities.

B. Required Practice: A student must participate in ten practice sessions extending over ten school days before he or she may participate in any interscholastic competition. If a student has been participating in another school sport and joins the team late because of overlapping seasons, then he/she must participate in at least five practice sessions.

C. Dual Participation: A student may participate in like sports on teams outside the school (i.e. dual participation) where the number of contests of the school team is less than eleven (11).

D. Age Limit: The student is ineligible to enter interscholastic competition if his or her 16th birthday occurs prior to August 1 of the school year.

E. Citizenship and Grades: The principal shall have the authority to declare a student ineligible for participation in Association activities based on poor citizenship. It shall be the responsibility of each individual Junior High/Middle School or league to determine whether grade eligibility rules are appropriate.

F. Physical Examination and Parent Consent: (Same as high School rule see Constitution and Bylaws, Article 11.

ARTICLE 18 - BYLAW AMENDMENT

Section 1 - Method

These Bylaws may be amended by a simple majority vote of the Board of Directors sitting in regular session provided that at least 30 days advance notice has been mailed to the general membership.

Section 2 - Effective Date

Unless otherwise specified, amendments to these Bylaws take effect 30 days after their filing.

ARTICLE 19 - BYLAW SUSPENSION

Section 1 - Suspension

In the event of declared Federal or State Emergencies or similar life-threatening occurrences, these Bylaws may be suspended for a defined period of time based on the emergency which period of time will be decided by the Executive Director. The suspension of Bylaws shall be approved by a simple majority vote of the Board of Directors or, where circumstances require, the suspension of Bylaws shall be ratified by a simple majority vote of the Board of Directors.

As of 7/1/2024

BYLAWS OF THE ALASKA HIGH SCHOOL HALL OF FAME

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BYLAWS OF THE ALASKA HIGH SCHOOL HALL OF FAME

ARTICLE 1 - NAME

The name of this organization shall be the Alaska High School Hall of Fame. The Alaska School Activities Association, Inc. (ASAA) is the sponsoring entity.

ARTICLE 2 - PURPOSE

The ASAA Board of Directors has established the Alaska High School Hall of Fame to identify and honor in a permanent manner those individuals who have exhibited high ethical standards and integrity while achieving excellence in high school athletics and activities in the State of Alaska, and others who have distinguished themselves by virtue of exemplary contributions to the advancement of high school interscholastic athletics and activities in the state.

ARTICLE 3 - QUALIFICATIONS FOR NOMINATION

Section 1

A student-athlete, or student-activity participant becomes eligible for nomination five years following the date of his/her high school graduation. For exceptions, see Section 5 of this Article.

- A graduate of any current or former ASAA member school is eligible for nomination. A graduate of any diploma granting Alaskan high school that predated ASAA's establishment in 1956 is also eligible for nomination.
- A student-athlete must have earned a minimum of two varsity letters in one sport, one letter in two sports, or brought recognition to the school by his/her high school athletic or activity accomplishments.
- An activity participant must have been a multi-year participant in interscholastic activities at his/her high school.
- An outstanding career as a student-athlete/activity participant must be followed by an exemplary life of community service and good character which reflects credit to the person, the school and society.
- Exemplary academic achievement shall be considered a desirable qualification.

Section 2

A coach, activity sponsor, contest official or school administrator becomes eligible for nomination five years after leaving high school interscholastic service or upon reaching the age of 65 by the nomination deadline. For exceptions, see Section 5 of this Article. There must be evidence of an outstanding career in the area of nomination and the candidate must have had a direct and significant impact on high school athletics and / or activities.

Section 3

Someone other than a student-athlete / activity participant, coach, activity sponsor, contest official or administrator is eligible for nomination within the Major Contributor Category providing he /she has made an extraordinary contribution that results in a significant benefit or reflects great credit to the school or to ASAA. The Selection Committee may recognize an organization or individual for exceptional service by awarding the Lifetime Achievement Award.

Section 4

No more than twelve individuals will be selected annually. There is no limit to the number of times a person may be nominated. No member, while serving as an appointed member on the Selection Committee, shall be eligible for nomination. If the Selection Committee chooses to give the Lifetime Achievement Award, it may be above and beyond the limit of awards as stated above in this section.

Section 5

Selection criteria regarding the lapse of time prior to nomination of a candidate may be waived by a 75 percent affirmative vote of the Selection Committee when exceptional circumstances warrant such a waiver. Exceptional circumstances may include, but are not limited to, death, illness, a disabling injury, completion of a lengthy career, national or other extraordinary honor, or other circumstances approved by the selection committee.

ARTICLE 4 - SELECTION COMMITTEE

Section 1

Candidates to be inducted into the Alaska High School Hall of Fame will be selected by a Selection Committee. The Committee shall be composed of five Standing Members and eight Appointed Members. There shall be sensitivity to the gender balance of the committee as well as representation of the different areas of athletics and activities.

Six Appointed Members will represent each of the six regions of the state, and two Appointed Members will be at-large. Appointed Members shall serve two-year terms on a staggered rotation basis. Appointed Members shall serve no more than 2 consecutive full terms. If a vacancy occurs before an Appointed Member's term has expired, a new member shall be appointed to fill the unexpired term and the time served to complete the term will not affect the member's opportunity to subsequently serve 2 consecutive full terms.

Standing Members shall serve indefinitely representing four geographical areas of the state: Southeast, South central, Western/Northwestern, and Interior. These individuals may include current or retired coaches, school administrators, athletic/activity directors, corporate sponsors, contest officials or others who have made a significant contribution to interscholastic athletics/activities in Alaska.

The Executive Director or designee shall serve as a non-voting ex-officio member of the Committee.

Section 2

The Executive Director will appoint committee members with approval of the Board of Directors and consultation with current members of the Committee.

Section 3

The Selection Committee shall select a chairperson each year from among its membership. The chairperson will be responsible for setting meeting dates and times, and for administering the research and selection process.

Section 4

A quorum of the committee is 50 percent of the seated members at that time. Once a quorum is established, a candidate must receive a 75 percent affirmative vote of the Selection Committee. In the case where more than the maximum number of individuals receive the required 75 percent, the Selection Committee will rank order those nominees to make a final determination. In order to vote committee members must attend the meeting physically or via telecommunications. Proxy votes from absent Selection Committee members will not be allowed. Members not in attendance may give input, but not vote. Regions may send an alternate representative by contacting the ASAA Executive Director in advance.

ARTICLE 5 - NOMINATIONS

The Selection Committee shall consider all nominees who meet the criteria for induction into the Alaska High School Hall of Fame. Anyone may submit nominations on an official nomination form which is available at the ASAA office or online at <http://www.asaa.org>. All nominations must be submitted to the ASAA office at the address specified on the form. Nomination deadlines will be determined by the Committee. Only those completed nominations received by the established deadline will be considered by the Committee. Unsuccessful complete applications will be carried over for two years.

ARTICLE 6 - INDUCTION CEREMONY

The Executive Director shall make the announcement of those selected for induction into the Alaska High School Hall of Fame in a special release to the news media and the school community.

All inductees will be presented at a ceremony. The Hall of Fame induction activities will include a reception, public recognition and a formal ceremony

A plaque will be given to each new individual inductee and a commemorative plaque will be permanently displayed in the Alaska High School Hall of Fame at the ASAA office.

Candidates selected for induction into the Alaska High School Hall of Fame will be announced at the conclusion of the selection process.

ARTICLE 7 - REMOVAL CLAUSE

Any member of the Alaska High School Hall of Fame may be removed for unethical conduct and / or behavior upon a 90 percent affirmative vote of a quorum of the current Selection Committee. Any member or designee of a member, who is subject to removal will be given the opportunity to submit a written statement on his/her own behalf prior to a vote of the Committee.

ARTICLE 8 - AMENDMENT CLAUSE

These bylaws may be amended by the ASAA Board of Directors upon a 90 percent affirmative vote of the Selection Committee quorum.

As of	2/19/2012
Revised	4/26/2016
Revised	2/13/2017
Revised	1/13/2019
Revised	4/28/2024

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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. The following sports and activities have state-culminating competitions based on the following school classifications:

ONE CLASSIFICATION

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

TWO CLASSIFICATIONS

- Baseball - Division II (1-850 students), Division I (851 students & above)
- Cheer Competition - 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)
- 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

- Cross-Country Running - Division III (1-150 students), Division II (151-500 students)
Division I (501 students & above)
- 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 - the ASAA Board of Directors has adopted the following classification system:

1. With the exception of schools defined by Item 2 all schools will be classified by their enrollment. 1A (1-60 students), 2A (61-150 students), 3A (151-500 students), 4A (501 students & above)

2. All statewide boarding schools and all schools within 25 miles of the following municipalities: Anchorage, Fairbanks, Wasilla, Soldotna will be moved up one classification from where they participated the previous classification cycle. For the teams involved a two-step analysis of data will be used to determine its classification.

Step One Analysis

- a. Winning percentage in regular season games against ASAA member teams at a higher classification over the last five years concluding with a state tournament. Teams with greater than 40% winning record earn a $\sqrt{}$. Teams with over 75% earn an additional $\sqrt{}$. (Teams must have at least 15% of their games played against teams at a higher classification for this factor to be considered.)
- b. Winning percentage in regular season games against ASAA member teams at the same classification over the past five years concluding with the state tournament. Teams with greater than 50% winning record earn a $\sqrt{}$. Teams with over 75% winning record will earn two \sqrt{s} .
- c. State Tournament Appearances over the past eight years: Teams earn a point for each appearance. Teams earning five points receive a $\sqrt{}$.
- d. Cumulative State Points: Points as follows - (State Points based as follows: 1st place 8 points, 2nd place 7 points, 3rd place 6 points, 4th & 5th place 4 points, 6th, 7th & 8th place 0 points). Teams earning over 40 points over the past eight years earn a $\sqrt{}$.
- e. Teams receiving less than five \sqrt{s} will remain at their previous classification. Teams receiving five or more \sqrt{s} move to step two for further analysis.

Step Two Analysis

- a. Teams with players participating in out of season games and scrimmages/leagues during the months of August through April earn a $\sqrt{}$. Schools will be required to report this. Failure to do so may result in penalties and/or loss of playoff privileges for one year.
- b. Teams having four or more transfers over a three-year period earn two \sqrt{s} .
- c. Public schools which allow students from outside their boundaries to attend earn two \sqrt{s} . Any schools, such as private schools, boarding schools or alternative

schools, which do not have traditional limited geographical boundaries, earn two \sqrt{s} .

- d. Teams receiving less than two \sqrt{s} return to their previous classification. Teams receiving two or more checks in step two remain at their new higher classification.

3. Future Classification Cycles - The classification will remain in effect until the next classification cycle (See item C)

- a. At the next classification cycle, teams moved to a higher classification in a prior classification cycle will be again analyzed. When conducting the Step One Parts A and B analysis for such teams, each team will be analyzed based on the classification they were prior to being moved to the higher classification level. (See examples below)
 - 1. If a team earns two or less \sqrt{s} in step one it will be lowered a classification unless it receives three or more \sqrt{s} in step two, in which case the team will remain at its current classification.
 - 2. If a team earns three or four \sqrt{s} in step one, it will remain in the current classification.
 - 3. If a team earns more than five \sqrt{s} in step one, the team will be placed in the next highest classification for the next three years if it earns 2 or more checks in step two.
- b. Teams not moved up the previous classification cycle, will be analyzed under the two-step analysis outlined above in Paragraph 2.

Examples for each classification:

For schools moved from 3A to 4A

Step One Part A Analysis:

Year 5 results versus 4A
Year 4 results versus 4A
Year 3 results versus 4A
Year 2 results versus 4A
Year 1 results versus 4A

Step One Part B Analysis:

Year 5 results versus 3A
Year 4 results versus 3A
Year 3 results versus 3A
Year 2 results versus 3A
Year 1 results versus 3A

For schools moved from 2A to 3A

Step One Part A Analysis:

Year 5 results versus 3A and 4A
Year 4 results versus 3A and 4A
Year 3 results versus 3A and 4A
Year 2 results versus 3A and 4A
Year 1 results versus 3A and 4A

Step One Part B Analysis:

Year 5 results versus 2A
Year 5 results versus 2A
Year 5 results versus 2A
Year 5 results versus 2A
Year 5 results versus 2A

For schools moved from 1A to 2A

Step One Part A Analysis:

Year 5 results versus 2A, 3A and 4A
Year 4 results versus 2A, 3A and 4A
Year 3 results versus 2A, 3A and 4A
Year 2 results versus 2A, 3A and 4A
Year 1 results versus 2A, 3A and 4A

Step One Part B Analysis:

- Year 5 results versus 1A
- Year 4 results versus 1A
- Year 3 results versus 1A
- Year 2 results versus 1A
- Year 1 results versus 1A

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 a request from a member school by the school's superintendent for the Association to make an allowance for a specific school for unforeseen circumstances of the classification policy outlined in 1A-B.1. An example for when an allowance may be granted would include emergency transfers that increase a school's classification. In reviewing such a request, the Association may also consider, financial, geographical, scheduling, and competitive factors. Schools making a request for a waiver shall do so by September 15 after receiving the notice from ASAA of the school's classification by sending a written request to the Executive Director.

Classification Time Schedule

- April 2026 – check enrollments/reclassify schools/schools may appeal
- 2026-27 – schools remain at current classifications
- 2027-28 – schools move to new classifications

2028-29 – schools remain at current classifications

April 2029 – check enrollments/reclassify schools/schools may appeal

2029-30 – schools remain at current classification

2030-31 – schools move to new classifications

2031-32 and thereafter – schools remain at current classifications

April 2032 – check enrollments/reclassify schools/schools may appeal

2032-33 – schools remain at current classification

2033-34 – schools move to new classifications

2034-35 and thereafter – schools remain at current classifications

Narrative Example:

Smith High School is a 2A school with an enrollment of 155 in April of 2026 (including alternative education program students). There is no request for forgiveness, so the board reclassifies Smith High School to 3A beginning in 2027-28 (the school remains at the 2A level in 2026-27). Smith High School is a 3A school in 2027-2028, 2028-2029, 2029-2030.

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 and certification 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 you 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. In addition, ASAA provides passes to its sponsors which must be honored at all ASAA sanctioned activities.

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 eight recipients each year, with not more than one per region or association. In the event of extenuating circumstance, the Board may award additional recipients.

Selection Process: Each region or association 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 11 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. Annual Requirements: The Pre-Participation 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 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). In the event a student and parent do not view the Pre-Participation Orientation and/or sign the Student/Parent/Legal Guardian TAD Acknowledgement Form, the student is still subject to the policy.

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.

4. Educational Component: The educational component is a critical part of the policy and is comprised of **multiple** parts; Pre-Participation Orientation, First Offense, Second Offense, and Subsequent Offenses. ASAA will provide the first three parts of this component to member schools.

5. 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.

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

First Offense – Students who have committed a First Offense under the rule;

- will be suspended from interscholastic competition and practice for five (5) calendar days (as defined in number 11).
- **must** complete the First Offense Educational Component.

Note: The student may return to practice when the student and parent/guardian complete the First Offense educational component. Prior to returning to competition the student must sit out all five (5) days and complete the Educational Component.

For tobacco use, if a student under the First Offense Penalty violates the Tobacco Rule within the ten (10) 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 ten (10) 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. While under the period of suspension, the student may return to practice after completion of the educational component. A student may need additional days of practice before returning to competition (See Article 7, Section 7).

Second Offense – Students who have committed a Second Offense under the rule

- will be suspended from interscholastic competition and practice for forty- five (45) calendar days and there will be no forgiveness of calendar days of the interscholastic competition suspension.
- Both the student and parent/guardian must complete the Second Offense educational component prior to the student's return to competition.
- In addition, the student must complete 20 hours of community service and write an essay on what they learned about this experience.

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

Third Offense - Students who violate this policy for a third time have a significant problem. Students who have committed a Third Offense under the rule and wish to regain their eligibility will complete the following:

- suspension from interscholastic competition and practice for six (6) months and there will be no forgiveness of calendar days of the interscholastic activities suspension.
- 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

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

Fourth and Subsequent Offenses - Students who violate this policy for fourth or more time have a significant problem. Students who have committed a Fourth and Subsequent Offenses under the rule and wish to regain their eligibility will complete the following:

- suspension from interscholastic competition and practice for one year and there will be no forgiveness of calendar days of the interscholastic activities suspension.
- 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,
- make a presentation to the ASAA Board of Directors requesting reinstatement of interscholastic eligibility

While under the period of suspension, the student may return to practice after completion of the educational component. 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.

7. 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.

8. 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 three (3) calendar days of determination that such violation has occurred. Violations should be reported as follows;

1. For violations occurring from an incident from a prior school year, the violation should be recorded at the date of the violation.

2. For violations occurring during the current school year the violation should be recorded on the date the schools's investigation is concluded.

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.

9. 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.

10. 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).

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

Electronic "E" Cigarettes – 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 website at https://www.deadiversion.usdoj.gov/schedules/orangebook/c_cs_alpha.pdf.

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.

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

ATHLETIC RELATED POLICIES

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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 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. Jamborees

A. All players must have five (5) separate days of practice prior to the first day of a Jamboree. Baseball, basketball, flag football, football, hockey and volleyball may host a jamboree. See Activity Specific pages within this handbook for more information.

3. 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.

4. 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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible 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.

5. 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.

6. 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.

For the activity of basketball, teams may run a "scrimmage" of two (2) ten (10) minute halves, with or without a running clock. These two (2) ten (10) minute halves would count as 2 of the 6 allowed quarter players may play at different levels (see I. Individual Participation Limitation under the Basketball policies). Scrimmages, operated in this manner, may involve:

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

Additionally, scrimmages operated in this manner would count as a game towards a school's maximum game limit (see F. Maximum Games in the Basketball Policies)."

7. 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.

8. 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 Cross Country Running, Swim & Dive, Track & Field and Wrestling will be from the Conference / Regional qualifying events.

9. Out-of-Season Participation Policy

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. Note: Article 12, Section 5.B states, “a student who participates as a member of an out-of-season 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.”

Coaches may practice up to six hours a week, with out-of-season games or scrimmages counting as one hour. However, from the first Monday in November to the start of the basketball season a coach may not “coach” out-of-season games or scrimmages. (Note: this applies to all activities, not just basketball)

With exception of the prohibition 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, 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.

Policy Definitions:

“Athlete” – An athlete 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.

“Coach” – A Coach is an adult approved by the school (either paid or volunteer) conducting the usual duties of a coach under the guidelines established by ASAA and the school/district. This definition applies to coaches from the prior year, even if not currently under contract by the school.

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

“Out-of-Season Game” – A contest, practice or event involving athletes attending more than one school.

“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.”

“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. Conditioning does not count towards six hours of out-of-season contact rule.

School Teams – A school team is defined as a team composed solely of players from one member school. (Note: this means the athletes competing in the game, scrimmage or contest, exclusive of the other teammates not actively participating in the event.)

10. 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. Open facilities should be conducted according to the following guidelines:

- A. Use of school equipment, supplies and name shall be determined by the school administration.
- B. The open facility is open to any student that is interested in attending.
- C. There shall be no organized competition such as established teams & round-robin competitions.
- D. Coaches and others may attend open facilities for the sole purpose of supervision.
- E. Open facility does not count towards the six hours of out-of-season contact rule.
- F. 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.

11. Management of Concussions in Student Athletes

All coaches/advisors/volunteers must complete the NFHS Concussion in Sports course 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.

12. Sudden Cardiac Arrest Information

All coaches/advisors/volunteers must complete the NFHS Sudden Cardiac Arrest course 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.

13. 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.

14. Cold Weather

For ASAA activities, without a cold weather rule, if the temperature (including wind chill factor as determined by the NOAA index chart) at the field or rink is -20 degrees Fahrenheit or below, the competition shall be cancelled or delayed. In the event a school district has a more stringent policy, that policy will prevail. If the forecasted temperature indicates the game will be cancelled or delayed, the visiting school will not be penalized for not traveling to the game site.

15. 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;

1. gather current data on health and safety related issues,
2. educate, interpret, monitor and disseminate materials to students, coaches and administrators concerning medical issues related to sport,
3. assist ASAA in researching sports medical issues and/or concerns,
4. assist in the development of guidelines related to sports medicine, in an effort to assist ASAA member schools with making informed decisions,
5. proactively address new health and safety concerns, and
6. 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.

16. 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."

17. 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.

18. 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)

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

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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 other parts of the state, 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.
11. Hardline connectivity for streaming events with the NFHS Network.

C. The Board of Directors has determined that, when feasible, state championship sites should be awarded on a 2-4 years basis, however longer contracts may be awarded due to facility requirements. The Board may also entertain a one year bid to host certain events. Sites interested in hosting a state tournament are encouraged to contact ASAA to discuss the feasibility prior to submitting a bid.

2. Soliciting & Awarding 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 criteria and deadline for submittal of bids on the asaa.org website. When multiple bids are received, the Board may choose to set up a rotation among the bid sites.

Following the viewing of a bid(s) to host a state championship, the Board will direct the ASAA Executive Director to prepare a contract with the tentatively chosen host site. This contract will need to be finalized, signed and processed within 90 days. Unless there is a significant change in the bid, the Executive

Director may then sign the contract of the chosen bidder. 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 during the 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 ASAA 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.

Coaches must submit the signed Code of Conduct form online 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. Specific deadlines are detailed in the specific state championship policies and procedures document, as well as in the forms page of a specific activity.

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 between \$10 - \$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, Flag Football, 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, 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.

2023-24 State Event	Nomination Deadline	Selection Deadline
Flag Football	September 20	September 27
Football	September 20	September 27
3A/4A Volleyball	October 17	October 24
2A & Mix Six Volleyball	November 7	November 14
1A/2A/3A/4A Wrestling	November 22	November 29
D II Hockey	January 9	January 16
D I Hockey	January 16	January 23
1A/2A Basketball	February 12	February 19
3A/4A Basketball	February 19	February 26
Soccer	May 1	May 8
Baseball	May 8	May 15
Softball	May 8	May 15

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: Specific state tournament budgets for travel expenses 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 Travel, Hotel (shared) and Car Rental (shared). ASAA state events may or may not include use of a Hospitality Room. 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 per classification
- Basketball 1A/2A - 25 officials for 3 man crew
- Basketball 3A/4A - 17 officials for 3 man crew
- Football - 5 officials per game
- 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, 16 officials for 2 fields, 22 officials for 3 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 site

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 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 (5)
- DIVISION II (1 game):
Anchorage (3), Fairbanks (2)
- DIVISION III (1 game):
Anchorage (2), Fairbanks (2), Other (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-Championship Practices

ASAA will make an effort to schedule practice times in the afternoon/evening of the day preceding the championship. Practice location, and length will be the same for all teams. Due to facility usage and schedule limitations ASAA will not be able to provide practice time for every sport/activity. 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.

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 ASAA will 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.

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. Tickets can be purchased at the event or online at ASAA's ticket purchasing site.

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>.

15. State Clothing 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 state event clothing at the championships 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. 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 and details of the specific event
- 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.

18. 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.

19. 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 an Alaska 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
AND
2. At least one of the following;
 - a. completed 2 hours of CE or 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.

20. Weapons Policy

Weapons and items that could be used as weapons, including, but not limited to, any knife, cutting instrument, cutting tool, ice pick, nunchaku, firearm, shotgun, rifle, bat, club, and any other tool, instrument, or implement capable of inflicting serious bodily injury, may not be possessed at State

Championship Events by persons other than personnel previously authorized by ASAA or by the owner or director of security of the host facility to possess such weapons.

All persons, including, but not limited to, spectators, student-athletes, Coaches, trainers and other Team personnel, Contest officials, and media representatives attending ASAA Championship Events are subject to inspection for weapons. The inspections may be conducted by persons designated to do so by either ASAA or the host facility and may also include inspection of items including, but not limited to, bags, backpacks, belt bags, coats, and purses.

Any unauthorized person in possession of an object determined by the inspecting personnel to be a weapon shall be prohibited from attending the State Championship Events or, if already in attendance, shall be required to leave the premises. The person may seek admission or re-admission upon demonstrating that he or she is no longer in possession of the weapon.

Any person refusing inspection shall not be permitted entry to the State Championship Event or, if already having entered, shall be required to leave the premises.

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 and 5.

- 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 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.

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.

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

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ALL-STATE ART

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON

Prior to March 24, 2025 - Complete Intent to Participate Form online

April 4, 2025 - Deadline to enter student in School Activities Reporting System (SARS)

April 22, 2025 - 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 August 2024 and March 2025. Graduates of 2024 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

Visit the Art Activities page at asaa.org for specific information on submitting entries and deadlines for the online competition.

F. AWARDS

- a. All students that submit entries will receive Participation Certificates.
- b. Individual medallions for the three (3) highest placing pieces receiving a score of 15 or higher in each category
- c. Honorable Mention awards as the juror(s) see fit.
- d. Best of Show Plaque
- e. Congressional Award Plaque

BADMINTON

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON

March 10, 2025 - First Practice

March 20, 2025 - First Contest

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

May 10, 2025 - 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 badminton teams while they are members of a school badminton team.

D. RULES

1. Badminton World Federation Simplified Rules
2. A player may compete in five (5) divisions:
Singles Girls Singles*
Doubles Girls Doubles* Mix Doubles**

*Participation shall be limited to females who were assigned female at birth

**One player must be a female assigned female at birth

E. CONFERENCES

Badminton teams are not categorized into conferences.

F. MAXIMUM MEETS

ASAA does not place a limit on the number of badminton meets that an athlete or team may compete in during a season.

G. STATE CHAMPIONSHIP

Currently there is no state championship for badminton as it does not meet the criteria.

BASEBALL

ALL CLASSIFICATIONS

A. SEASON

2025 SEASON

March 10, 2025 - First Practice

March 20, 2025 - First Contest

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

May 31, 2025 - 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:

2025 Early Season Pitch Count - March 20 to April 27

Number of Pitches	Days of Required Rest
1-25	0
26-45	1
46-65	2
66-85	3
86-100	4

2025 Late Season Pitch count - April 28 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

Upon reaching the maximum number of pitches the pitcher may continue to pitch until the at bat is completed.

Note: Violation of this policy will be considered having played an ineligible student (See Article 12, Section 1)

3. ASAA Supplemental Rules

- a. Teams in the same conference when playing non-league standing games, may use a two-hour time limit, with no innings beginning after 120 minutes from the first pitch.
- b. 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.
- c. 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.
- d. 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.
- e. 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 Baseball Conferences). 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 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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible 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. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative 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.
2. 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.
3. All scores from the conference tournament must be entered into the MaxPreps.com website by Sunday, 8:00 AM.
4. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

J. STATE CHAMPIONSHIP

1. DATE
June 5 - 7, 2024
2. SITE & HOST
D I – Mulcahy Stadium, Anchorage
Hosted by ASAA and American Legion
D II – Coral Seymore Memorial, Kenai
Hosted by ASAA and Kenai Central 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 Baseball State Information page.

c. Conference Berths (See Baseball Conferences)

d. Bracket Rotations - placements are based on a multi-year rotation not a seeding format

2025	Division I	Division II
	Southeast #1 vs. Cook Inlet #3 or (AL)*	Southcentral #1 vs. At-Large #3
	Railbelt #1 vs. At-Large or (CI3)	Mid Alaska #2 vs. At Large #1
	Cook Inlet #1 vs. Railbelt #2	Mid Alaska #1 vs. Southcentral #3
	Cook Inlet #2 vs. Southeast #2	Southcentral #2 vs. At-Large #2
<hr/>		
2026		
	Railbelt #1 vs. Southeast #2	Mid Alaska #1 vs. At-Large #3
	Cook Inlet #1 vs. Cook Inlet #3 or (AL)*	Southcentral #2 vs. At Large #1
	Southeast #1 vs. At-Large or (CI3)	Southcentral #1 vs. At-Large #2
	Railbelt #2 vs. Cook Inlet #2	Mid Alaska #2 vs. Southcentral #3
<hr/>		
2027		
	Cook Inlet #1 vs. At-Large or (CI3)	Mid Alaska #1 vs. At-Large #2
	Southeast #1 vs. Railbelt #2	Southcentral #2 vs. At-Large #1
	Railbelt #1 vs. Cook Inlet #3 (AL)*	Southcentral #1 vs. At-Large #3
	Southeast #2 vs Cook Inlet #2	Mid Alaska #2 vs Southcentral #3

* the placement of the at-large team will be made to avoid them playing a conference opponent in the first round

e. At-Large Berths

The Division II at-large berths will be determined by a committee made up of an individual from Region 3, 5 and 6 along with two ASAA staff members. The Division I at-large berth will be determined by a committee made up of an individual from the Cook Inlet, Railbelt and Southeast conferences along with two ASAA staff members.

f. Tie Breaker

All consolation games played on Saturday that are tied at the end of regulation no further innings will be started with no winner declared

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.

- 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

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. 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.

BASEBALL CONFERENCES

DIVISION I (Berths to state are indicated in parenthesis)

Cook Inlet (3)

- Bartlett
- Bettye Davis East
- Chugiak
- Dimond
- Eagle River
- Service
- South Anchorage
- West Anchorage

Railbelt (2)

- Colony
- Lathrop
- Wasilla
- West Valley

Southeast (2)

- Juneau-Douglas
- Ketchikan
- Sitka

At-Large Berth (1)

DIVISION II (Berths to state are indicated in parenthesis)

Mid Alaska (2)

- Delta Junction
- Hutchison
- Monroe Catholic
- North Pole
- North Pole

Northern Lights (3)

- Grace Christian
- Homer
- Houston
- Kenai Central
- Kodiak
- Palmer
- Redington
- Soldotna

Southeast

- Petersburg (no automatic berth included in at large)

At-Large Berths (3)

BASKETBALL

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024-2025 SEASON

December 4, 2024 - First Practice

December 19, 2024 - First Contest

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

March 8, 2025 Last Contest (Regular Season / 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 any time during the game, 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.
3. The 35-second shot clock may be used during regular season tournaments. ASAA has adopted the NFHS shot clock guidelines (NFHS Basketball Rules page 74)

E. CONFERENCES

All teams are assigned to conferences (See Basketball Conferences). 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 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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible 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. A school coach, administrator or official team representative must create an account at the [MaxPreps.com](https://www.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](https://www.maxpreps.com) website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. All scores from the conference tournament must be entered into the [MaxPreps.com](https://www.maxpreps.com) website by Sunday, 8:00 AM.
4. Schools failing to meet 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 12 - 15, 2025
 - 2A Classification – March 13 - 15, 2025
 - 3A & 4A Classifications – March 19 - 22, 2025
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 and 2A/3A/4A classifications conduct an eight-team tournament for both basketball and girls basketball.

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.

d. Conference Berths (See Basketball Conferences)

e. At-Large

4A at-large will be determined by the adopted RPI formula.

f. Bracketing

3A/4A - Seeding will be determined by the RPI formula.

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.

- 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

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: 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.

BASKETBALL CONFERENCES

4A CLASSIFICATION (Berths to state are indicated in parenthesis)

Cook Inlet (2)

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

Mid Alaska (1)

Lathrop
Monroe Catholic Boys
North Pole
West Valley

Northern Lights (2)

Colony
Grace Christian Boys
Kodiak
Mountain City Christian Academy
Palmer
Soldotna
Wasilla

Southeast (1)

Juneau-Douglas
Ketchikan

At-Large Berths (2)

3A CLASSIFICATION (Berths to state are indicated in parenthesis)

Aurora (2)

Delta Junction
Galena
Hutchison
Monroe Catholic Girls
Valdez

Peninsula (2)

Grace Christian Girls
Homer
Kenai Central
Nikiski

Eastern (2)

Houston
Mt. Edgecumbe
Redington
Sitka

Western (2)

Barrow
Bethel
Kotzebue
Nome-Beltz

2A CLASSIFICATION (Berths to state are indicated in parenthesis)

Interior (2)

Cordova
Effie Kokrine
Glennallen
Nenana
Tok

Northwest (2)

Alakanuk
Chevak
Dillingham
Hooper Bay
Tikigaq (Point Hope)
Unalakleet

Southeast (2)

Craig
Haines
Metlakatla
Petersburg
Wrangell

Southern (2)

Lumen Christi
Ninilchik
Seward
Su Valley
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)
Rocky Mountain (Goodnews Bay)
William Miller (Napakiak)
Z John Williams (Napaskiak)

Aleutian Chain (2)

Bristol Bay
Chief Ivan Blanka (New Stuyahok)
King Cove
Koliganek
Lake and Pen ESSS
Manokotak
Newhalen
Sand Point
St. Paul
Tanalian
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

Golden Heart (2)

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

Northwest Arctic (2)

Ambler
Aqqaluk (Noorvik)
Buckland
Deering
Kiana
Kobuk
McQueen (Kivalina)
Napaaqtugmiut (Noatak)
Selawik
Shungnak

Yukon Delta (2)

Alakanuk
Emmonak
Ignatius Bean (Mt. Village)
Kotlik
Marshall
Nunam Iqua (Sheldon Point)
Pilot Station
Russian Mission
Scammon Bay
St Mary's

Greater Kuskokwim (1)

Akiachak
Akiak
Aniak
George Morgan (Kalskag)
Kuspuk ESSS
Tuluksak

Peninsula (1)

Birchwood Christian
Cook Inlet Academy
Kenai Peninsula ESSS
Knik Charter
Kodiak Island ESSS
Lumen Christi
Nanwalek
Nikolaevsk
Susan B English (Seldovia)

North Slope (1)

Alak (Wainwright)
Harold Koveolook (Kaktovik)
Kali (Point Lay)
Meade River (Atqasuk)
Nuiqsut Trapper
Nunamiut (Anaktuvak Pass)

Southeast (2)

Angoon
Gustavus
Hoonah
Hydaburg
Kake
Klawock
SISD ESSS
Skagway
Thorne Bay
Yakutat

BOWLING

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024-2025 SEASON

September 30, 2024 - First Practice

October 10, 2024 - First Contest

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

February 22, 2025 - 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

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON

Football Sideline Cheer

July 31, 2024 - First Practice

August 15, 2024 - First Event

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

October 26, 2024 - Last Event

Hockey Sideline Cheer

October 16, 2024 - First Practice

October 31, 2024 - First Event

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

February 15, 2025 - Last Event

Basketball Sideline Cheer

December 4, 2024 - First Practice

December 19, 2024 - First Event

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

March 22, 2025 - Last Event

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.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct

3. 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.

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.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct

3. 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.

4. Only 12 squad members may be standing at a time. If there are more than 12 members they may be rotated.

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.

- School Activities Reporting System (SARS) eligibility roster

- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct

3. 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.

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. DATES

March 18, 2025

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.

b. The competition will be a Game Day Format. Specifics of the competition can be found on the ASAA website on the cheer coaches page.

c. Championship Competition Schedule

A detailed schedule will be available online at the Cheerleading State Information page prior to the event.

d. Roster Information

1. Team members used as spotters are considered part of the team.

2. 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.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- State Championship Photo Upload Form
- State Championship Code of Conduct

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: For each division

- a. First and second place trophies.
- b. Academic Award (Must have at least 4 team members)
- c. All tournament team medallions

NOTE: A second place trophy will only be awarded with four or more teams competing in a division.

CROSS COUNTRY RUNNING

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

July 31, 2024 - First Practice

August 15, 2024 - First Contest

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

September 28, 2024 - 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. By ASAA adoption DIII team score will be determined by totaling the points scored by the first three finishers from each team.

E. CONFERENCES

Teams are assigned to conferences in their Region. See Cross Country Running Qualifiers 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

October 5, 2024

NOTE: Meet will be held the first Saturday in October unless the date proceeds October 4th in which case it will be held the second Saturday in October

2. SITE & HOST

Bartlett High Trails, Anchorage

Hosted by ASAA and Bartlett HS

3. STATE CHAMPIONSHIP FORMAT

There are three divisions, schools with 501 students and above are in Division I, schools with 151-500 students are in Division II and schools with 1-150 students are in Division III

Even year schedule:

Division III Girls Cross Country, Division III Cross Country
Division II Girls Cross Country, Division I Girls Cross Country
Division II Cross Country, Division I Cross Country

Odd year schedule:

Division III Cross Country, Division III Girls Cross Country
Division II Cross Country, Division I Cross Country
Division II Girls Cross Country, Division I Girls Cross Country

4. COURSE LENGTH

The course length for all Divisions is 5K.

5. QUALIFYING TO STATE

Each Region determines their state qualifiers (See Cross Country Running Qualifiers)

6. SUBSTITUTIONS

Schools will have until 4:00pm Tuesday of the state meet week to submit to ASAA 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.

- 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

9. 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.

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. DI 15 Medallions for the top fifteen place finishers.

e. DII & DIII 10 Medallions for the top ten place finishers.

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.

CROSS COUNTRY RUNNING QUALIFIERS

DIVISION I

Region 3

(Top 15 finishers + all members of the top 3 teams)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Region 4

(Top 15 finishers + all members of the top 4 Teams)

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

Region 5

(Top 12 finishers + all members of the top team)

Juneau-Douglas
Ketchikan

Region 6

(Top 10 finishers + all members of the top 2 teams)

Lathrop
North Pole
Student Wrestling Development School
West Valley

DIVISION II

Region 1

(Top 8 finishers + all members of the top team)

Barrow
Bethel
Kotzebue
Nome-Beltz

Region 5

(Top 10 finishers + all members of the top team)

Mt Edgecumbe
Sitka

Region 3

(Top 15 finishers + all members of the top 4 teams)

Grace Christian
Homer
Houston
Kenai Central
Mountain City Christian Academy
Nikiski
Redington
Seward

Region 6

(Top 15 finishers + all members of the top 2 teams)

Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

DIVISION III

Region 1

Conference/District	Berths
Aleutians East	3
Bering Straits	3
Greater Kuskokwim	3 + all members of the top team
Greater Yukon Delta	5
Lower Kuskokwim	5
North Slope	7
Northwest Arctic	3
Southwest	Top 10 finishers + all members of the top team
Unalaska	6

Region 2

(Top 10 finishers + all members of the top 2 teams)

Allakaket	Glennallen	Minto
Anderson	Holy Rosary	Nenana
Andrew K Demoski (Nulato)	Jimmy Huntington (Huslia)	Nikolaevsk
Birchwood Christian	Johnny Oldman (Hughes)	Ninilchik
Cantwell	Kaltag	Susan B English (Seldovia)
Cook Inlet Academy	Kenai Peninsula ESSS	Su Valley
Cordova	Kenny Lake	Tetlin
Dot Lake	Knik Charter	Tok
Eagle Community	Kodiak Island ESSS	Tri-Valley
Effie Kokrine	Lumen Christi	Walter Northway
Fort Yukon	Maudrey Sommer (Tanana)	Yukon Flats School District
Glacier View	Merrelaine A Kangas (Ruby)	

Region 5

(Top 15 finishers + all members of the top 3 teams)

Angoon	Hydaburg	Skagway
Craig	Kake	SISD ESSS
Gustavus	Klawock	Thorne Bay
Haines	Metlakatla	Wrangell
Hoonah	Petersburg	Yakutat

DRAMA, DEBATE & FORENSICS

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON

October 1, 2024 - 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. MAXIMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

F. STATE COMPETITION

1. DATE

February 27-March 1, 2025

2. SITE & HOST

Bettye Davis East High School, Anchorage

Hosted by ASAA, UAA & Anchorage School District

3. CATEGORIES

- Lincoln-Douglas Debate
- Policy Debate
- Public Forum Debate
- Duet Acting
- Improvised Duet Acting
- Pantomime
- Reader's Theatre
- Solo Acting
- Dramatic Interpretation
- Humorous Interpretation
- Duo Interpretation
- Extemporaneous Commentary
- Extemporaneous Speaking Domestic
- Extemporaneous Speaking Foreign
- Informative Speaking
- Original Oration

4. PARTICIPATION FEE

\$20.00 per participant. Schools will be invoiced after the event.

5. ELIGIBILITY

Students may enter one to three events. Students must qualify in the event(s) they enter. To qualify for an event a student must have competed at least two times in that event during regular season meets. Video and teleconference meets count as competitions

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.

- School Activities Reporting System (SARS) eligibility roster
- State Championship Entry Form
- 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 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

ESPORTS

ALL CLASSIFICATIONS

A. SEASON

2024 Fall Non-State Championship Season
 March 4, 2024 - Enrollment Opens
 September 20, 2024 - Enrollment Closes
 Weeks of Sept 9 & 16, 2024 - Preseason
 Weeks of Sept 23-Nov 11, 2024 - Regular Season
 Weeks of Nov 18-Dec 6, 2024 - Playoffs
 Weeks of Dec 9-Dec 16 2024 - Fall Championships

2025 Spring State Championship Season
 TBA

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. SANCTIONED GAMES

- 1. League of Legends
- 2. Rocket League
- 3. NBA 2K
- 4. Madden NFL
- 5. Super Smash Bro

D. MATCH DAYS/TIMES

Game	Day	Time
League of Legends	Tuesdays	4:00 PM
Super Smash Bro	Wednesdays	4:00 PM
NBA 2K	Wednesdays	4:00 PM
Rocket League	Thursdays	4:00 PM
Madden NFL	Thursdays	4:00 PM

E. RULES

- 1. PlayVs will coordinate the program
- 2. Schools may only have one varsity level team for each game. Schools may have multiple sub-varsity teams. Sub-varsity teams will not advance into the playoffs.

F. CONFERENCES

Esports is not categorized into conferences.

G. MAXIMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

H. STATE COMPETITION

1. DATE

Fall Season - None

Spring Season - TBA

2. SITE & HOST

Hosted by ASAA & PlayVs

3. AWARDS

a. First and second place trophies

b. Individual medallions for players, coaches managers of the first and second place teams.

c. Academic Award (All teams participating in playoffs).

d. 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

FLAG FOOTBALL

GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

July 31, 2024 - First Practice

August 15, 2024 - First Contest

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

October 12, 2024 - 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

All teams are assigned to conferences (See Flag Football Conferences). 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 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 quarters 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

1. DATE

October 17-19, 2024

2. SITE & HOST

Wasilla High School, Wasilla

Hosted by ASAA and Wasilla High School

3. STATE CHAMPIONSHIP FORMAT

a. Type Elimination

The tournament is a modified eight team single elimination bracket.

b. Championship Schedule

A detailed schedule and bracket will be available online on the Flag Football State Information page.

c. Conference Berths (See Flag Football Conferences)

d. Bracket Rotations

2024-2025

Cook Inlet #1 vs. Northern Lights #3

Northern Lights #2 vs. Cook Inlet #4

Cook Inlet #2 vs. Cook Inlet #3

Northern Lights #1 vs. Cook Inlet #5

2025-2026

Cook Inlet #1 vs. Cook Inlet #5

Northern Lights #2 vs. Cook Inlet #3

Cook Inlet #2 vs. Northern Lights #3

Northern Lights #1 vs. Cook Inlet #4

f. Tie Breaker

All consolation games played on Friday that are tied at the end of regulation will use a modified tie breaker

4. STATE POLICIES & PROCEDURES DOCUMENT

This detailed document outlining flag 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 Flag Football 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 flag 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

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. 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.

FLAG FOOTBALL CONFERENCES

Cook Inlet (5)

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

Northern Lights (3)

Colony
Houston
Lathrop
North Pole
Redington
Wasilla
West Valley

FOOTBALL

(11-PLAYER) ALL CLASSIFICATIONS

A. SEASON

2024 SEASON

July 31, 2024 - First Practice

August 15, 2024 - First Contest

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

October 5, 2024 DI & DIII - Last Contest (Regular Season)

October 12, 2024 DII - 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 nine 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-Douglas	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 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 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 11/12), Final (Oct 19)
- Division II - Semis (Oct 18/19), Finals (Oct 25/26)
- Division I - Quarts (Oct 11/12), Semis (Oct 18/19), Finals (Oct 25/26)

2. SITE & HOST

Division III - Wasilla High School, Wasilla
Hosted by: ASAA and Wasilla

Division II & I - Colony High School, Palmer
Hosted by: ASAA and Colony

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 Colony High School W Game 5 v W Game 6

DIVISION II

Semis hosted by higher seed

Semi Finals

Game 1 Railbelt #1 v Railbelt #4
Game 2 Railbelt #2 v Railbelt #3

Finals

Game 3 W Game 1 v W Game 2

DIVISION III

Semis hosted by higher seed

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 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-Douglas
Service
South Anchorage
West Anchorage

DIVISION II

Railbelt (The results of the regular season will be used to seed a 4 team single elimination bracket)

Chugiak
Eagle River
Lathrop
North Pole
Palmer
Soldotna
Wasilla
West Valley

DIVISION III

Mid Alaska (The results of the regular season will be used to seed a 4 team single elimination bracket)

Barrow
Homer
Houston
Kenai Central
Kodiak
Redington

GYMNASTICS

GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

August 7, 2024 - First Practice

August 22, 2024 - First Contest

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

November 9, 2024 - 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

2024-2025 SEASON

October 16, 2024 - First Practice

October 31, 2024 - First Contest

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

February 1, 2025 - D II Last Contest (Regular Season or Conference Championship)

February 8, 2025 - 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, in grades 10-12 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 game for that school 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, as well as on Sundays and Mondays through the 3rd Monday each January to coincide with Martin Luther King Jr. Holiday. 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 7 of supplemental rules regarding penalty)."

*The dual participation rule has been suspended for the 2024-25 school year

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 any time during the game, 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.
 - d. 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
- e. 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.
- f. 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.
- g. 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.
- h. 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.
- i. 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.
- j. A student in violation of the non-school participation rule 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 Hockey Conferences). 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. Kodiak will provide \$3000 for varsity only and \$4000 for JV and varsity for conference teams traveling to Kodiak 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 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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible 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) minutes. 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. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative must create an account at the [MaxPreps.com](https://www.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](https://www.maxpreps.com) website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. All scores from the conference tournament must be entered into the [MaxPreps.com](https://www.maxpreps.com) website by Sunday, 8:00 AM.
4. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

K. FIRST NATIONAL CUP / STATE HOCKEY CHAMPIONSHIP

1. DATES
Division II - February 6 - 8, 2025
Division I - February 13 - 15, 2025

2. SITE & HOST

D II - Soldotna Regional Sports Complex, Soldotna
Hosted by ASAA & Soldotna High School
D I - Curtis Menard Sports Complex, Wasilla
Hosted by ASAA & Wasilla High School

3. STATE CHAMPIONSHIP FORMAT

a. Type Elimination

The tournaments will be 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. At-Large Berths

The DI pool will be comprised of all teams that did not qualify.

The DII will be comprised of all teams that did not qualify.

These will be determined by the conference bylaws and could be based on the conference tournament or regular season results. Each team in the "pool" will be given a point value of .5 or one against each other team being considered. Points will be assigned using the following ranked criteria;

1. Head to head record.
2. Record against common opponents at all classifications.*
3. Record against common state qualifiers at that classification.*
4. Record against common opponents at that classification.*

* winning percentage must have a difference of at least 25%

If there is a tie, the same criteria will be used to break the tie, disregarding the other teams. If the tie still exist there will be coin toss by ASAA staff to determine who advances

d. Bracketing

Once the at-large teams are selected, then the tournament will be seeded using the same criteria with a "new pool" made up of the eight teams.

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.

- 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

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 National Cup Traveling Trophy
- b. First and second place trophies
- c. 22 individual medallions for players, coaches, managers of the first and second place teams
- d. Team Sportsmanship Award
- e. Academic Award
- f. Twelve 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.

HOCKEY

DIVISION I

(Berths to state are indicated in parenthesis)

Cook Inlet (4)

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

Railbelt (2)

Colony
Lathrop
Wasilla
West Valley

At-large (2) (All non qualified teams)

DIVISION II

(Berths to state are indicated in parenthesis)

Aurora (3)

Delta Junction
Houston
Monroe Catholic
North Pole
Tri-Valley

Northern Lights (3)

Homer
Juneau-Douglas
Kenai
Kodiak
Palmer
Soldotna

At Large (2) (All non qualified teams)

MUSIC

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON
Seasonal activity without limitation.

B. ELIGIBILITY

September 27, 2024 - All-State Music students entered on eligibility list
April 19, 2025 - Solo & Ensemble students entered on eligibility list

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 for ASAA Music Festival Participation located in the Music Handbook

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 21- 23, 2024
2. SITE
Rehearsals: Bartlett High School, Anchorage
Concert: West Anchorage High School, Anchorage

3. DEADLINES:

Auditions open - Monday September 4, 2023 at 8:00 AM

Auditions close - Wednesday September 20, 2023 at 11:55PM

Directors Registration form - Wednesday October 18, 2023 (form for each group they have students participating in)

4. 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.

5. FEES:

The audition fee is \$15 for each audition submitted, and the registration fee is \$15 for each student who is selected to participate in the All-State Music Festival. ASAA will invoice each school after the festival.

6. RULES

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 2023-2024 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 REQUIREMENTS: Are located in the Music Handbook under the 2023 All State Auditions for Band, Choir and Orchestra, on the ASAA website and online at All State Music Festival Auditions.

7. 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 five (5) members to be eligible for the academic award)

7. FURTHER DETAILS AND FORMS

E. SOLO & ENSEMBLE MUSIC FESTIVAL

1. DATE

May 9 - 10, 2025

2. SITE

Adjudications: University of Alaska Anchorage Fine Arts Building

Command Performance: Bettye Davis East High School May 9 - 10, 2025

3. DEADLINES:

Application for Regional festivals completed in February or March - April 5, 2024

Application for Regional festivals completed prior to April 15 - April 19, 2024

Application for all other Regional festivals - April 26, 2024

4. 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 instrument or voice category. The on-line audition must:

1. Include a completed Special Need for On-Line Audition Application. DUE March 11, 2024.

2. Include 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. Provide a copy of the music to be performed in the audition emailed to the ASAA music coordinator. (The music needs to be labeled with school and student identification and with all measures numbered.)

4. Be completed and uploaded between March 18 and March 21, 2024

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 5 as to whether or not they qualify for the state music festival. The cost of \$15 will be added to the applicant's fee.

See the Music Handbook for further guidelines and information if using this procedure.

5. FEES:

a. There is an entry fee of \$15 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:

\$15 fee for each on-line audition submitted.

\$30 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 \$30 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.

6. RULES

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 22, 2024.

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.

7. COMMAND PERFORMANCE: The State Solo & Ensemble Festival will close with a Command Performance Concert by selected students nominated by the adjudicators on both Friday and Saturday evenings.

8. 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, and Music Theatre Vocal Solo are adjudicated on both days. Percussion is only adjudicated on Friday. Instrumental & Vocal Jazz are only adjudicated on Saturday.

9. AWARDS

a. Each participant will receive a Participant certificate.

b. Each participant receiving a Superior Rating for any event, will receive a Superior Pin.

c. ACADEMIC AWARD for highest school GPA. (School must have a minimum of five (5) 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 and in the 2023 State Solo & Ensemble MEMO 1.

NORDIC SKI

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024-2025 SEASON

October 30, 2024 - First Practice

November 14, 2024 - First Contest

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

February 22, 2025- 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.

NOTE: Considering the significant health risk and pressing environmental concerns associated with fluorine waxes, ASAA requires all nordic ski programs abstain from the use of Fluoro waxes.

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 27 - March 1, 2025

2. SITE & HOST

Government Peak Recreation Area, Palmer

Hosted by ASAA, Colony High School & Mat Su Ski Club

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 programs are invited to send one Nordic Ski team of six individuals and one Girls Nordic Ski team of six individuals. Schools can send less than a complete team if they wish. Schools may also send up to four adaptive skiers. They must notify ASAA by February 3, 2024 if they are bringing a Paralympic or a Sit skier. 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 Nordic Ski and Girls Nordic Ski 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 (5K)
- Day 2: Mass Start Freestyle Race (7.5K)
- Day 3: Team Relays (4 x 3K)

EVEN YEARS:

- Day 1: Individual Freestyle Race (5K)
- Day 2: Mass Start Classic Race (7.5K)
- Day 3: Team Relays (4 x 3K)

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.

- School Activities Reporting System (SARS) eligibility roster
- Nordic Ski 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 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. Individual medallion for the top 2 male and female finishers in each adaptive skier category
- k. One Good Sport Team Member
Members are selected by their head coach to be honored for outstanding citizenship and sportsmanship throughout the entire season
- l. 10 All-State Team Certificates

RIFLE

ALL CLASSIFICATIONS

A. SEASON

2024 SEASON

September 4, 2024 - First Practice

September 19, 2024 - First Contest

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

November 30, 2024 - 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

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024-2025 SEASON

Coed Soccer (Region 2 Schools and others upon approval)

July 31, 2024 - First Practice

August 15, 2024 - First Contest

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

October 26, 2024 - Last Contest (Regular Season or Conference Championship)

Soccer

March 10, 2025 - First Practice

March 20, 2025 - First Contest

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

May 24, 2025 - 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. Positions required to be filled by females are limited to females who were assigned female at birth.
 - 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 Soccer Conferences). 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 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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible school \$100 for each game.

H. INDIVIDUAL PARTICIPATION LIMITATION

Students may participate in four halves per day.

I. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative must create an account at the [MaxPreps.com](https://www.maxpreps.com) website and submit their varsity level team schedules. This must be done by the first day of practice.
2. All scores must be entered into the [MaxPreps.com](https://www.maxpreps.com) website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. All scores from the conference tournament must be entered into the [MaxPreps.com](https://www.maxpreps.com) website by Sunday, 8:00 AM.
4. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

J. STATE CHAMPIONSHIPS

1. DATE
 - Coed Soccer - No state tournament
 - Soccer - May 29-31, 2025
2. SITE & HOST
 - Colony, Palmer & Wasilla High Schools, Mat Su Valley
 - Hosted by ASAA, Colony HS, Palmer HS, Wasilla HS & MSBSD

3. STATE CHAMPIONSHIP FORMAT

a. Type of Elimination

All championship tournaments are a 8 team single elimination, consolation bracket.

b. Championship Schedule

A detailed schedule and bracket will be available online on the Soccer State Information page.

c. Conference Berths (See Soccer Conferences)

d. At-large

Division II at-large will be determined by the adopted RPI formula

e. Bracketing

Division II and Division I seeding will be determined by the adopted RPI formula.

f. Overtime Policy

First round games and winner side of the bracket will follow the NFHS adopted overtime procedure. Consolation side of the bracket will follow the tie breaker penalty kick 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.

- 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

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. 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.

SOCCER CONFERENCES

DIVISION I (SPRING) (The results of the regular season will be used to seed 8 team bracket)

Greatland (8)

Bartlett
Bettye Davis East
Chugiak
Colony
Dimond
Eagle River
Juneau-Douglas
Lathrop
Service
South Anchorage
Wasilla
West Anchorage
West Valley

DIVISION II (SPRING) (Berths to state are indicated in parenthesis)

Mid Alaska (1)

Hutchison
Monroe Catholic
North Pole

Northern Lights (2)

Grace Christian
Houston
Kodiak
Palmer
Redington

Peninsula (2)

Homer
Kenai Central
Nikiski
Seward
Soldotna

Southeast (1)

Ketchikan

At-Large Berths (2)

ONE CLASSIFICATION (FALL/COED)

(No ASAA State Tournament)

Birchwood Christian
Cook Inlet Academy
Delta Junction
Holy Rosary
Lumen Christi
Nenana
Su-Valley
Tri-Valley

SOFTBALL

GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2025 SEASON

March 10, 2025 - First Practice

March 20, 2025 - First Contest

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

May 31, 2025 - 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 Softball Conferences). 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 and “Pool Play” Tournaments: Each team is permitted to attend tournaments during the regular season. When playing in a Pool Play tournament, each day will only count as 1 game towards the 22-match game limit. A Pool Play tournament is defined as a tournament with games limited to no more than 65 minutes (allowing the teams to finish the inning). The mercy rule will be in effect in both invitational and pool play tournaments.

G. ENDOWMENT GAMES

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) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team’s overall season record for at large and 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 responsible 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. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative must create an account at the [MaxPreps.com](https://www.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](https://www.maxpreps.com) website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. All scores from the conference tournament must be entered into the [MaxPreps.com](https://www.maxpreps.com) website by Sunday, 8:00 AM.
4. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

J. STATE CHAMPIONSHIPS

1. DATE

June 5-7, 2025

2. SITE & HOST

South Davis Complex, Fairbanks

Hosted by ASAA, Lathrop High School and Interior Girls Softball 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. Conference Berths (See Softball Conferences)

d. Pool Play Rotation

2024-2025

Division I

A1 Railbelt #1

A2 Cook Inlet #2

A3 Cook Inlet #3

B1 Cook Inlet #1

B2 Railbelt #2

B3 Cook Inlet #4

Division II

A1 Southeast #1

A2 Northern Lights #2

A3 Mid Alaska #2

B1 Northern Lights #1

B2 Mid Alaska #1

B3 Southeast #2

2025-2026

Division I

A1 Cook Inlet #1

A2 Railbelt #2

A3 Cook Inlet #3

B1 Railbelt #1

B2 Cook Inlet #2

B3 Cook Inlet #4

Division II

A1 Southeast #1

A2 Northern Lights #1

A3 Mid Alaska #2

B1 Mid Alaska #1

B2 Southeast #2

B3 Northern Lights #2

2026-2027

Division I

A1 Railbelt #1

A2 Cook Inlet #2

A3 Cook Inlet #3

B1 Cook Inlet #1

B2 Railbelt #2

B3 Cook Inlet #4

Division II

A1 Mid Alaska #1

A2 Southeast #1

A3 Northern Lights #2

B1 Northern Lights #1

B2 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.

- 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

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. 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.

SOFTBALL CONFERENCES

DIVISION I (Berths to state are indicated in parenthesis)

Cook Inlet (4)

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

Railbelt (2)

Colony
Juneau-Douglas
Lathrop
Wasilla
West Valley

DIVISION II (Berths to state are indicated in parenthesis)

Mid Alaska (2)

Delta Junction
Hutchison
Monroe Catholic
North Pole

Northern Lights (2)

Homer
Houston
Kenai Central
Kodiak
Palmer
Redington
Soldotna

Southeast (2)

Ketchikan
Sitka

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

2024-2025 season
July 31, 2024 - June 7, 2025

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

Date: October 11-13, 2024

Location: Delta High School, Delta Junction

Eligibility list due: October 4, 2024 (Article 12 Section 10)

2. SPRING Conference

Date: TBD, 2025

Location: TBD

Eligibility list due Friday, April 1, 2024 (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), the Association of Washington Student Leaders Conference and the National Federation of State High School Associations National Student Leadership Summit (supported by NFHS and ASAA).

SWIM & DIVE

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

August 7, 2024 - First Date of Season

August 22, 2024 - First Contest

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

November 2, 2024 - 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 with a change to Rule 3.3. Article 2 shall read;

Suits shall be of one piece. Suits worn for competition must be non-transparent. Male suits shall not extend above the waist or below the top of the kneecap. Female suits shall not extend beyond the shoulders or below the top of the kneecap, nor cover the neck.

Violations: When an official discovers a competitor wearing illegal attire as described in Article 2, the official shall:

- a. When observed prior to the start of the heat/dive, notify the coach of the competitor to make the suit legal before becoming eligible to compete. If the competitor cannot comply without delaying the start of the heat/dive, the competitor is disqualified from that event/dive and shall not be eligible for further competition until in a legal suit.

- b. When observed after the heat/dive officially begins, disqualify the competitor at the completion of the heat/dive; nullify the competitors performance time/score and he/she shall not be eligible for further competition until in a legal suit.

2. The schedule of dives should follow the National Federation Rule Book Schedule. The third weekend of the season, which is August 18 and 19, 2023, 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 Swim & Dive Conferences). Conference meet results determine state championship qualifiers. A contact person must be selected to communicate conference information with ASAA.

F. MAXMUM MEETS

ASAA has no limitations on total number of meets allowed for either teams or individuals.

G. STATE CHAMPIONSHIPS

1. DATE

November 8 - 9, 2024

2. SITE & HOST

Bartlett High School Pool, Anchorage
Hosted by ASAA, & 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 they become participants.

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.

- 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

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.

SWIM & DIVE CONFERENCES

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
Bettye Davis East
Chugiak
Dimond
Eagle River
Service
South Anchorage
West Anchorage

Mid Alaska

Bethel
Hutchison
Lathrop
Monroe Catholic
Nome-Beltz
North Pole
West Valley
Valdez

Northern Lights

Colony
Cordova
Homer
Kenai Central
Kodiak
Palmer
Seward
Soldotna
Unalaska
Wasilla

Southeast

Craig
Haines
Juneau-Douglas
Ketchikan
Metlakatla
Mt. Edgecumbe
Petersburg
Sitka
Wrangell

TENNIS

ALL CLASSIFICATIONS

Participation in girls' events shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

July 31, 2024 - First Practice

August 15, 2024 - First Contest

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

October 5, 2024 - 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.
 - d. Code Violation - A default of a player for code violation(s) shall eliminate the player from further competition.
 - e. Retirement or Forfeit for reasons other than illness or injury shall eliminate the player from further competition.
 - f. Retirement or Forfeit for injury or illness does not automatically eliminate a player from further competition. In case of injury or illness, prior to the player's next match the tournament director in consultation with the on-site health care professional and the players coach shall determine the player's ability to safely continue. If the player is not safely able to play the player shall be eliminated from further competition

E. CONFERENCES

All teams are assigned to conferences (See Tennis Conferences). 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. DATE

October 10 - 12, 2024

2. SITE & HOST

Alaska Club East, Anchorage

Hosted by ASAA, The Alaska Club & ASD

3. STATE CHAMPIONSHIP FORMAT

- a. Tennis has five divisions: Singles, Girls Singles, Doubles, Girls Doubles, and *Mixed Doubles.
*One player must be a female assigned female at birth
- b. Berths are for each of the 5 divisions.
- c. State Qualifiers must participate in the division they qualified in.
- d. All divisions are a 9 entry double elimination, bracket. First round matches, matches with undefeated players and the championship will be regular sets. All other matches will be short sets.
- 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. The objective of seeding is to separate players who, in the tournament committee's informed opinion, are most likely to win the tournament. These guidelines are intended to comprise an objective framework for consistent and defensible decisions. However, there will always be unique circumstances that do not fit well within this paradigm. Therefore, it is important that the tournament committee retain the flexibility to consider all available information, including other objective and subjective factors not listed below, at their collective discretion.
- b. Each coach will submit a seeding form (online) for any possible seeded athlete.
- c. A committee appointed by ASAA of knowledgeable tennis individuals will seed each division. Under normal circumstances 2 competitors will be seeded. However, up to four competitors per division may be seeded. The remaining competitors will be randomly drawn in.
- d. For specific seeding criteria refer to the ASAA website on the tennis coaches page.

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.

- 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 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.

TENNIS CONFERENCES

ONE CLASSIFICATION (Berths to state are indicated in parenthesis)

Region 3 (2)

Colony
Kodiak
Palmer
Wasilla

Region 4 (4)

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

Region 5 (1)

Juneau-Douglas

Region 6 (2)

Hutchison
Lathrop
Monroe Catholic
North Pole
West Valley

TRACK & FIELD

ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2025 SEASON

March 10, 2025 - First Practice

March 20, 2025 - First Contest

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

May 24, 2025 - 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 Track & Field Conferences). Conference meet results determine state championship qualifiers. A contact person must be selected to communicate conference information with ASAA.

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

For Unified athletes, the State Championships will be comprised of the following events;

Athlete & Partner Long Jump	Athlete & Partner 100 meters
Athlete & Partner Shot Put	4x100 Relay - Athlete, Partner, Partner, Athlete

For Adaptive athletes, the State Championships events available based on athlete's participation;

Shot Put	Triple Jump	1600 meters
Discus	High Jump	3200 meters
Long Jump	800 meters	

H. STATE CHAMPIONSHIPS

1. DATES

May 30 - 31, 2025

2. SITE & HOST

Dimond High School, Anchorage
Hosted by ASAA & Dimond 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 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. 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 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. The top relay team from the finals from Regions 2,3,5,6 plus the next four best statewide times from finals will qualify for the finals at 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. Unified Individual and Relay Berths

Athletes must qualify through a region meet. Automatic qualifiers will be the top mark from each region. ASAA will use the remaining marks as possible at-large qualifiers up to a maximum of 8 entrants.

e. Adaptive Athletes: Each school may bring up to four (4) adaptive athletes. They can compete in field events, the 800, 1600 and 3200 meters.

f. 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.

g. High Jump: All At-Large High Jump qualifiers must have jumped, at their Region Meet, the starting height of the state championship to qualify.

h. 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 ENTIREES

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 entered. Alternates will be automatically entered as scratches occur.

d. Coaches need to decline those qualifiers not attending the state meet by Wednesday 6:00 PM. To decline, the school will need to unregister the entry on athletic.net. **Once a coach has unregistered an athlete they may not reregister them.**

e. 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.

- 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 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 (including Unified Events)
- c. Team Sportsmanship Award
- d. Academic Award (Teams must have a minimum of 4 members of one gender to be eligible.)
- e. Outstanding Competitor Awards
- 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 QUALIFIERS

DIVISION I

Individual Events: The top finisher from the finals from Regions 3,4,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify.

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
Kodiak
Palmer
Soldotna
Wasilla

Region 4

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

Region 5

Juneau-Douglas
Ketchikan

Region 6

Lathrop
North Pole
West Valley

DIVISION II

Individual Events: The top finisher from the finals from Regions 2,3,5,6 will qualify for the state championship. In addition, the next 12 statewide best track times from the finals and the 12 statewide best field distances from the preliminary and the finals will qualify. If Region 1 has an automatic qualifier, the next best 11 times or 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

Allakaket
Anderson
Andrew K Demoski (Nulato)
Birchwood Christian
Cantwell
Cook Inlet Academy
Cordova
Dot Lake
Effie Kokrine
Glennallen

Holy Rosary
Jimmy Huntington (Huslia)
Johnny Oldman (Hughes)
Kaltag
Kenai Peninsula ESSS
Kenny Lake
Knik Charter
Kodiak Island ESSS
Lumen Christi
Maudrey Sommer (Tanana)

Minto
Nenana
Nikolaevsk
Ninilchik
Susan B English (Seldovia)
Su Valley
Tetlin
Tok
Tri-Valley
Walter Northway

Region 3

Grace Christian
Homer
Houston
Kenai Central
Mountain City Christian Academy
Nikiski
Redington
Seward

Region 5

Angeon
Craig
Gustavus
Haines
Hoonah
Hydaburg
Kake
Klawock
Metlakatla
Mt. Edgecumbe
Petersburg
SISD ESSS
Sitka
Skagway
Thorne Bay
Wrangell
Yakutat

Region 6

Ben Eielson
Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

VOLLEYBALL

GIRLS & MIX SIX - ALL CLASSIFICATIONS

Participants on 2A, 3A, 4A teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

3A & 4A Volleyball:

August 7, 2024 - First Practice

August 22, 2024 - First Contest

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

November 9, 2024 - Last Contest (Regular Season or Conference Championship)

Mix Six & 2A Volleyball:

September 11, 2024 - First Practice

September 26, 2024 - First Contest

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

November 30, 2024 - 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. Teams shall remain on the same side of the net throughout a match. The head official can make an exception to this if there is a disadvantage/advantage to one side. Procedure;
 - a. Home team selects a bench
 - b. During the prematch conference a coin toss shall be conducted. Visiting team shall call the toss. Winner shall choose serve or receive
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. Positions required to be filled by females are limited to females who were assigned female at birth.
 1. Up to three female players are allowed to replace male players on the court.

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.
- 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 Volleyball Conferences). 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 sets 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 sports to play Endowment Games during the season above and beyond the 22 match limit. Additional Endowment Games may be played each season. (Bylaw, Article 7, Section 9) School teams may play Endowment Games at any time during the regular season, beginning with the date of the first contest and extending to the start of the conference tournament. Endowment Games do count in a team's overall season record for at large and 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 responsible 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. Two sets 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. REPORTING SCHEDULES & RESULTS

1. A school coach, administrator or official team representative must create an account at the MaxPreps.com website. This applies to all classifications.
2. All set scores with the exception of timed sets and sets to less than 15 must be entered into the MaxPreps.com website from the previous week by the following Tuesday 7:00 PM during the regular season.
3. All set scores from the conference tournament must be entered into the MaxPreps.com website by Sunday, 8:00 AM.
4. Schools failing to meet these mandates will be given a warning for the first offense, fined \$200 for the second offense.

J. STATE CHAMPIONSHIPS

1. DATES

3A & 4A - November 14-16, 2024

Mix Six & 2A - December 5-7, 2024

2. SITE & HOST

3A & 4A - Alaska Airline Center, Anchorage

Hosted by ASAA, UAA & ASD

Mix Six & 2A - Palmer High School, Palmer

Hosted by ASAA & Palmer High School

3. STATE CHAMPIONSHIP FORMAT

a. 2A/3A/4A Type of Elimination

Eight team Double elimination bracket. The "if game" will be one set to 30 points.

b. Mix Six Type of Elimination

Twelve team double elimination bracket with first round matches and the losers bracket, 2 out of 3 with the 3rd set to 25 points. The winners bracket and the Championship will be 3 out of 5. The "if game" will be one set to 30 points

c. Championship Schedule

A detailed schedule and bracket will be available online at the Volleyball State Information page.

d. Conference Berths (See Volleyball Conferences)

e. At-Large

The 3A at-large pool will consist of the Aurora, Southcentral and Western third place team, and the Southeast second place team. The 4A at-large pool will consist of the Cook Inlet fourth place team, Northern Lights third place team and the Mid Alaska and Southeast second place teams.

These will be determined by the conference bylaws and could be based on the conference tournament or regular season results. Each team in the "pool" will be given a point value of .5 or one against each other team being considered. Points will be assigned using the following ranked criteria;

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 qualifiers at that classification.*
6. Overall match record percentage vs. schools at that classification.*

* winning percentage must have a difference of at least 25%

If there is a tie, the same criteria will be used to break the tie, disregarding the other teams. If the tie still exist there will be coin toss by ASAA staff to determine who advances

f. 2A/3A/4A Bracket Rotations

2024-2025

4A CLASSIFICATION

Mid Alaska #1 vs. Cook Inlet #2
Northern Lights #1 vs. Cook Inlet #3
Southeast #1 vs. Northern Lights #2 or (AL)
Cook Inlet #1 vs. At-Large or (NL2)

3A CLASSIFICATION

Southcentral #1 vs. Aurora #2
Southeast #1 vs. Western #2
Western #1 vs. At-Large or (SC2)
Aurora #1 vs. South Central #2

2A CLASSIFICATION

Borealis #1 vs. Aurora #2
Southeast #1 vs. Southwest #2
Southwest #1 vs. Southeast #2
Aurora #1 vs. Borealis #2

2025-2026

4A CLASSIFICATION

Northern Lights #1 vs. At-Large or (CI3)
Cook Inlet #1 vs. Cook Inlet #3 or (AL)
Southeast #1 vs. Cook Inlet #2
Mid Alaska #1 vs. Northern Lights #2

3A CLASSIFICATION

Southeast #1 vs. Southcentral #2
Aurora #1 vs. Western #2
Western #1 vs. Aurora #2 or (AL)
Southcentral #1 vs. At-Large or (A2)

2A CLASSIFICATION

Southeast #1 vs. Borealis #2
Aurora #1 vs. Southwest #2
Southwest #1 vs. Aurora #2
Borealis #1 vs. Southeast #2

2026-2027

4A CLASSIFICATION

Cook Inlet #1 vs. Northern Lights #2
Mid Alaska #1 vs. At-Large or (CI2)

3A CLASSIFICATION

Aurora #1 vs. At-Large or (W2)
Southcentral #1 vs. Western #2 or (AL)

Northern Lights #1 vs. Cook Inlet #2 (AL)
Southeast #1 vs. Cook Inlet #3

Southeast #1 vs. Aurora #2
Western #1 vs. Southcentral #2

2A CLASSIFICATION

Aurora #1 vs. Southeast #2
Borealis #1 vs. Southwest #2
Southeast #1 vs. Aurora #2
Southwest #1 vs. Borealis #2

g. Mix Six Bracket Placement (For bracket see the ASAA website on the volleyball coaches page)

2023-2024

A - North Slope	E - Southwest	I - Denali #1
B - Western #1	F - Western #2	J - Northwest
C - Alaska Coastal	G - Southeast #1	K - Yukon River
D - Southeast #2	H - Denali #2	L - Greater Kuskokwim

2024-2025

A - Greater Kuskokwim	E - Denali #1	I - North Slope
B - Denali #2	F - Southeast #2	J - Southeast #1
C - Northwest	G - Southwest	K - Alaska Coastal
D - Western #2	H - Yukon River	L - Western #1

2025-2026

A - Alaska Coastal	E - Southeast #1	I - Southwest
B - Southeast #2	F - Western #2	J - Yukon River
C - Western #1	G - Greater Kuskokwim	K - Denali #1
D - North Slope	H - Denali #2	L - Northwest

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.

- 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

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. 14 individual medallions for players, coaches, managers of first and second place teams for Mix Six and 2A
- c. 17 individual medallions for players, coaches, managers of first and second place teams for 3A and 4A
- 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

VOLLEYBALL CONFERENCES

4A CLASSIFICATION (Berths to state are indicated in parenthesis)

Cook Inlet (3)

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

Mid-Alaska (1)

Lathrop
North Pole
West Valley

Northern Lights (2)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Southeast (1)

Juneau-Douglas
Ketchikan

At-Large (1)

3A CLASSIFICATION (Berths to state are indicated in parenthesis)

Aurora (2)

Delta Junction
Galena
Hutchison
Monroe Catholic
Valdez

Southcentral (2)

Grace Christian
Homer
Houston
Kenai Central
Mountain City Christian Academy
Nikiski
Redington
Seward

Southeast (1)

Mt. Edgecumbe
Sitka

Western (2)

Barrow
Bethel
Kotzebue
Nome-Beltz

At-Large (1)

2A CLASSIFICATION (Berths to state are indicated in parenthesis)

Aurora (2)

Effie Kokrine
Glennallen
Kenny Lake
Nenana
Tok
Tri Valley

Borealis (2)

Birchwood Christian
Cook Inlet Academy
Cordova
Holy Rosary
Lumen Christi
Ninilchik
Su-Valley
Unalaska

Southeast (2)

Craig
Haines
Hoonah
Klawock
Metlakatla
Petersburg
Skagway
Wrangell

Southwest (2)

Bristol Bay
Dillingham
Chief Ivan Blanka (New Stuyahok)
Hooper Bay
King Cove
Koliganek
Manokotak
Sand Point
Togiak

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

Greater Kuskokwim (1)

Akiak
Aniak
Iditarod School District
Kuspuk School District
Tulusak

North Slope (1)

Alak
Meade River
Nuiqsut Trapper
Nunamiut (Anaktuvik Pass)
Tikigaq (Point Hope)

Northwest (1)

Northwest Arctic
School District
Schools

Southeast (2)

Angoon
Gustavus
Hydaburg
Kake
Thorne Bay
Yakutat

Southwest (1)

Kokhanok
Newhalen
Tanalian

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
Chevak
Kotlik
Marshall
Nunam Iqua (Sheldon Point)
Pilot Station
Russian Mission
Scammon Bay
St. Mary's

WORLD LANGUAGE DECLAMATION

ALL CLASSIFICATIONS

A. SEASON

2024-2025 SEASON
Seasonal activity without limitation.

B. ELIGIBILITY

Eligibility Deadline - February 1, 2025
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
February 22, 2025

2. SITE & HOST
Dimond High School, Anchorage
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 five contestants in Poetry and Impromptu per level, per language from regional competition, schools not in Regions 3, 4, and 6 may register up to five students per level, per language.

The levels for Poetry are 1-5, AP, immersion (Japanese, Spanish, German and Russian) 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. Immersion students enrolled in an AP course of that language must compete in the Immersion category, not AP.

Schools in Regions 3, 4, and 6 may register the top five 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 five (5) pairs per level and language. There is no Native Speaker category for the Dialogues category. Immersion students enrolled in an AP course of that language must compete in the Immersion category, not AP.

The top five contestants from Regions 3, 4, and 6 in Chinese, French, German, Russian and Spanish Cultural Trivia may register to compete at the state competition in the following levels: 1, 2, 3, 4, AP, and 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
- Russian
- 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 levels 1-4 and AP in French and Chinese; immersion levels 9, 10, 11, and 12 in Russian; BS kk levels in 1-4, AP, and Immersion?Native Speaker in German and Spanish. 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, 4/5/AP and Immersion. 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. Minor 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 five (5) students participating to be eligible.)

WRESTLING

ALL CLASSIFICATIONS

Participants on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2024 SEASON

October 2, 2024 - First Practice

October 17, 2024 - First Contest

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

December 14, 2024 - 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. ASAA has not adopted the NFHS Weight Control Program.
3. To consistently interpret forfeits in terms of an individual's won/loss record, as those records count toward seeding and at-large considerations the Board of Directors adopted the Wrestlers Match Record Recording Procedure found on the ASAA website wrestling coaches page.

E. CONFERENCES

All teams are assigned to conferences (See Wrestling Conferences). 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 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 recertifying at a higher weight. Certification should be done before practice begins by a physician, physician assistant, advanced nurse practitioner or doctor of chiropractic. A student starting wrestling after the start of the season must have their minimum weight determined before the first competition.

J. WEIGH-IN PROCEDURES

1. An official weigh-in can only occur at an interscholastic competition involving at least two member schools.
2. An athlete from a member school can only receive an official weigh-in at an event involving two member schools competing in that gender for the event the weigh-in occurs
3. 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.
4. It is recommended that all weigh-ins during the regular season follow the state procedure; Wrestlers will weigh-in in an authorized uniform with undergarments.

GROWTH ALLOWANCE POLICY:

One pound on the last Monday in October (October 28, 2024)

One pound on the last Monday in November (November 25, 2024)

K. WEIGHT CLASSES

DI/DII - 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (14 total)

Girls - 100G, 107G, 114G, 120G, 126G, 132G, 138G, 145G, 152G, 165G, 185G, 235G (12 total)

L. STATE CHAMPIONSHIPS

1. DATE

December 20 – 21, 2024

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 Division I, 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. For DI the top two scorers in each weight class count towards the schools team score. For DII and girls the top 14 individual scorers regardless of weight class count towards the school team score.

c. Conference Berths (See Wrestling Conferences)

At-Large berths will be selected using Track Wrestling and the State Seeding Criteria (except f.).

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 Track Wrestling 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 in an authorized uniform with undergarments.

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. DI wrestlers must have a 51% or higher winning percentage. DII wrestlers must have a 40% or higher winning percentage. Girls have no minimal percentage.

- 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. 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.

- 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

10. 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.

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.

M. “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 weighs-in 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".

N. RINGWORM POLICY

In the past ringworm infection among Alaska high school wrestling teams has been a 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. The NFHS Wrestling Rule Book in Rule 4-2-3, addresses this issue and allows the student's coach to provide written documentation from "an appropriate health-care professional" 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." For purposes of this rule, ASAA has defined "an appropriate health-care professional" as a medical doctor or physician and requires the written documentation to be on the ASAA RELEASE FOR WRESTLER TO PARTICIPATE WITH SKIN LESIONS form.
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.

WRESTLING CONFERENCES

DIVISION I (Berths to state are indicated in parenthesis)

Cook Inlet (5)

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

Mid-Alaska (3)

Lathrop
North Pole
Student Wrestler Development Program
West Valley

Northern Lights (5)

Colony
Kodiak
Palmer
Soldotna
Wasilla

Southeast (2)

Juneau-Douglas
Ketchikan

At Large (1)

DIVISION II (Berths to state are indicated in parenthesis)

Denali (2)

Anderson
Birchwood Christian
Cantwell
Delta Junction
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)

Cook Inlet Academy
Cordova
Grace Christian
Holy Rosary
Homer
Houston
Kenai
Kodiak Island ESSS
Mountain City Christian Academy
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

Sockeye (1)

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
Klawock
Metlakatla
Mt. Edgecumbe
Pelican
Petersburg
SISD ESSS
Sitka
Skagway
Thorne Bay
Wrangell
Yakutat

At-Large (4)

GIRLS (Berths to state are indicated in parenthesis)

Cook Inlet (1)

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

Denali (1)

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 (1)

Cook Inlet Academy
Cordova
Grace Christian
Holy Rosary
Homer
Houston
Kenai
Kodiak Island ESSS
Mountain City Christian Academy
Nikiski
Nikolaevsk
Ninilchik
Old Harbor
Redington
Seward
Susan B. English (Seldovia)
Voznesenka
Wasilla Lake Christian

Mid Alaska (2)

Lathrop
North Pole
SWDP
West Valley

Northern (1)

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
Kodiak
Palmer
Soldotna
Wasilla

Sockeye (1)

Bristol Bay
Chief Ivan Blunka (New Stuyahok)
Dillingham
King Cove
Koliganek
Manokotak
Newhalen
Sand Point
St Paul
Togiak
Mt Edgecumbe
Petersburg
SISD ESSS
Sitka
Skagway
Thorne Bay
Thunder Mountain
Wrangell
Yakutat

Southeast (2)

Angoon
Craig
Gustavus
Haines
Hoonah
Hydaburg
Kake
Ketchikan
Klawock
Metlakatla

At-Large (3)