

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