

**ALABAMA INDEPENDENT SCHOOL ASSOCIATION**

**ATHLETIC HANDBOOK**

**(Revised August, 2025)**



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BOARD OF DIRECTORS**

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EXECUTIVE DIRECTOR**

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ATHLETIC COMMITTEE**

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ATHLETIC DIRECTOR**

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**APPENDIX: AISA Athletic Policies and Procedures Interpretation Relating to the AISA Executive Director; Athletic Eligibility Interpretation/Clarification**

**AISA FORMS: (Participation Permit, Medical Release, Medical History, Physician's Certificate, Athletic Contract, Eligibility, Sanction Request, All Star, Alabama Notifiable Diseases/Conditions, Concussion Information, Cardiac Arrest Information)**

## AISA ATHLETIC COMMITTEE

|   |  |
|---|--|
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## INTRODUCTION

From the beginning, the AISA has continued to gain recognition throughout Alabama as a strong, well-organized educational association. Today we face the very real challenge of not only maintaining our current image, but improving it whenever possible. Nowhere are we more exposed to the general public and media than during athletic competition between our member schools. Therefore, it is imperative that we exhibit good sportsmanship at all times, thereby demonstrating the true class and character of AISA.

AISA coaches and student athletes must always present themselves as models of what the AISA is striving to achieve in its athletic programs. Concurrently, our parents and fans must be constantly reminded that they also represent their school before the public and therefore must abide by the rules of good sportsmanship.

### **IT IS THE RESPONSIBILITY OF EACH SCHOOL BOARD, ADMINISTRATOR AND THEIR COACHING STAFF TO BE SURE THAT:**

1. Everyone representing the school is well-mannered, well-groomed, and properly attired. (Refer to AISA Personal Appearance Policy on Page 5.)
2. Their athletes meet all AISA eligibility requirements.
3. All AISA athletic policies and procedures have been followed.
4. Their faculty, parents, and students have been educated as to the importance of good sportsmanship and conduct.
5. Fan control is maintained, taking all measures to accomplish it, by both the host and the visiting school.
6. AISA game officials are properly protected and respectfully treated as they perform their duties.
7. Alcoholic beverages or people under the influence are not allowed into an AISA sports arena, onto an AISA playing surface, or into an AISA dressing room before, during, or after an AISA athletic event.
8. Recommended security is on site at all AISA sanctioned athletic events.
9. No derogatory or slanderous statements, signs, posters, or other displays.
10. Professional procedures are followed in the handling of athletic injuries.
11. The Risk Management Program for local level sports program has been implemented and is understood.
12. Each student-athlete has on file a current physician's statement, medical history form, Birth Certificate, Parent's Permit to Participate Form, a Consent to Treat Form, and Concussion Form. (all interscholastic competition, including pee wee).

13. The school's sports program is drug free.
14. All AISA schools that participate in athletics must have at least two coaches certified in Sports Safety, including CPR. Head coaches must be certified in CPR for his/her sport by the opening date of their sport's season, according to the AISA Calendar of Events. This policy applies to all athletic programs, including pee wee levels.
15. Automated External Defibrillators – AED—All AISA member schools are required to have at least one (1) AED unit on site. These units should be available and readily accessible during the school day and at all school sponsored activities and events.
16. All scrimmages, tournaments, and jamborees must be sanctioned in writing by the AISA office. A minimum \$250.00 fine will be assessed in all sports to host school for not sanctioning scrimmages, tournaments, and jamborees. All stated AISA policies and procedures governing interscholastic competition must be followed.
17. Playing Games Out of Season—A minimum fine of \$250.00 will be assessed in all sports for playing games out of season.
18. Gate Admission Fees: Regular season play, Double headers and Jamborees: \$8.00 admission for everyone. Member schools may include the processing fee incurred from the provider to the price of regular season gate admission of \$8.00 for everyone. **Note: This is only for digital ticketing purposes and not cash admission.** Area/Regional Playoffs and Tournaments \$10.00 admission for everyone. Football Championships: \$17.00 admission for everyone. Admission to AISA State Athletic Events is \$12.00 adults and students (All-Stars, Elite 8, Championship Play, etc.).
19. AISA schools **ARE NOT** to play **any** athletic contests with home schools, home school groups, and/or traveling groups. A \$500.00 fine will be assessed in all sports for playing these groups (Exception: Participation is allowed with (ACSC) Alabama Christian Sports Conference).
20. There will be a minimum \$250.00 fine per school and may receive additional sanctions for not having state certified officials for all games. This includes peewees, junior high, junior varsity, and varsity.
21. **THE AISA WILL NOT TOLERATE AND/OR CONDONE DEMONSTRATIONS OF POOR PROFESSIONALISM OR SPORTSMANSHIP, ESPECIALLY DISPLAYS WHICH LEAD TO ALTERCATIONS AND/OR FORFEITURE. THE AISA ATHLETIC COMMITTEE AND THE AISA STATE BOARD WILL TAKE A VERY FIRM AND RIGID STAND IN MATTERS OF THIS CONCERN AND WILL LEVY HARSH SANCTIONS ON THOSE INVOLVED.**

NOTE: Fan Ejections Policy - Below are spectator sanctions concerning ejections / unsportsmanlike behavior while attending an AISA athletic contest.

- A \$300 fine and a 2 (two) game dates suspension for football
- A \$300 fine and a 4 (four) game dates suspension for other sports
- If less than the above minimum games remain, the fine will be \$500 in addition to the remaining game dates.

- 2nd ejection: spectator is suspended until he/she meets with the Athletic Committee during the next scheduled meeting

All fines are due to the AISA office within thirty (30) days. Schools are responsible for all fines levied.

22. The following artificial noise makers are not allowed at an AISA interscholastic athletic event:
  - a. containers with rocks, marbles, etc. inside which might be used for rattling purposes.
  - b. power systems, i.e. horns, microphones, etc.
  - c. cowbells
  - d. others disallowed as needed.
23. Maximum tournament entry fee for all school invitational tournaments is set at \$200. This includes a limit of one dozen baseballs a half a dozen softballs per tournament.
24. An AISA member student athlete cannot participate on nonmember teams.
25. Recruitment Policy: A school employee, trustee, volunteer or financial supporter may not solicit the enrollment of a student based solely on their athletic ability. All prospective students of a member school should proceed through the same admission process as any other prospective student with no advantage for admission being given to any prospective student based solely on their athletic ability.

## **AISA RECOMMENDED STUDENT APPEARANCE POLICY**

The AISA State dress and appearance policy will apply to ALL AISA Academic and Athletic activities and events.

### **I. Body Art**

- A. Students may not participate in AISA state level events and/or activities with exposed permanent body art (tattoos).
- B. Students may not participate in AISA state level events and/or activities with exposed temporary body art which is insensitive, derogatory, and/or deemed inappropriate by state officials. Face painting is not allowed by athletes.

### **II. Body Decorations/Piercing**

- A. Students may not participate in AISA state level events and/or activities with exposed body decorations (piercing). \*Note! No jewelry or body decorations are allowed at any level in AISA athletics.

### **III. Facial Hair / Hair Styles etc.**

- A. Students may not participate in AISA state level events and/or activities with:
  - 1). Facial hair below the lobe of the ear and/or below the nose.
  - 2). Spiked and/or other non-traditional hairstyles deemed inappropriate by state officials.
  - 3). Unnatural and/or non-traditional coloration of the hair.

AISA state officials (state events) or the host school head of school (interscholastic events held at a host school) will be the final authority to determine acceptable dress and appearance at AISA events and/or activities. Schools will be fined \$250.00 for failure to follow this policy. The host school's head of school is responsible for reporting the incident in writing to the AISA office with supporting evidence.

Failure to comply at state events may result in student and/or school disqualification by the AISA directors.

Note! The direct responsibility to enforce compliance with the above stated policy is delegated to the school's head of school.

## GENERAL INFORMATION

- I. Written requests for interpretation and/or application of stated AISA policy or procedure must be signed by the school administrator or athletic director.
- II. If a student is ineligible for any reason, he/she may participate only as a spectator and may not be in a team uniform.
- III. The use of tobacco in any form by coaches during an interscholastic athletic event is prohibited. The use of tobacco in any form by a player in uniform is prohibited.
- IV. The AISA takes a very firm and rigid stand against the use of illegal drugs by anyone. The AISA reserves the right to test for illegal drugs any student-athlete selected to participate in an AISA all star event.
- V. Any student-athlete found guilty of using illegal drugs shall be declared ineligible for AISA interscholastic athletics until proof of "drug free status" has been determined.
- VI. The AISA will sponsor an annual athletic handbook/rules in-service program for members. Attendance is required. Failure to attend will result in a fine of \$500.00 being levied on the school. The required AISA Annual Athletic Handbook/Rules In-Service Program will be held with the Summer Coaches' Association Meeting each year.
- VII. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

### Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

### Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR



PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE  
AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

- VIII. Regular Season Practice: Pre-season practice for any AISA varsity sport may not start prior to the twentieth (20th) weekday preceding the day that the sport's season officially begins. (Starting dates for practice and the opening of the sport's season will be stated on the AISA Calendar of Events.) Opening date for Junior High/Pee Wee will be the week of Varsity.
- IX. Filming and Video Taping: No AISA interscholastic athletic event may be taped or filmed by non-participating schools without the consent of both participating schools.  
**NOTE: ALL VARSITY FOOTBALL AND BASKETBALL GAMES ARE REQUIRED TO BE VIDEOED BY THE HOME TEAM.**
- X. Any AISA student-athlete diagnosed with a contagious/communicable disease which is listed by the Alabama Public Health Department as a "notifiable disease/condition" may not participate in AISA interscholastic athletics until cleared by a medical doctor. (A list of these diseases/conditions is located in the appendix.) **CONTACT THE AISA IMMEDIATELY FOR IMPLEMENTATION PROCEDURES.**
- XI. Contracts: Each school is responsible for securing its own schedule. Schools will submit final completed schedules for basketball, softball, and baseball by October 1<sup>st</sup> of each school year. If schools do not have all schedules by October 1<sup>st</sup>, the school will be fined \$500. Schools must have all opponents on both schedules. If an opponent on a schedule does not play a scheduled game, the school will forfeit and pay the opposing school a forfeiture fee of \$500 per playing date per forfeited soccer, volleyball, basketball/softball/baseball game. School administrators must communicate with each other concerning any extenuating circumstances prior to filing an official written complaint with the AISA office. If a sport season is cancelled before the opening day of the season, schools will not have to forfeit or pay forfeiture fines.  
  
**Note:** Contracts are required for all varsity football games. If a contract is broken, a forfeiture fee of \$2500.00 must be paid. If the football season is cancelled within seven (7) days of the first practice date according to the AISA Calendar of Events, schools will not have to forfeit or pay forfeiture fines.
- XII. AISA member schools must have at least two full time professional certified in Sports Safety Training (CPR training included).
- XIII. AISA policies governing sports camps - Summer Workouts - Recreational Team Play:
  - A. Sports Camps:
    - 1. Team Camp - A school may participate in seven (7) days of competition per sport during the time school is out until the first day of fall practice.

Any competition between two schools on any day will count as one of that school's seven days. Helmets are the only type of protective equipment that may be worn for any 7 on 7 competition. Helmets and/or shoulder pads are acceptable if the camp requires it, as long as there are 3 or more teams represented at the camp, the camp must be sponsored by a college or university and the camp must provide liability insurance by the event or the players personal insurance must be used. AISA will not be held liable for any injuries occurring at said event. Any camp or 7 on 7 competitions will count as days of competition.

2. Individual Camps - Individuals may attend individual fundamental camps at their own expense. At individual camps any gear necessary to participate in the camp is permitted as long as the camp is sponsored by a college or university.
3. Hosting Camps - AISA member schools may host team and/or individual camps during the summer. Note! These camps must be advertised and open to students from other schools. AISA camps must be sanctioned in writing by the AISA. Failure to sanction a camp will result in a \$250.00 fine.

All team and individual camps sponsored by a school must be held prior to the starting practice date for fall sports.

B. Summer Practice:

Participation in weight training and agility/conditioning programs is not restricted. Coaches may work with individuals in skill drills during the summer but may not have mandatory practice.

C. Recreational Play/Travel Ball (Includes 12<sup>th</sup> Grade and Below):

Coaches, volunteer or paid employees, may coach a recreational team so long as the \*guidelines listed below are met.

Additionally, a student-athlete cannot participate in the same sport in a recreational/travel league during a recognized season, opening date as stated on the AISA calendar of events, until that sport's season has concluded for the student-athlete at their school. Action deems the player ineligible at the point of participation and games are forfeited.

For example, a student-athlete cannot compete with their school in baseball and compete with a recreational/travel baseball team during their school's baseball season, as stated on the AISA calendar of events, until the student-athlete's school team has been eliminated from AISA competition for the season. However, a child may compete in a different recreational sport, such as basketball, during the AISA's recognized baseball season. This applies to all sports.

\* Participation Guidelines (Includes any student enrolled):

Baseball and Softball – Five athletes may be on a coach's team

Basketball – Three athletes may be on a coach’s team.

Volleyball – Three athletes may be on a coach’s team

Football – Five athletes may be on a coach’s team.

Soccer - Five athletes may be on a coach’s team.

Penalty – School fined \$500.

- XIV. AISA member schools may schedule out of state schools, if these schools belong to the Athletic Association of that state. These games must be sanctioned in writing by the AISA. This competition must be sanctioned by the AISA, and the non-member school must comply with AISA policies and procedures concerning eligibility, game officials, game administration. The AISA member school must have a contract with opposing school.

- XV. Officiating:

An employee of a participating school may not officiate in any interscholastic contest in which his/her school is involved.

Any official having close ties with a school shall not officiate any contest involving that school. For example, but not limited to: close relatives, school employees, former school employees (within 5 years), or school graduates.

- XVI. There will be a brief Awards Ceremony following all AISA Championship play. Both participating teams, players and coaches will remain on the floor/field for the presentation of their respective awards.

- XVII. Ball Adoption: Wilson Balls are the mandatory ball for the AISA in football, volleyball, basketball, tennis, soccer, baseball and softball (refer to the AISA website). “The Game” caps/visors are mandatory for baseball and softball.

Note: This endorsement is for all AISA competitions. Official complaints for not following this policy must be written and signed by the involved opposing coach, signed by the head of school and mailed to the AISA office. There will be a \$500.00 fine per playing date if the endorsed ball, cap or visor is not worn in competition.

- XVIII. Protests are not permitted in AISA interscholastic sports.

- XIX. Off Season Practice/Tryouts During the School Year: A coach at an AISA member school is not permitted to conduct practices or give private individual instruction to his/her own players in the off-season during the school year except during the time set forth on the AISA Calendar of Events and two days for tryouts prior to the opening date of spring sports is also permitted (includes basketball). During the summer, an AISA coach is allowed to conduct non-mandatory practices, give private individual instruction and coach in seven days of competition with his/her own players.

- XX. Each AISA sport programs for student athletes will be designated male / female gender of the student athlete will be as listed on the original birth certificate.

- XXI. Students can only participate in sports as the gender identified on their certified birth certificate.

- XXII. Recruitment Policy: A school employee, trustee, volunteer or financial supporter may not solicit the enrollment of a student based solely on their athletic ability. All prospective students of a member school should proceed through the same admissions process as any other prospective student with no advantage for admission or financial assistance being given to any prospective student based solely on their athletic ability.

### **AISA ATHLETIC COMMITTEE**

This is an AISA Standing Committee, composed of not less than seven (7) members appointed by the President of AISA State Board and chaired by a board member. Purpose of the committee is to plan, develop, establish, and interpret the policies and procedures which govern the interscholastic athletic programs of AISA member schools.

It must be understood by the local board, administrators, and coaches that:

1. Interpretation of AISA athletic policies and procedures is the responsibility of the AISA office.
2. The AISA Athletic Committee is the final authority on all athletic matters.

### **ATHLETIC COMMITTEE PROCEDURES**

- I. The school's head administrator may submit a written request to the AISA office for a ruling and/or interpretation concerning athletic policies and procedures contained in this handbook.
- II. If a school is not satisfied with the AISA answer, they have fifteen (15) days following receipt of decision to ask for a hearing at the next scheduled AISA Athletic Committee meeting. Request must be in writing and signed by the school administrator and mailed along with a check for \$100.00 covering the appeal fee. The appeal fee of \$100 will be returned to the school if appeal and refund is granted by the Athletic Committee.
- III. The AISA office will notify the school in writing of date, time, and place of the meeting. Any other AISA school(s) affected by same decision will be advised in writing of the meeting and invited to attend.
- IV. If school(s) involved are not satisfied with the Committee's initial decision, they may appeal for a second hearing at the next scheduled Athletic Committee meeting providing there is new evidence to present to the committee. Again, requests must be made in writing, signed by school administrator and mailed along with a check for \$250.00 covering the appeal fee, to AISA office within fifteen (15) days of receipt of decision.
- V. Subsequently, the school(s) involved will again be notified in writing of date, time, and place of the Committee meeting.
- VI. After reviewing the case, the AISA Athletic Committee will make a decision concerning the case and the decision shall be final. The school(s) will be notified in writing of that decision.
- VII. Appeals for a hardship regarding over-age athletes will not be heard by the Athletic Committee.

- VIII. Any action or decision by any committee shall be subject to review by the Board of Directors. Any request for Board review must be made in writing to the AISA office accompanied by a \$500.00 check or money order.

### **AISA STATE COACHES' ASSOCIATION**

This association exists as an auxiliary organization composed of full-time AISA athletic coaches. Their elected president serves as an ex-officio member of the AISA State Board of Directors and a voting member of the State Athletic Committee. This association provides coaches with an opportunity to express their ideas and request action regarding the improvement of AISA athletic programs.

### **AISA ATHLETIC POLICY PROCEDURE**

The purpose of the AISA Athletic Committee is to plan, develop, establish, and interpret the policies and procedures which govern the interscholastic athletic programs of AISA member schools.

Proposals for policy changes may be submitted by any of the following:

1. Written request sign by the head of school and submitted to the athletic committee.
2. Request from the AISA Coaches Association
3. Request from the AISA Heads of School Association
4. Request from any member of the Athletic Committee

All proposals will be tables once presented to the athletic committee and proposals will be shared with members of the AISA Coaches Association and Heads of School Association prior to consideration at the next meeting of the Athletic Committee.

## AISA ATHLETIC ELIGIBILITY RULES

To be eligible to participate in AISA interscholastic athletic events, a student is subject to the following requirements:

### I. Bona Fide Student

- A. To qualify as a bona fide student of an AISA member school, an individual must be enrolled and in attendance for two full school days at grade level. To maintain the status, an individual must remain enrolled, sustain regular attendance and be assigned a typical class schedule which will allow normal progression toward graduation. When a student attends school for the third day, the student becomes a bona fide student.
  - 1. If a student represents:
    - a. That school in interscholastic competition before the official opening day of school, that student must meet the bona fide student criteria of that school on opening day;
    - b. The member school in interscholastic competition prior to the official opening day but does not qualify as a bona fide student on the official opening day of school, any and all games played by the member school while that student was a participant will be forfeited to its opponents. That school will also be subject to further disciplinary action by the AISA.

**Note:** Eligibility starts in the seventh grade.

### II. Age Restriction

- A. A student is eligible for Junior High competition the entire year if his 16th birthday falls **on or after August 1** and is enrolled in the 9th grade or below.
- B. Student-Athletes who will be **19 years of age prior to August 1** will be ineligible for AISA interscholastic athletics.

### III. Academic Requirements

- A. All student-athletes must meet the following minimum requirements at each grade level to be eligible for interscholastic athletics.
  - 1. Seventh grade students must have passed the sixth grade the previous academic year, and have been promoted to the seventh grade.
  - 2. Eighth grade students must have passed the seventh grade the previous academic year, and have been promoted to the eighth grade.

3. Ninth grade students must have passed the eighth grade the previous academic year, and have been promoted to the ninth grade.
4. Seventh and eighth grade students must pass five (5) subjects the first semester to be eligible for the second semester.
5. Tenth through twelfth grade students must have passed six (6) new Carnegie units during the previous academic year to be eligible for the first semester.
  - a) A minimum of four (4) core curriculum credits must be included in this requirement.
  - b) Ninth through twelfth grade students may earn and/or retain second semester eligibility by passing 3 new credits during the first semester of the current year.
  - c) A minimum of (1½) core curricular credits must be included in this requirement.
  - d) If students do not meet AISA grade requirements at the end of the 1st semester, students may regain their eligibility for 2<sup>nd</sup> semester if all member school/AISA approved coursework is completed and in compliance with AISA grade requirements. (A minimum of a 4 week course is required for eligibility purposes.)
  - e) Verification is due in the AISA office no later than March 1st. If requirements are completed earlier, student athletes may participate upon verification of coursework by the AISA office. If students do not meet requirements of this policy, they will continue to be ineligible for athletics for the remainder of 2nd semester.
  - f) Students may not enroll in make-up coursework until the end of 1st semester as set on the school's calendar of events. (A minimum of a 4 week course is required for eligibility purposes.
  - g) Only AdvancED accredited courses/programs may be used.

Note: Core curricular subjects include English, History, Math, and Science.

Note: A student-athlete repeating any seventh or eighth grade will be ineligible (for 1 calendar year), regardless of the reason for repeating. Students in grades 9-12 will follow the AISA Academic requirements.

Note: A senior student-athlete shall be exempt from “b” and “c” as stated above so long as they have already met the requirements for graduation as stated in the AISA Accreditation Manual or the Alabama High School

Graduation Requirements. Additionally, the student-athlete must be enrolled in the school and maintain regular attendance, for credit, in at least four courses during their senior year to maintain status as a full-time student.

Note: All student athletes transferring to an AISA member school will be given a one semester grace period to comply with AISA academic requirements for athletic eligibility providing they are athletically eligible in the system from which they transfer. Any student, 9<sup>th</sup> grade or below, transferring from a non-member school to be exempt from the one year sit out policy, the student must meet all other academic/athletic eligibility requirements including the 10-week day sit out policy. Exception: the student must be able to return to the school in which he/she transferring and may not have completed the sports season at the previous school. The student-athlete may only compete below the varsity level.

#### B. Explanation

1. Student-athletes in grades 9-12 may earn a unit of credit for each course which meets for 140 clock hours during the school year and is successfully completed. If the student fails one semester and passes one semester of a course, one-half unit of credit will be earned.

**NOTE:** Credit for courses not normally offered by AISA member schools and which are not clearly within the above definition must be approved by the AISA office for athletic eligibility purposes.

3. Courses taken in summer school shall be considered an extension of the school year and credits earned in summer school may be used in determining scholastic eligibility of students. Independent Study and tutorial type courses may not be used for athletic eligibility purposes. All summer school work and approved correspondence/on-line courses may be used for eligibility purposes but final grades must be in and recorded on student's transcript on the Monday prior to the AISA's third playing date for football. A student is allowed a maximum of two (2) units in summer school to establish eligibility for the fall semester. (A minimum of a 4-week course is required for eligibility purposes.)

Clarification: Summer school is defined as any coursework begun after end of 2nd semester (as stated on AISA calendar) and concluded by the deadline set by the AISA.

4. Only one (1) unit of credit may be earned for eligibility purposes when duplicate courses are taken during the same school year unless course(s) are scheduled for credit make up.

#### IV. Time Limitations

A student entering the ninth (9th) grade and meeting the bona fide student criteria will have a maximum of four (4) consecutive years of interscholastic athletic eligibility.



V. High school graduates are ineligible.

VI. Participation Requirements

- A. Student athletes are ineligible if they have participated in athletics above the high school level. (This does not mean that a student cannot attend football and basketball camps and other summer camps that are sometimes held on college campuses and often instructed by college coaches.) Member schools cannot conduct such camps, unless sanctioned by the AISA.
- B. Student-athletes cannot compete in a season in any sport at any school, public or independent, and then transfer to a member school and represent that school in the same sport during the school year.

VII. Required Forms

Before participating in athletics and/or cheerleading, a student must have a current physician's statement, concussion form, medical history form, certified Birth Certificate, a parent's permit to participate, and a medical treatment form on file in the administrator's and/or athletic director's office (includes pee wee).

VIII. Amateur Status

A student must be an amateur to be eligible for AISA interscholastic competition. Amateur is defined as a person who engages in a study, sport, or other activity for pleasure rather than for financial benefit or professional reasons.

IX. Transfer Students

- A. Student-athletes transferring to an AISA member school must have their current transcript on file in the administrator's office and be in compliance with all other stated eligibility requirements before participation in AISA interscholastic athletics.

**NOTE:** A transferring student-athlete will not be eligible in the AISA for one (1) calendar year if he/she cannot return or is not athletically eligible to return to the system/school from which he/she is transferring.

- 1. A student transferring to a member school is eligible for competition after a two week (10 week days) waiting period, provided he/she meets all other stated AISA eligibility requirements, including the transfer student must be enrolled and attending class before the deadline in each sports season for athletic eligibility.

**NOTE:** Additions to sports eligibility list will not be allowed after the opening date of the sport season as listed on the AISA Calendar of Events.

- 2. A student in grades 7-12 who transfers from one member to another member school and whose parents' residence has not changed shall not be eligible for interscholastic competition at any level for one (1) year beginning with the date of withdrawal from the previous school or the date

of his/her attendance at the school transferred to, whichever comes first. A student may transfer from a member school to another member school at the end of sixth grade and be eligible. The student must be a bona-fide student and meet all academic eligibility requirements.

3. If a student athlete transfers to another AISA member school, the parents' residence must change to a location that is a minimum of 60 miles from the physical address of the school which he/she is transferring from, according to the shortest distance as measured by MapQuest ([www.mapquest.com](http://www.mapquest.com)) and meet the additional bona fide move requirements stated in #10 of this section. Additionally, the parent, or parents, must reside outside of the 60 miles for one (1) calendar year for the student-athlete to remain eligible.
4. A student enrolled in an AISA member school may transfer to a new school, in its first year of operation on a secondary level, and be eligible for junior high athletics only. This rule applies to students who live nearer (most direct route) to the new school. All other transfers must meet stated AISA transfer rules.
5. A student-athlete residing with a coach, administrator, teacher, school official or any non-custodial guardian will not be eligible for one (1) calendar year.
6. A student transferring from an AISA member school to a non-member school and transfers to another AISA school must have been officially withdrawn from previous member school for one (1) calendar year in order to be eligible to participate in athletics at that AISA member school. Furthermore, that student must also be eligible according to all the stated AISA rules prior to participating at the new AISA member school.
7. A transferring student-athlete may be eligible to compete in any sport at the school he/she transfers to if the school from which the transfer came does not offer competition in that sport.
8. Once school starts, a student athlete may not change schools and compete in the same sport at two different AISA schools within the same year.
9. The full-time professional employment of a student-athlete's parent(s) or guardian supersedes the AISA transfer policies so long as the following conditions have been met:
  - a) The employee must have at least a bachelor's degree from an accredited institution, be employed as an administrator, teacher or coach and meet the AISA Accreditation requirements for the assigned position(s).

- b) The employee must have been employed at a school (member or non-member) performing similar duties as assigned in the member school within the last twelve (12) months.
  - c) The employee must be full time and working a minimum of 30 hours per week as an administrator, teacher or coach.
  - d) The student-athlete is in good standing and eligible to return to his/her AISA member school.
10. Any student whose parents' residence has changed from one community to another is eligible for competition, providing the residence change meets **ALL** of the following criteria for a bona fide move:
- a. The family's household furniture and all personal belongings must be moved into an unoccupied house, apartment, or a dwelling. Documents substantiating the inhabitancy of a new dwelling must be available upon request.
  - b. The entire family (all immediate dependents) must move to the new residence.
  - c. The original residence must be closed, rented, or disposed of and not used by the moving family.
  - d. The parents' residence must change to a location that is a minimum of 60 miles from the physical address of the school which he/she is transferring from, according to the shortest distance as measured by MapQuest ([www.mapquest.com](http://www.mapquest.com)). Additionally, the parent, or parents, must reside outside of the 60 miles for one (1) calendar year for the student-athlete to remain eligible.
  - e. The AISA office must be notified immediately in writing by the receiving school of any student-athlete transferring in from a member school.
  - f. The AISA office staff may personally visit and evaluate any move.
  - g. Eligibility approved on the compliance with the bona fide move criteria will be revoked immediately upon the families return to the dwelling from which they moved.
11. **Boarding School Transfer:** A student from a member school may transfer to a member boarding school and maintain eligibility. This procedure may be applied only one time during a student's four years of high school. A member boarding school student may transfer back to his/her home school and maintain eligibility if the transfer is made before school starts. This procedure may be applied only one time during a student's

four years of high school. Other transfers must comply with all stated AISA transfer rules. This rule does not apply to day school students.

The following criteria must be met in order for an AISA member school to be classified as a boarding school:

- a. The boarding school must have appropriate dormitory facilities that are school owned property to house, feed, and provide general living accommodations for the boarding students.
  - b. The boarding school must employ properly trained supervisory personnel who are on duty at all times, including nights, weekends, and holidays.
  - c. A boarding student must spend at least an average of four (4) nights per week living and boarding on campus while school is in session.
  - d. The boarding school must meet all of the criteria listed herein and be approved as a boarding school through the AISA office prior to any athletic eligibility being established for boarding students.
  - e. All other eligibility requirements must be met prior to the establishment of athletic eligibility.
12. Student-athletes transferring from a home school and/or a non-traditional school program will be eligible for AISA interscholastic athletics, if all AISA eligibility requirements have been met.
  13. International Students: International students will be eligible for AISA interscholastic athletics if they meet all AISA eligibility requirements and provided:
    - (a) They are assigned by an approved CSIET Foreign Exchange Program, or
    - (b) They reside with a parent or legal guardian in accordance with AISA policies, or
    - (c) They reside in school dormitories in accordance with AISA policies.

It is the responsibility of the head school administrator to ensure that all foreign education credentials have been properly evaluated for athletic eligibility. If the school does not have staff members qualified to evaluate the credentials, AISA recommends the professional foreign education credentialing services of **Lisano International** ([www.lisano-intl.com](http://www.lisano-intl.com)).

**Note:** An international student residing with a coach, administrator, teacher, school official, or any non-custodial guardian will not be eligible for one (1) calendar year.

14. The eligibility of student-athletes enrolled at a member school that either closes or merges with another member school will be considered as follows:
  - a. If the school's secondary facility closes or merges, the school's student-athletes may transfer to any member school without loss of eligibility.
  - b. Student-athletes enrolled at the school selected to remain open in a merger are required to comply with stated AISA transfer policies.
15. **TRANSFER RULES APPLY TO ALL STUDENT-ATHLETES IN GRADES 7-12.**

#### X. Legal Custody

The changing of legal custody, guardianship, process of adoption and legal separation will not establish athletic eligibility.

For the purposes of athletic eligibility, the AISA will consider the following:

1. Divorce: The eligibility of a student whose parents are divorced is determined by the following:
  - a. If there has been a divorce or a legal separation in a family and sole or physical custody has been awarded by the court granting the divorce, the athletic eligibility of the student will be established based on compliance with rule IX.,10.,d. as stated in the AISA Athletic Handbook.
  - b. If it becomes necessary at a later date for the student to reside with the other parent, the move will be accepted as a bona fide move if the court that granted the divorce changes the custody to this parent. This type of move will be accepted for athletic eligibility purposes only one time and the student may only be eligible in the school where eligibility was previously established prior to the previous change of custody.
  - c. If joint custody has been awarded or if the primary physical custodian did not meet the requirements set forth in rule IX.,10.,d., as stated in the AISA Athletic Handbook, the student must attend the new school for one (1) calendar year before becoming eligible.
2. Ward of the State: If a student has been declared a “dependent of the state” and placed by the Department of Human Resources (DHR), that student must meet the Transfer Rule requirements as stated in the AISA Athletic Handbook.
3. Guardianship: Students residing with non-custodial parents, or guardians, may become eligible after one (1) calendar year at their transfer school.

Note: All matters related to legal custody are subject to review by the Athletic Committee prior to the establishment of athletic eligibility.

#### XI. Eligibility Lists

- A. Each member school must have on file in the AISA office a **MASTER ELIGIBILITY LIST BY GRADE AND ALPHABETIZED**, listing all students enrolled in grades 7-12. Forms for this requirement will be provided by the AISA annually. NOTE: Additions and/or deletions may be made on an annual or need basis.
- B. Each member school's Sports Eligibility Master List must be on file in the AISA office at least ten (10) days prior to the opening of the fall sports season. There will be a \$250.00 fine for a late report. **Note:** A copy of a new student's transcript must accompany the New Students' List for AISA Sports Eligibility for each transfer student-athlete listed.

#### XII. Birth Certificate

All student-athletes participating in interscholastic athletics must have a **CERTIFIED, STATE-NUMBER BIRTH CERTIFICATE** and **SOCIAL SECURITY NUMBER** on file in the Athletic Director's or Headmaster's office.

#### XIII. Penalty

Any member school using an ineligible student-athlete in interscholastic competition will have all its wins while that individual was participating forfeited to its opponents. The ineligible player shall be dropped from the team, and the school will be fined a minimum of \$500.00. The school will be banned from post season play in the sport concerned if violation is deemed intentional. The school may be subject to further disciplinary action, if deemed necessary by the AISA State Office and the AISA Athletic Committee. No ineligible player is allowed to dress in uniform or participate in an AISA interscholastic event.

#### XIV. Procedure Statement

**IF THERE IS A QUESTION ABOUT AN INDIVIDUAL'S ELIGIBILITY STATUS, HE OR SHE IS INELIGIBLE.**

- XV. If an athletic member school discontinues or does not sponsor a sports team (i.e., varsity Football, junior high basketball, etc.), a student may transfer to another member school and play on the sports team that the student's former school discontinues, or does not sponsor, as of the opening date of that sport's season, according to the AISA Calendar of Events. If a student transfers prior to the school's official discontinuation of a sports team, that student will be ineligible for one calendar year in their new school. All other eligibility and transfer rules apply for the transferred student.

#### XVI. Reinstatement of Former Students returning to an AISA Member School:

Student-athletes who have transferred to a non-member school may return to their original member school and become eligible immediately if the following conditions are met:

- A. Student-athlete was on the AISA member school's eligibility list at the end of the prior school year.
- B. Student must be on roll no later than the first Wednesday after the 2<sup>nd</sup> week of the regular AISA football season for first semester or the first Wednesday in January for second semester eligibility in accordance to the AISA Calendar of Events.
- C. Student-athlete participation in the non-member school's sport practice or games prior to the above dates will not prohibit the student-athlete's participation at the AISA member school.
- D. Student-athlete must meet all eligibility requirements and submit appropriate forms for approval to the AISA Athletic Director prior to participation.

## **AISA FOOTBALL PROGRAM**

### **I. General Information**

- A. The AISA will play the game according to the rules set forth by the National Federation of State High School Associations.
- B. Football rules books will be distributed at AISA sponsored rules clinics.
- C. The AISA office will coordinate and register all football game officials.
- D. Organized fall varsity and junior high football practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play.
- E. No regular season interscholastic competition may be scheduled prior to the opening date listed on the AISA Calendar of Events. The only exception to this rule would be an officially sanctioned fall scrimmage (only one) and/or jamboree (only one). A scrimmage must be an event between two or more schools with no cheerleaders, no admission charge, and coach controlled. A jamboree, which must be announced, must be an evening event, have two or more schools participating, have game officials, have an admission charge, and have a time schedule so that no team plays more than forty-eight (48) minutes.
- F. Junior High Football: (Must follow varsity contact practice policy)
  - 1. Eight-minute quarters following National Federation guidelines.
  - 2. Eight-minute halftime. No overtime below varsity level.
  - 3. All phases of the kicking game are mandatory. A forfeit will be awarded if one team refuses to do so.
  - 4. Pre-Game warm ups should be completed on a field provided by the home team.
  - 5. Certain aspects of the kicking game may be modified if agreed upon by the two coaches. For example, no live punt rush unless there is a bad snap with a mandatory fair catch by the receiving team. Coaches should be sure this is clear with the officials.
- G. Game jersey colors are optional. If mutual agreement cannot be reached, then the home team will wear dark.
- H. Organized fall practice for the "below junior high level" will not start until school officially begins each year (according to the AISA Calendar of Events).
- I. Off-Season Workouts: Participation in weight training and agility/conditioning programs is not restricted. Coaches may work with individuals in skill drills during the summer but may not have mandatory practice.



- J. Each host school will designate school representative(s) to meet game officials before, at half time, and after the game. The host school will be responsible for obtaining the chain crew and have them ready when the game officials arrive.
- K. All fields must have correct markings. These markings will include 5-yard markings, hash marks, and players' and coaches' boxes as stipulated by the National Federation of High School Athletic Associations.
- L. **ALL REGULAR SEASON GAMES WHICH END WITH THE SCORE TIED AFTER FOUR COMPLETE QUARTERS OF PLAY WILL GO INTO THE FOLLOWING OVERTIME TIE BREAKER PROCEDURE:**
  - 1. All AISA member schools will follow the tie breaker procedures as stated in the National Federation Rule Book to determine a winner.
- M. **THE FOLLOWING REQUIREMENTS ARE CONSIDERED ESSENTIAL TO EFFECTIVE CROWD CONTROL.**
  - 1. All playing fields must be encircled by a fence, cable, or some type of barrier preventing the fans from having easy access to the field.
  - 2. Adequate security personnel must be on site and available to maintain order and protect game officials, participants, and professionals.
  - 3. The following artificial noise makers are not allowed at an AISA interscholastic athletic event:
    - a. containers with rocks, marbles, etc. inside which might be used for rattling purposes.
    - b. power systems, i.e. horns, microphones, etc.
    - c. cowbells
    - d. others disallowed as needed.
  - 4. All schools must have an on-going sportsmanship education program for their players, students, and fans.
  - 5. Host schools must have a prepared sportsmanship statement read over the PA system and posted in a conspicuous location at the stadium.
  - 6. Game management must make sure that no slanderous and/or derogatory signs, posters, slogans, and/or pictures are displayed.
- N. **SPRING PRACTICE:** Member schools may conduct spring football practice. Spring practice periods are permitted for football, basketball, and volleyball. A school may use a maximum of 15 practice days during any 20 consecutive school day period for spring practice in each of the three sports. Spring holidays will not be counted as calendar days for schools which do not use these days during a practice period. A spring jamboree (only one) and/or scrimmage (only one) may be held if sanctioned in writing by the AISA.

- O. Varsity football coaches are required to exchange a viewable film utilizing the Hudl Video Exchange Program. Failure to comply with this policy and by this date will result in a \$250 fine per game week. Films are to be exchanged from the previous week's games with the upcoming opponent no later than the start of the following week's game (Thursday/Friday). Other arrangements made must be mutually agreed upon between both coaches.
- P. **AISA GUIDELINES FOR FULL-SPEED CONTACT DURING FOOTBALL PRACTICES**

**SUMMARY:** The Alabama Independent School Association (AISA) policies governing the amount of full-speed contact practice during the football season. This policy regards the amount of time during which full-speed contact practice is allowed.

**AISA Regulations:** During the regular season, including championship play, and the allowed 15-day spring evaluation period, AISA member schools must restrict the amount of full-speed contact football practice. These mandates are intended to limit the amount of full-speed contact and not to limit the number of practices in full pads.

**Week 1 July 28<sup>th</sup>:** Only shorts and helmets are allowed the first two days. Shoulder pads and helmets are allowed on the third practice day for a period not to exceed 90 minutes of total practice time and not to exceed 120 (2 hours) minutes on the fourth day. No full-speed contact drills. On the fifth day, one full-speed contact practice, in full gear, is allowed not to exceed 90 minutes.

**Week 2: August 4<sup>th</sup>:** Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact is allowed. In addition, on intra-squad or opponent scrimmage is allowed in week 2. (Scrimmage does not count toward practice minutes)

**Week 3:** Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full contact is allowed. One interscholastic scrimmage or contest is allowed in week 3. (Scrimmage or contest does not count toward practice minutes)

**Week 4 through End of Season:** A total of 90 minutes of full-speed contact practice per week is allowed.

**Spring Evaluation:** Alternating days of full-speed contact practice, not to exceed a combined total of 120 minutes of full-speed contact per week is allowed during the 15 allowable days for evaluation. One interscholastic scrimmage contest is allowed during the spring evaluation and counts as one of the 15 allowable days. The following definitions describe the different levels of contact in football practice:

Actions that require contact limitations:

Live Action: Contact at game speed in which players execute full blocking and tackling at a competitive pace, taking players to the ground.

Full-Speed Contact: Any simulations in which live action occurs.

Thud: Any live action or full-speed contact with no pre-determined winner or without taking a player to the ground.

Actions that do NOT require contact limitations:

Control Drill: Drill is run at assigned speed until the moment of contact: One player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.

Air: Players should run unopposed without bags or any opposition.

Bags: Activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate coach standing behind the bag.

Violations will be considered for disciplinary actions by the AISA Athletic Committee.

- Q. All football coaches, including pee wee, junior varsity, varsity and volunteer coaches, are required to take the following courses on NFHS Learn:
1. Football tackling
  2. Concussion in sports
  3. Heat illness prevention
  4. Sudden cardiac arrest
- R. Eight-man football will be played on a 100x40-yard regulation field for all games.

## II. Classification

- A. Classification Guidelines – Member schools are divided into three (3) classes for the 2025 season. The AISA Athletic Committee will determine the classification structure, region alignment and the process for scheduling each reclassification cycle in all sports. The results of this process are not eligible for appeal to the AISA Athletic Committee by any member schools. The actions of the AISA Athletic Committee are final in this matter.
1. Class AAA 35 boys and up
  2. Class AA 31 and below
  3. Class A 8-man
- B. Member schools participating in the AISA interscholastic football program have been assigned to an in-class region as follows:

## **AISA FOOTBALL CLASSIFICATION**

### **8-Man Class A**

Southern Prep Academy  
 Evangel Christian Academy  
 Springwood School  
 North River Christian Academy  
 Snook Christian Academy  
 Cornerstone Christian School  
 Macon East Academy  
 Heritage Christian Academy  
 Trinity Christian Academy  
 Escambia Academy  
 Coosa Valley Academy

### **Class AA**

#### **Region 1**

The Lakeside School  
 Hooper Academy  
 Hope Christian Academy  
 Edgewood Academy  
 Crenshaw Christian Academy  
 Abbeville Christian Academy

### **Class AA**

#### **Region 2**

Sparta Academy  
 Wilcox Academy  
 Patrician Academy  
 South Choctaw Academy  
 Jackson Academy  
 Monroe Academy

### **Class AAA**

#### **Region 1**

Valiant Cross Academy  
 Bessemer Academy  
 Chambers Academy  
 Banks Academy

### **Class AAA**

#### **Region 2**

Fort Dale Academy  
 Southern Academy  
 Morgan Academy  
 Lowndes Academy  
 Clarke Prep School

### III. Scheduling

- A. A school desiring to participate in the State Play-offs procedures must schedule and play every other participating team in its designated region.
- B. Note: Individually signed contracts, in addition to the master schedule is also binding and serves as a contract.
- C. The AISA regular season will be ten (10) consecutive weeks in length. The AISA Athletic Committee will determine the classification structure, region alignment and the process for scheduling each reclassification cycle in all sports. The results of this process are not eligible for appeal to the AISA Athletic Committee by any member schools. The actions of the AISA Athletic Committee are final in this matter.

1. NOTE: It is not mandatory that schools play assigned out of region games, but failure to do so will result in the following sanctions being imposed:
  - a. Forfeiting schools will be ineligible for the state football play-offs for one year.
  - b. Forfeiting schools must pay a \$2500.00 forfeiture fee.
  - c. Forfeiting school will be subject to other sanctions deemed necessary by the AISA State Office and Athletic Committee.
- D. Below varsity football programs are limited to a maximum of eight (8) regular season games (excluding jamborees).
- E. GAME CONTRACTS for all junior high football games must be initiated by the host team and signed by the visiting team. These contracts will be binding and should include a forfeiture fee.

#### IV. State Play-off Entries

- A. Eight (8) teams from each classification (four [4] from each region), will earn play-off berths.

The following criteria will be used to rank teams at the region level:

1. The first determining factor will be the won-lost percentage record of each team versus its region opponents that are eligible for the play-offs. The team with the highest won-lost percentage record against these teams will be ranked #1, etc.
2. If the first factor cannot determine the region rankings, the AISA office will utilize the stated tie-breaker procedures as presented in V, A-I.

#### V. Tie Breaker Procedures

- A. Winner(s) in regular season region play will be ranked above loser(s).
  1. Example (2 teams)  
Team A and B tied at 4-2  
Team A defeated Team B  
Team A ranked ahead of Team B
  2. Example (3 teams)  
Team A, B, and C tied at 4-2  
Team A beat C, but lost to B and Z  
Team B beat A and C, but lost to X and Y  
Team B ranked ahead of A and C
- B. The team with the highest margin of points in the combined decisions versus the tied teams will be selected. Tiebreaker A-1 will be applied to award the

remaining berth(s). Note! The maximum number of differential points to be considered in any of the decisions is 15.

Example: 3 teams tied

|        |                 |              |           |
|--------|-----------------|--------------|-----------|
| Team A | defeats team B  | 28-12        | +15       |
|        | loses to Team C | <u>18-26</u> | <u>-8</u> |
|        |                 | 46-38        | +7 Total  |
| Team B | loses to Team A | 12-28        | -15       |
|        | defeats Team C  | <u>26-18</u> | +8        |
|        |                 | 38-46        | -7 Total  |
| Team C | defeats team A  | 26-18        | +8        |
|        | loses to team B | <u>18-26</u> | <u>-8</u> |
|        |                 | 44-44        | 0 Total   |

Team A gets the berth

- C. A flip of a coin will eliminate all but two teams then tie-breaker A-1 will be applied. The stated tie-breaker procedures must be followed for each play-off berth if applicable.

#### VI. State Championship Play-off Procedures:

##### **ALL CLASSES**

- A. The #1 team in each region will host the #4 team from the other region. The #2 team from each region will host the #3 team from the other region:
- B. Semi-finals: The highest ranked teams advancing will host the semi-final games.
- C. Championship Game: The highest ranked team advancing to the Tripleheader will be the home team if a tie exists then Region 1 will be the home team in even years and the Region 2 odd years.

**NOTE:** The AISA Football Championship Games in all three classes will be played at a neutral site. The site, game schedules, and format will be developed and published annually by the AISA state office.

- D. A winner will be determined in any play-off game which ends in a tie. The overtime tie-breaker procedure as stated in the National Federation Rule Book will be utilized.
- E. Teams entering second round play and the championship round must exchange films during the weekends prior to the next Friday's game.
- F. The designated host school in the AISA football play-off system has the responsibility to provide an acceptable stadium for the game on the stated Friday

or Saturday of game week. If mutually agreed upon the game may be scheduled and played on Thursday night of game week.

G. State Play-Off Finances

Gate Admission Fees: Regular season play, Double headers and Jamborees: \$8.00 admission for everyone. Member schools may include the processing fee incurred from the provider to the price of regular season gate admission of \$8.00 for everyone. **Note: This is only for digital ticketing purposes and not cash admission.** Area/Regional Playoffs and Tournaments \$10.00 admission for everyone. Football Championships: \$17.00 admission for everyone. Admission to AISA State Athletic Events is \$12.00 adults and students (All-Stars, Elite 8, Championship Play, etc.). The AISA office will collect all monies and pay all bills for the Football Championship.

VII. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

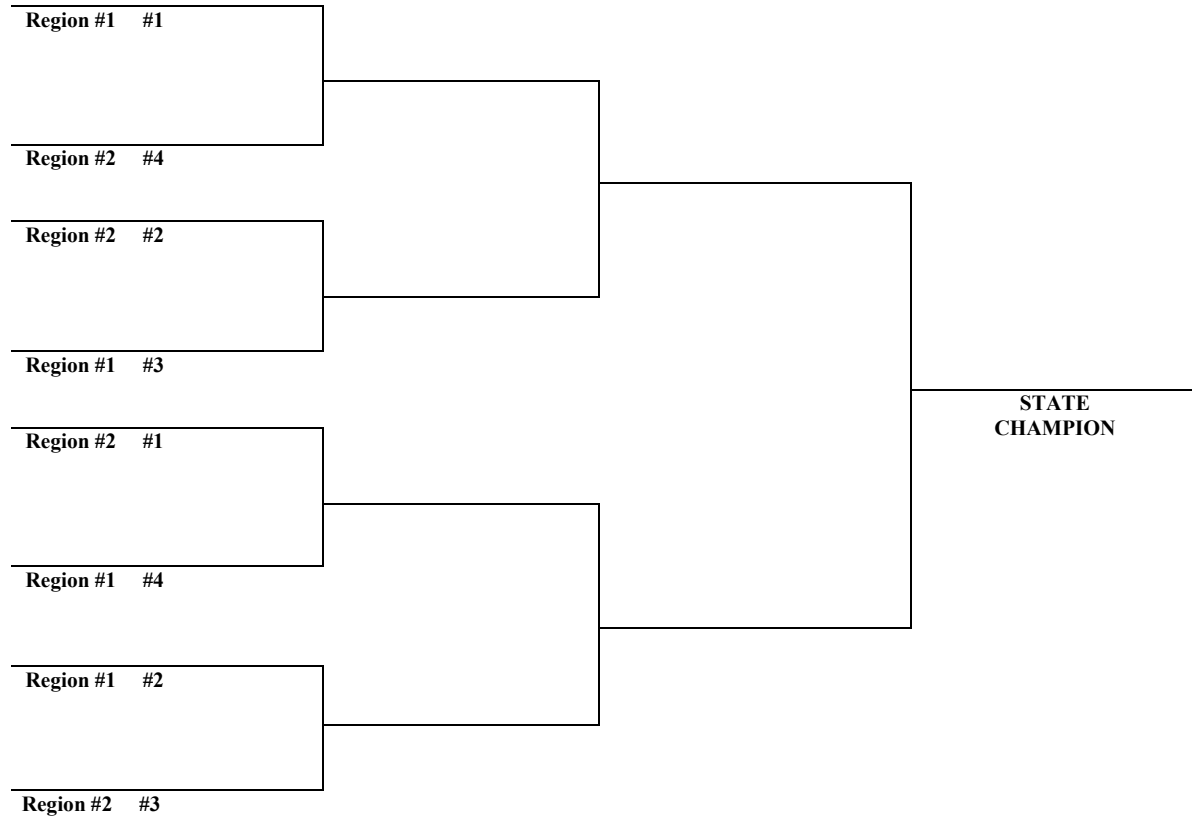
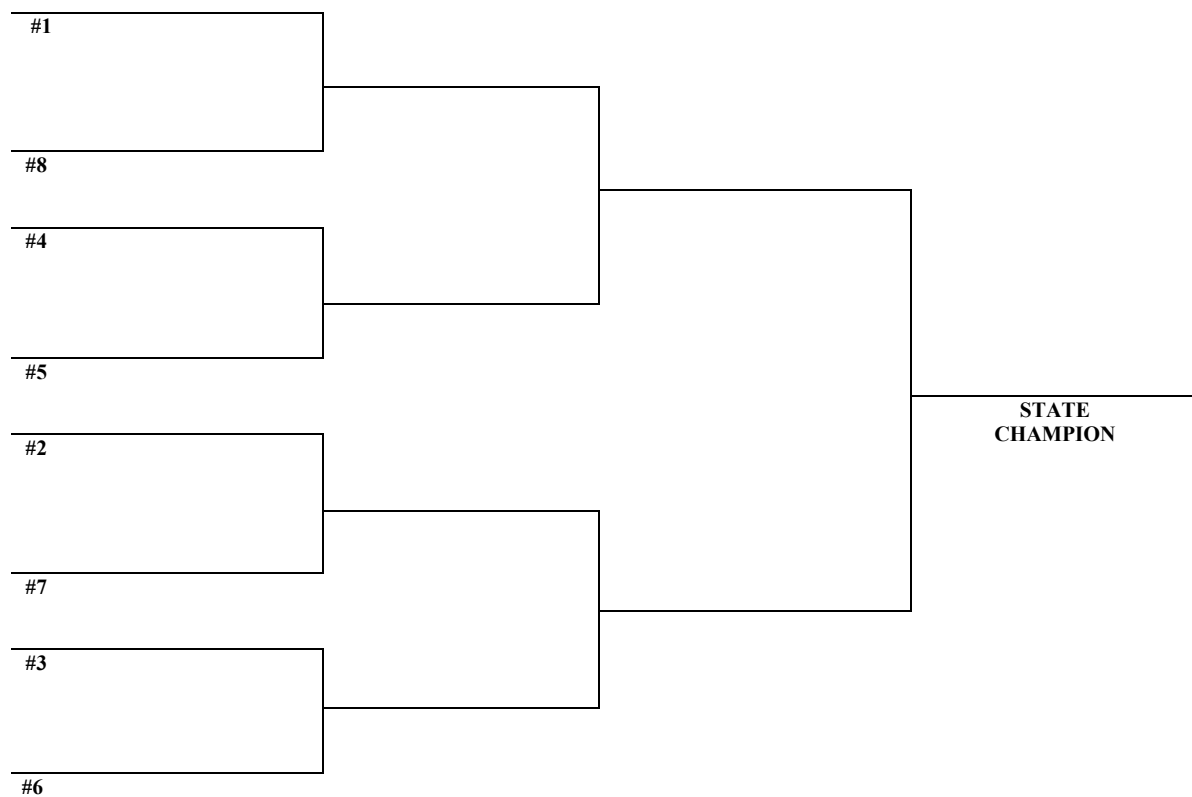
Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.  
NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

**PLAY-OFF BRACKET****Class AA-AAA****Class A 8-Man**



## **EAST-WEST ALL STAR FOOTBALL GAME**

### **I. Teams**

- A. The East Team will be composed of players from each class in Region I.
- B. The West Team will be composed of players from each class in Region II.

### **II. Coaches**

- A. The All-Star Coaches will be from the first and second place teams in each region/class. It will be their responsibility to select the time and place to nominate the best in their region.
- B. All-Star East and West coaches may select a head coach.
- C. Coaches must be full-time salaried faculty members of their school.

### **III. Players**

- A. Only senior athletes who are candidates for graduation during the current school year may be nominated or selected.
- B. Each team will be composed of forty-four (44) players.
- C. Each AISA member school will receive an AISA nomination form for the team. Coaches will nominate only quality players for this honor. These athletes must have competed in at least half of games during the football season.
- D. Each region will pick the top players from their respective region in each class. The number for each class will be as follows:

1A – 8-man – 6 players

2A - 13 players

3A - 17 players

This process will give a total of 36 players for each squad. The regions will have until the 9th playing date to get your All-Star players' name into the state office.

Those players, who are nominated and not selected as the top players in each region, will be placed on a list. The remaining eight All-Stars for each team will be selected by the All-Star Coaches and the named regional coordinator from this list.

### **IV. General Information for All Star Game**

- A. Each athlete must be insured for the all star game by the school or the parent(s).

- B. Each player must have a signed statement from the school administrator stating that a Physician's Certificate is on file in his office verifying that player physically able to compete.
- C. Players and coaches should bring their own equipment for practice. Game jerseys will be furnished. Bring all other items needed. Note: Players must also bring a pair of white game pants.
- D. Each school will be billed for the participant(s) selected to play in the all star game.
- E. All athletes selected for the All-Star teams will play in the all star game.
- F. The AISA reserves the right to test for illegal drugs any student-athlete selected to participate in the All-Star game.
- G. The AISA office receives all monies and pays all expenses.
- H. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.

## AISA GIRLS VOLLEYBALL PROGRAM

### I. General Information

- A. AISA interscholastic competition will be governed by the rules of the National Federation of State High School Associations.
- B. The AISA office will have volleyball rule books available for participating schools on a request basis.
- C. All AISA student-athletes must meet the stated AISA eligibility requirements.
- D. Organized volleyball practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- E. Volleyball teams are allowed one scrimmage and/or one jamboree per season.

### II. Classification

Member schools are divided into two (2) classes (A and AA). Enrollment of all girls in grades 9-12 in each school during the 2024-2025 school year provided the basis for the 2025 classification for volleyball.

AA = 30-up                      A = 29 and below

### III. Region

- A. Member schools have been assigned to an in-class area/region. The assignments are as follows:

#### **Class A**

##### **Region 1, Area 1**

Abbeville Christian Academy  
Evangel Christian Academy  
The Lakeside School  
Macon East Academy

#### **Class A**

##### **Region 1, Area 2**

Coosa Valley Academy  
Cornerstone Christian School  
Hope Christian Academy  
The Oaks School

#### **Class A**

##### **Region 2, Area 1**

Banks Academy  
Heritage Christian Academy  
North River Christian Academy

#### **Class A**

##### **Region 2, Area 2**

Escambia Academy  
Monroe Academy  
Patrician Academy  
South Choctaw Academy  
Wilcox Academy

**Class AA****Region 1, Area 1**

Chambers Academy  
 Edgewood Academy  
 Springwood School  
 Trinity Christian Academy

**Class AA****Region 1, Area 2**

Crenshaw Christian Academy  
 Fort Dale Academy  
 Hooper Academy  
 Lowndes Academy  
 Success Unlimited Academy

**Class AA****Region 2, Area 1**

Bessemer Academy  
 Morgan Academy  
 Restoration Academy  
 Southern Academy

**Class AA****Region 2, Area 2**

Clarke Prep School  
 Jackson Academy  
 Snook Christian Academy

**NOTE:** If your school is not listed and you are planning to play interscholastic volleyball next year, please call the AISA immediately.

#### IV. Scheduling

Each school must play all area schools twice. Each region will secure a site for the region tournament. The top four teams from each area will participate in the region tournament.

All area counter games must be the best 3/5 format. You may play the best 2/3 in non-region /non-counter games. Each region will secure a site for the region tournament.

#### V. Game Officials

Schools must secure their own officials. The AISA provides official's examinations upon request.

#### VI. Invitational Tournament

All invitational tournaments must be sanctioned by the AISA. Teams playing in a non-sanctioned tournament will be fined \$100.00

#### VII. Regional Tournaments (Elite Eight Format)

##### A. Elite 8 Tournament Seed Criteria:

The following criteria will be used to rank teams at the area level:

1. The first determining factor will be the won-lost percentage record of each team versus its area opponents that are eligible for the play-offs. The team with the highest won-lost percentage record against these teams will be ranked #1, etc. Only the required in-class area games (first two designated games) are counted. These games must be designated on

both schedules.

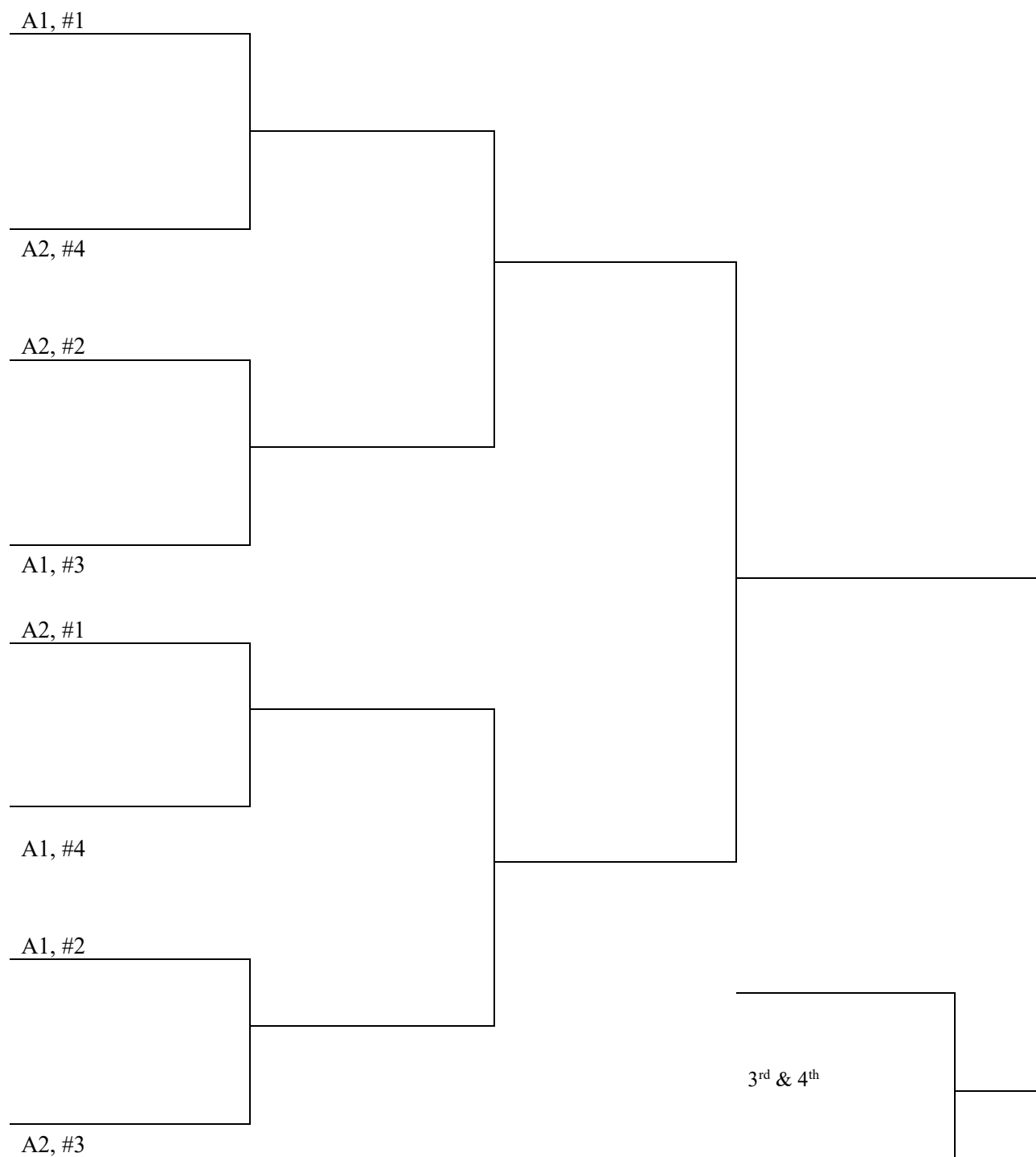
2. If the first factor cannot determine the area rankings, the following tie-breaker procedures will be implemented in stated order.
- B. Tie Breaker Procedures: Winner(s) in regular season will be ranked above loser(s).
1. Example (2 teams)  
Team A and B tied at 4-2  
Team A defeated Team B  
Team A ranked ahead of Team B
  2. Example (3 teams)  
Team A, B, and C tied at 4-2  
Team A beat C, but lost to B and Z  
Team B beat A and C, but lost to X and Y  
Team B ranked ahead of A and C
- C. Game percentage in area (sets won)
- D. Points scored against (in area)
- E. Flip coin
- F. The regional tournament coordinator has full responsibility for submitting all requested information to the AISA.

## VIII. State Tournaments

### **Officiating: State and Regional Tournaments**

An official who is an employee of a given school may not officiate in any contest if his/her school competes with either school participating in the contest he/she officiates. An employee of a participating school may not officiate in any interscholastic contest in which his/her school is involved.

Region Tournament Brackets  
Class A-AA



B. Final Four

1. Awards  
Team awards will be presented to the State Champion and State Runner-up. All Tournament plaques will be presented in each classification.
2. The AISA will collect all monies and pay all bills for the State Tournament. Each participating team will pay a entry fee. The amount of the entry fee will be determined by the AISA office.

IX. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

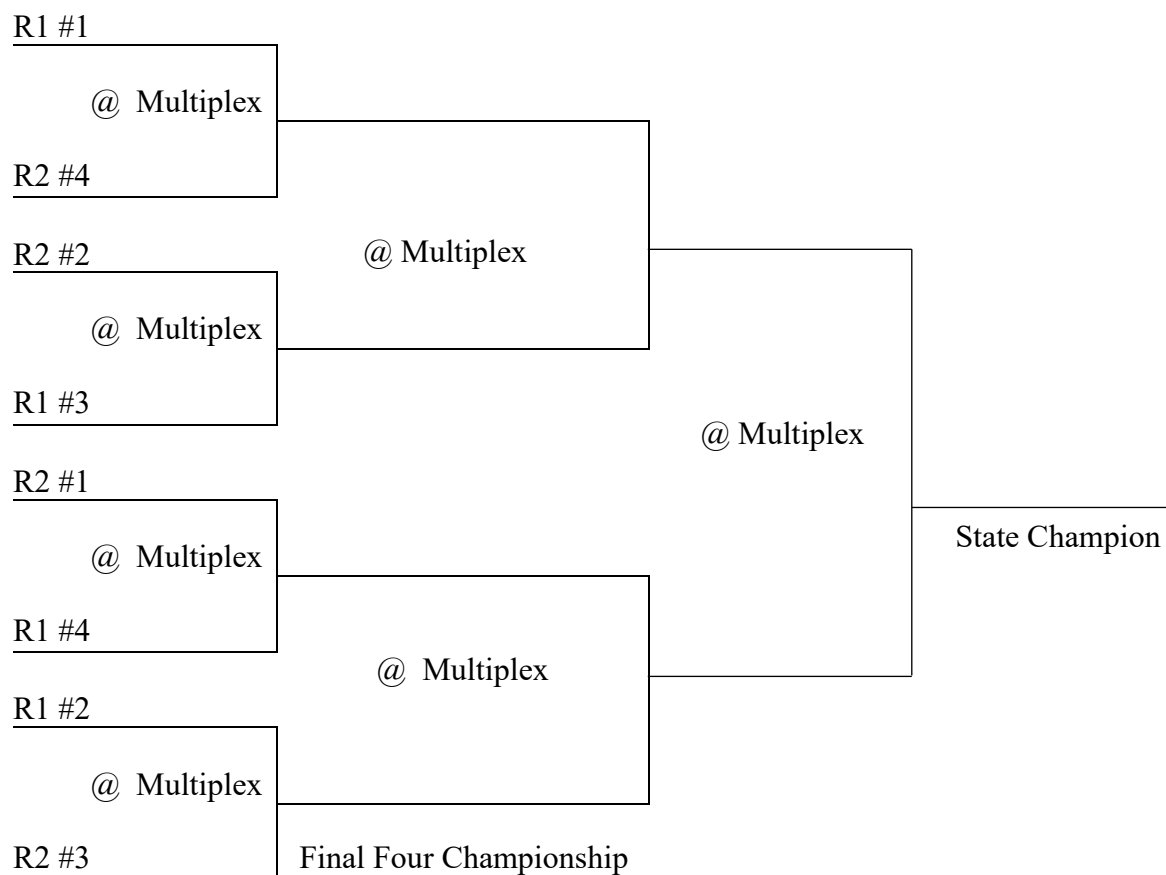
- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

**AISA State Volleyball Tournament  
Elite 8 / Final Four State Championship**

**Class A-AA**





## **EAST-WEST ALL-STAR VOLLEYBALL**

### **I. Teams**

- A. The East team will be composed of players in each class in the East regions.
- B. The West team will be composed of players from each class in the West regions.

### **II. Coaches**

- A. The two coaches from each division (East and West) who advance the farthest in State Tournament play will coach the All-Stars. Note: If more than two coaches from a division qualify, the AISA office will make the selection.
- B. Coaches must be a full-time salaried faculty member of their school.

### **III. Players**

- A. Only senior athletes who are candidates for graduation during the current school year may be nominated or selected.
- B. Selection of All-Star nominees will be voted on by the coaches at the Regional Playoffs.
- C. No school may have more than three (3) players selected to participate in the All-Star game.
- D. An MVP will be selected from each team at the All-Star game.

### **IV. The AISA will secure the location and develop game format.**

### **V. The AISA office receives all monies and pays all expenses.**

### **VI. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.**

## **AISA BOYS AND GIRLS BASKETBALL PROGRAM**

### **I. General Information**

- A. The AISA will play the game according to the rules set forth by the National Federation of State High School Associations.
- B. The AISA will distribute rule books at the scheduled rules clinics.
- C. The AISA will sponsor a basketball rules clinic each year. It is mandatory that each school be represented by a salaried employee at an AISA sponsored rules clinic. Schools failing to attend the State sponsored clinic will be fined minimum of two hundred fifty (250) dollars.
- D. The AISA office will coordinate and register all basketball officials.
- E. Organized basketball practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- F. The AISA prohibits the scheduling of basketball games on the nights of the Tripleheader and the All-Star Football game.
- G. No artificial noisemakers can be used during the course of the basketball game. A pep band or cheerleader group may be used on the court only during the time which the ball is not in play, such as a full time-out, between quarters, and at half-time.
- H. Game jersey colors are optional. If mutual decision cannot be reached, the home team will wear the light-colored jersey.
- I. The removal of nets after any AISA basketball game is not allowed.
- J. Each host school will designate an individual to meet game officials and provide them with the courtesies stipulated by the AISA.
- K. The following requirements are considered essential to effective crowd control by the AISA:
  - 1. Adequate security personnel must be available and on site to maintain order and protect game officials, participants, and professionals.
  - 2. All schools must have an on-going sportsmanship education program for their players, students, and fans.
  - 3. Host schools must have a prepared sportsmanship statement read over the PA system and/or posted in a conspicuous locale at the gymnasium.
  - 4. The ASIA recommends that both teams go to their respective team area (benches) immediately at the end of the contest.

5. The AISA strongly recommends that each school adopt a policy of disallowing fans on the playing floor at any time.
6. Game management must make sure that no slanderous and/or derogatory signs, posters, slogans, and/or pictures are displayed.
7. **THE AISA WILL NOT TOLERATE AND/OR CONDONE DEMONSTRATIONS OF POOR PROFESSIONALISM OR SPORTSMANSHIP, ESPECIALLY DISPLAYS WHICH LEAD TO ALTERCATIONS AND/OR FORFEITURE. THE AISA ATHLETIC COMMITTEE AND THE AISA STATE BOARD WILL TAKE A VERY FIRM AND RIGID STAND IN MATTERS OF THIS CONCERN AND WILL LEVY HARSH SANCTIONS ON THOSE INVOLVED.**

NOTE: Fan Ejections Policy - Below are spectator sanctions concerning ejections / unsportsmanlike behavior while attending an AISA athletic contest.

- A \$300 fine and a 2 (two) game dates suspension for football
- A \$300 fine and a 4 (four) game dates suspension for other sports
- If less than the above minimum games remain, the fine will be \$500 in addition to the remaining game dates.
- 2nd ejection: spectator is suspended until he/she meets with the Athletic Committee during the next scheduled meeting

All fines are due to the AISA office within thirty (30) days. Schools are responsible for all fines levied.

8. Basketball official scorers do not have to wear the black/white stripe officials' shirt.
9. Basketball Thirty (30) Point Running Clock— During all games, at all levels of competition, a running clock will be used when a team has a 30-point advantage in the fourth (4<sup>th</sup>) quarter. The running clock remains in effect for the remainder of the contest.
10. Varsity Basketball Warm up Time—a maximum of ten (10) minutes of warm-up time is permitted between varsity games.

## II. Classifications

Member schools are divided into the following two (2) classes: AA and A. Enrollment of all students in grades 9-12 in each school during the 2024-2025 school year provided the basis for the 2025-2026 classification.

AA = 58 - up      A = 57 and below

### III. Regions/Areas

Member schools have been assigned to an in-class area/region. The assignments are as follows:

#### **BASKETBALL RECLASSIFICATION**

##### **Class A**

##### **Region 1, Area 1**

Abbeville Christian Academy  
Crenshaw Christian Academy  
Macon East Academy  
The Lakeside School

##### **Class A**

##### **Region 1, Area2**

Edgewood Academy  
Hooper Academy  
The Oaks School  
Trinity Christian Academy

##### **Class A**

##### **Region 2, Area 1**

Coosa Valley Academy  
Cornerstone Christian School  
Heritage Christian Academy  
Hope Christian Academy  
North River Christian Academy

##### **Class A**

##### **Region 2, Area 2**

Escambia Academy  
Patrician Academy  
South Choctaw Academy  
Sparta Academy  
Wilcox Academy

##### **Class AA**

##### **Region 1, Area 1**

Chambers Academy  
Southern Prep Academy  
Springwood School  
Success Unlimited Academy

##### **Class AA**

##### **Region 1, Area2**

Evangel Christian Academy  
Fort Dale Academy  
Lowndes Academy  
Valiant Cross Academy

##### **Class AA**

##### **Region 2, Area 1**

Banks Academy  
Bessemer Academy  
Morgan Academy  
Restoration Academy  
Southern Academy

##### **Class AA**

##### **Region 2, Area 2**

Clarke Prep School  
Jackson Academy  
Monroe Academy  
Snook Christian Academy

### IV. Scheduling (All Classes)

- A. Member schools are required to play their assigned area schools twice. Only the required in-class area games (first two designated games) are counted. These games must be designated on both schedules.

NOTE: Area assignments are located in this section of the handbook.

NOTE: Penalty-Teams refusing to play their in-class area schools will forfeit all post season play opportunities.

- B. Schools may schedule a maximum of twenty-four (24) regular season games; AISA recommends that schools not play more than one (1) game per week on a night preceding a school day, tournaments excluded. No team may play another

more than twice in regular season competition. Games requiring travel of 100 or more miles one way should be scheduled on Friday and/or Saturday.

- C. Each school may participate in: one controlled scrimmage (no admission, unannounced and scheduled during daylight hours); one jamboree (paid officials, admission charge, no more than 4 regulations quarters play per team and scheduled at night). Note: Scrimmage and jamborees must be sanctioned in writing by the AISA. Participation in an unsanctioned scrimmage or jamboree will result in a \$100.00 fine being levied on the school.
- D. There is no limit on the number of tournaments AISA member schools may participate in, of which only one (1) of these may have play scheduled on a school night (Monday-Thursday).

#### V. Invitational Tournaments (All Classes)

All tournaments must be sanctioned in writing by the AISA State Office.

#### VI. Tournament Seeding Area/Region Play

- A. Tournament Seed Criteria: The following criteria will be used to seed the area/region tournament and/or rank teams at the area/region level for state play-off entry position (Top three (3) teams from each area advance. Please refer to bracket) AAA will follow region format bracket.
  - 1. The first determining factor will be the won-lost percentage record of each team versus its area opponents that are eligible for the playoffs. The team with the highest won-lost percentage record against these teams will be ranked #1, etc.
  - 2. **Example (2 teams)**  
 Team A and B tied at 4-2  
 Team A defeated Team B  
 Team A ranked ahead of Team B  
 If teams split during regular season, the team with the most points in B4 will be the higher seed for the region tournament.
  - 3. **Example (3 teams)**  
 Team A, B, and C tied at 4-2  
 Team A beat C, but lost to B and Z  
 Team B beat A and C, but lost to X and Y  
 Team B ranked ahead of A and C
  - 4. The two teams with the highest margin of points in the combined decisions versus the tied teams will be selected and tiebreaker A-1 will be applied to award the concerned berth. Note! The maximum number of differential points to be considered in any of the decisions is 14.

## Example #1:

|        |                |       |           |
|--------|----------------|-------|-----------|
| Team A | defeats Team B | 77-62 | +14       |
|        | defeats Team B | 68-64 | +4        |
|        | lost to Team C | 48-70 | -14       |
|        | lost to Team C | 52-55 | -3        |
|        |                |       | +1 Total  |
| Team B | lost to Team A | 62-77 | -14       |
|        | lost to Team A | 64-68 | -4        |
|        | defeats Team C | 65-60 | +5        |
|        | lost to Team C | 60-75 | -14       |
|        |                |       | -27 Total |
| Team C | defeats Team A | 76-48 | +14       |
|        | defeats Team A | 55-52 | +3        |
|        | lost to Team B | 60-65 | -5        |
|        | defeats Team B | 75-60 | -14       |
|        |                |       | -2 Total  |

Eliminates Team B and go to B1. Team C gets berth above A, and B is third.

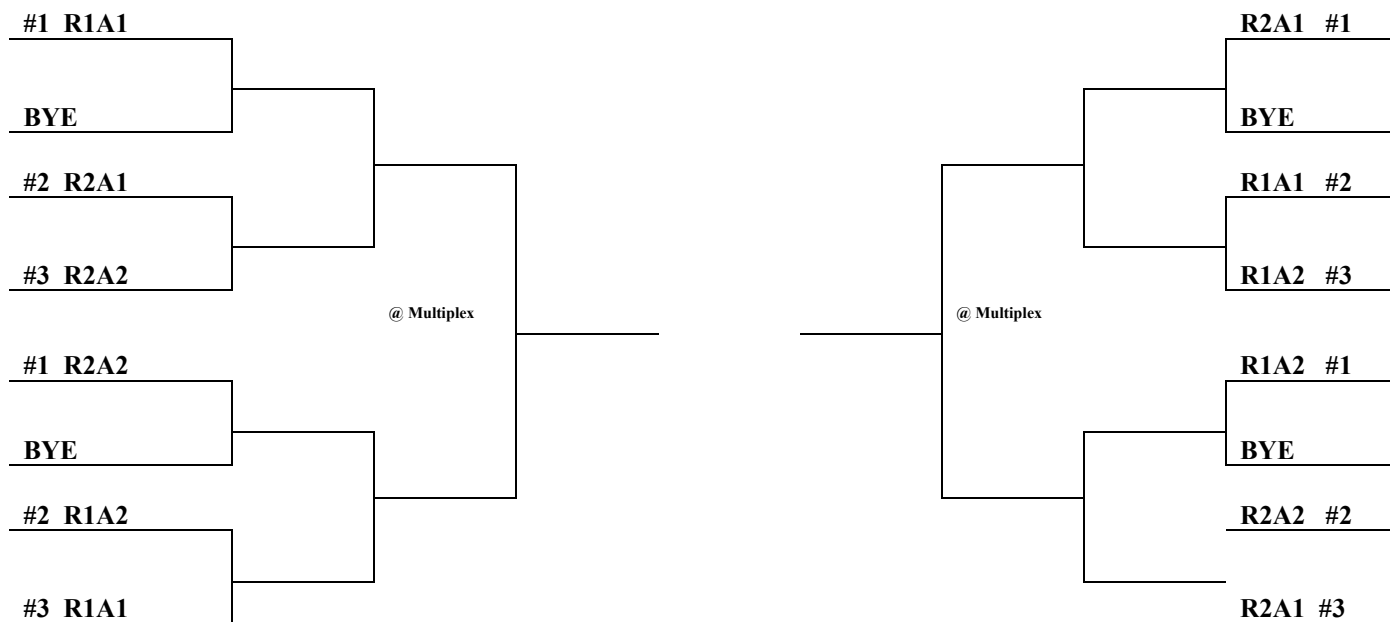
## Example #2:

|        |                   |       |          |
|--------|-------------------|-------|----------|
| Team A | defeats Team B    | 75-60 | +14      |
|        | lost to Team B    | 48-52 | -4       |
|        | defeats Team C    | 68-66 | +2       |
|        | lost to Team C    | 60-66 | -6       |
|        |                   |       | +6 Total |
| Team B | lost to Team A    | 60-75 | -14      |
|        | defeats Team A    | 52-48 | +4       |
|        | lost to Team C    | 50-52 | -2       |
|        | defeats to Team C | 53-50 | +3       |
|        |                   |       | -9 Total |
| Team C | lost to Team A    | 66-68 | -2       |
|        | defeats Team A    | 66-60 | +6       |
|        | defeats Team B    | 52-50 | +2       |
|        | lost to Team B    | 50-53 | -3       |
|        |                   |       | +3 Total |

Team B is eliminated. Teams A and C go to B1. Team C gets berth; Team A is second; and Team B is third.

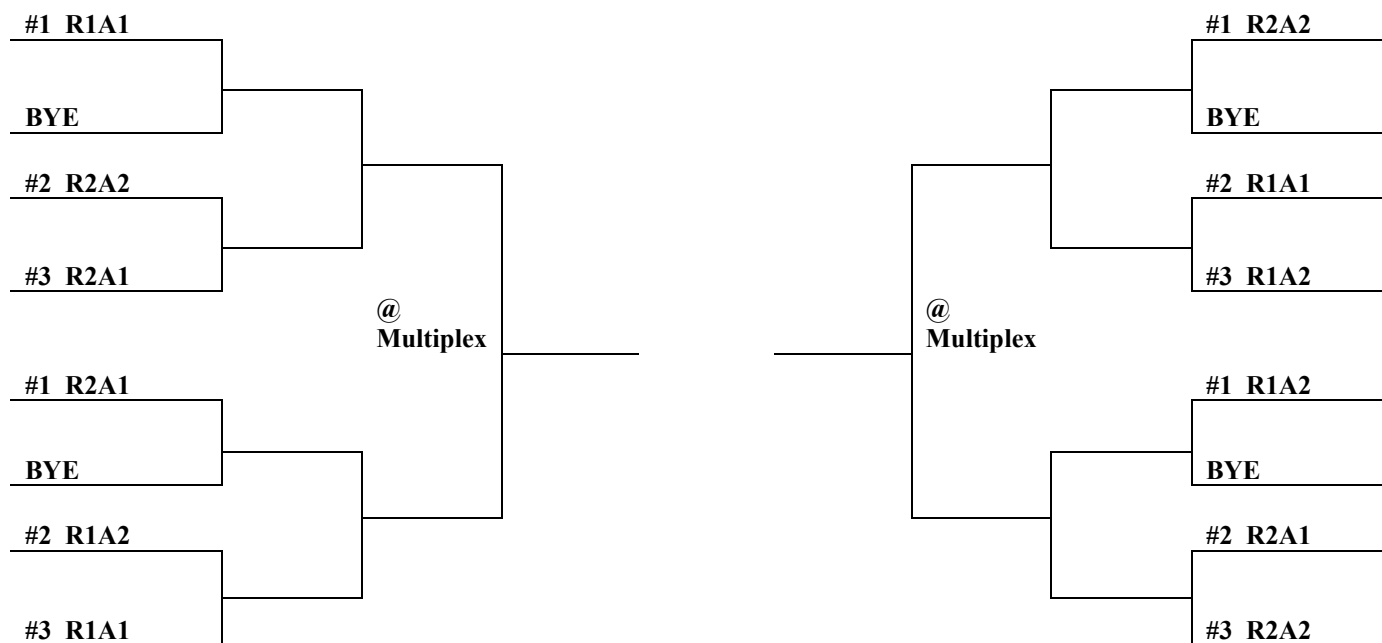
5. If still tied, the flip of a coin will determine the winner.

### Basketball Tournament Pairings – 2025 Bracket Class A-AA



Highest seed will host 1<sup>st</sup> round.

### Basketball Tournament Pairings – 2026 Bracket Class A-AA



Highest seed will host 1<sup>st</sup> round.

## VII. State Tournament (All Classes)

### A. General Information

1. State Tournament dates will be stated on the AISA State Calendar.
2. A maximum of forty-eight (48) teams will enter the Elite Eight of State Tournament play. This will include eight (8) girls' and eight (8) boys' teams from each of the three classifications.
3. Seeding will be determined by area/region finish/first round play. The brackets will be played out, and teams will not be seeded again for the Elite Eight or the Final Four. We will use the following procedures in case a tie still exists: #1 Head to head competition; #2 Region 1 home team even years and Region 2 odd years; #3 A toss of coin.
4. The AISA will assign all officials and clock operators for tournament games.
5. Each State Tournament entry will furnish the following information to the AISA on a form provided by the central office
  - a. Regular season record (include all invitational tournament(s)).
  - b. Overall In-class record (include all invitational tournaments).
  - c. Team roster with requested information (form located in the appendix).
6. During the tournament games, noise makers and band instruments may not be used during the course of the game. Cheerleaders may stand and cheer for their teams only during full timeouts, between quarters, and during half-time.  
  
 Cheerleaders are requested to discourage and stop the kicking of bleachers and booing of opposing players and officials. They should make every effort to encourage their fans to demonstrate good sportsmanship at all times.
7. Schools are strongly advised that an obvious lack of crowd control will result in sanctions being placed on their school and/or athletic program.

### B. Elite Eight

1. Elite Eight Pairings - All Classes  
  
 Seeding will be determined by area/region finish/first round play. The brackets will be played out, and teams will not be seeded again for the Elite Eight or the Final Four. We will use the following procedures in case a tie still exists:



#1 Head to head competition; #2 Region 1 home team even years and Region 2 odd years; #3 A toss of coin. The Elite Eight will be held at sites to be determined, by the AISA office and will be played the week prior to the Final Four Tournament. Note! If a central site location cannot be secured, then this play will be hosted by the region champion.

The Elite Eight Tournament format and game times will be determined by the AISA office.

2. Elite Eight Finances - The AISA will collect all monies and pay all bills.

#### C. Final Four State Tournament

1. Final Four Tournament dates will be stated on the AISA State Calendar.
2. A maximum of twenty-four (24) teams (12 boys/12 girls) will advance to the Final Four Tournament.
3. Seeding will be determined by region tournament finish. The brackets will be played out, and teams will not be seeded again for the Elite Eight or the Final Four. We will use the following procedures in case a tie still exists: #1 Head to head competition; #2 Region 1 home team even years and Region 2 odd years; #3 A toss of coin.
4. The highest seeded team will be the home team throughout the tournament.
5. State Tournament Finances
  - a. The AISA state office will collect all monies and pay all bills.

VIII. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

#### Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

#### Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.

- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

## **EAST-WEST ALL-STAR BASKETBALL**

### **I. Teams**

- A. The East team will be composed of players in each class in Region I.
- B. The West team will be composed of players from each class in Region II.

### **II. Coaches**

- A. The AISA office will make the selection of the Coaches.
- B. Coaches must be a full-time salaried faculty member of their school.

### **III. Players**

- A. Only senior athletes who are candidates for graduation during the current school year may be nominated or selected.
- B. Each team (boys and girls) will be composed of fifteen (15) players.
- C. The AISA will furnish each region tournament coordinator with nomination forms, which must be completed and returned immediately after the region seed meeting and assist as needed in the selection process.  
  
1A – 15          2A – 20
- D. Teams will be selected from the combined list of nominees by the coaches of the region champions and runners up from each classification. Area coordinators will also attend the selection meeting and assist as needed in the selection process.
- E. No school may have more than three (3) players selected to participate in the all-star game.

### **IV. General Information for All-Star Games**

- A. Each athlete must be insured for the All-Star game by the school or parents.
- B. Each player must have a signed statement from the school administrator stating that he/she is in compliance with all AISA eligibility rules.
- C. Players and coaches should bring their own equipment for practice. Game jerseys will be furnished. Bring all other items needed.
- D. Each team may have one (1) manager.
- E. Each school will be billed for the participant(s) selected to play in the All-Star game.

- F. All athletes selected for the All-Star teams will play in the All-Star game.
- G. The AISA office receives all monies and pays all expenses.
- H. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.

## AISA CHEERLEADER PROGRAM

- I. The AISA cheerleading programs will be governed by the rules set forth by the National Federation in the Spirit Rules Book. Spirit Rule Books will be passed out at the annual Cheerleader Clinics. A cheerleader squad is recognized as a support group for all interscholastic teams within its school.
  
- II. Note: The transfer rule is waived for cheerleaders in the AISA. AISA does not determine eligibility criteria for cheerleading squads at member schools. The only eligibility requirement for cheerleaders is that an AISA All Star cheerleader must be a senior and a candidate for graduation. Schools determine their own criteria for try-outs and team selections. Students (from another AISA member school or non-member school) that try out for cheerleading in the spring and participate in practices in the spring should be covered under the school's insurance coverage. The AISA insurance only covers AISA students.
  
- III. All AISA varsity and junior high cheerleaders must have a current physician's statement, medical history form and a parent's permit to participate and consent to treat form on file in the school office prior to participating.
  
- IV. AISA Cheerleading Policies governing game performance:
  - A. The host school will designate cheerleading performance area(s) during the contest.
  
  - B. Football Games:
    1. Cheerleaders are not allowed on the field of play during live ball action;
    2. Cheerleaders are not allowed to perform in the coaches' box area;
    3. Cheerleaders are not allowed to perform in the end zone during live ball action;
    4. Cheerleaders may perform on the field of play at halftime and between quarters if teams are not on the field;
  
  - C. Basketball Games:
    1. Cheerleaders are not allowed to perform on the playing floor during live ball action;
    2. Cheerleaders are not allowed to perform on and/or behind the base lines during live ball action;
    3. Cheerleaders are not allowed to stand and block the fans opportunity to view the contest.
    4. Cheerleaders may perform on the playing floor at halftime, between quarters and during full timeouts if the teams are off the floor.

V. The AISA adopts the following Universal Cheerleader Association approved safety guidelines for cheerleading:

A. General

1. Cheerleading squads should be placed under the direction of a knowledgeable coach.
2. The cheerleading coach or other knowledgeable designated school representative should be in attendance at all practices and functions.
3. All cheerleaders should receive proper training before attempting any form of cheerleading, gymnastics (tumbling, partner stunts, pyramids, and jumps).
4. All practice sessions should be held in a location suitable for the activities of cheerleaders, i.e., use of tumbling mats where available, away from excessive noise and distractions.
5. Training in proper spotting techniques should be mandatory for all squads attempting cheerleading gymnastics.
6. Jewelry, accessories, and apparel should be conducive to safe performances.
7. Warm-up and stretching should precede all practice sessions, pep rallies, games, competitions, and other physical activities.
8. All cheerleading squads should develop a conditioning and strength-building program.
9. The cheerleading surface, location, and weather conditions should be taken into consideration before engaging in physical activity.
10. Sponsors/coaches must recognize the entire squad's particular ability level and limit the squad's activities accordingly.

B. Specific Safety Regulations

1. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground.
2. The top person in a partner stunt or pyramid may not be in an inverted (head below the waist) position, with the exception of a forward suspended roll.
3. Use of mini-tramps, springboards or any other height increasing apparatus is prohibited.

4. Toe pitch and leg pitch flips are prohibited.
5. Free falling flips or swan dives from any type of toss, partner stunt, or pyramid are prohibited.
6. Knee drops, front, back, or side tension rolls are prohibited.
7. Birds and back arches must have a spotter.
8. Single base split catches are prohibited.
9. Vaults over partner stunts or pyramids are prohibited.
10. Basket tosses or any type of toss must be performed from ground level and must be dismounted to a cradle position by the original two bases plus an additional spotter (third person scoop.) Participants may not jump, flip, or dive over, under, or through partner stunts or pyramids or over or under individuals from basket tosses or other tosses from hands.
11. Cheerleaders may not tumble over, under, or through partner stunts, pyramids, or individuals.
12. Single based tosses higher than shoulder level must be cradled by two persons.
13. Partner stunts and pyramids higher than a shoulder-stand must have a continuous spotter for each person over shoulder-stand level.
14. Forward suspended rolls (where the person flipping is continually holding the bases hands) are allowed as long as the base or bases have their feet on the ground. Backward suspended rolls and single base suspended rolls are prohibited.
15. Helicopter tosses are prohibited.
16. Toe touch dismounts off two high pyramids are allowed as long as the person dismounted is caught by three persons in a cradle. Toe touch dismounts off of single layer table top stunts must have at least one spotter.
17. Cradle dismounts from double-based partner stunts and pyramids over shoulder level must use three catchers (either the bases and a spotter or three spotters). Cradle dismounts from single based partner stunts over shoulder-stand level must be made by two catchers (the base and the spotter, or two spotters).
18. Dive rolls are prohibited.
19. Twists greater than two rotations are prohibited.

- VI. The use of slanderous and/or derogatory cheers, chants, signs, posters, or displays of any description at the site of an AISA interscholastic event is prohibited.
- VII. The AISA will sponsor a cheerleader clinic annually. Clinic registration information will be mailed to all members.

VIII. AISA All-Star Cheerleader Program

The AISA All-Star Cheerleaders will perform at both the AISA All-Star Football and Basketball Games each year.

A. Qualifications

- 1. Must be senior and a candidate for graduation.
- 2. Must be nominated by their school cheerleader sponsor.
- 3. School's varsity squad must attend the AISA sponsored cheerleader clinic.
- 4. Must be skilled in the art of cheerleading.

B. Selection

- 1. Universal Cheerleaders Association will select twenty-four (24) all stars for both the East (Region II) and West (Region I) squads.
- 2. The selection format will be determined solely by U.C.A.

C. All Star Sponsors/Coaches

- 1. The AISA requires that each squad must have at least one (1) female coach/sponsor. These sponsors must be full-time professionals at an AISA member school.
- 2. Sponsors will be pursued on a volunteer basis with the AISA office making final selections on the all-star squad sponsors.

D. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.



## **AISA BOYS AND GIRLS TENNIS PROGRAM**

### **I. General Information**

- A. AISA interscholastic competition will be governed by the rules of United States Tennis Association except for Special Rules that have been adopted by the AISA
- B. All student-athletes must meet the AISA state eligibility criteria.
- C. Organized tennis practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- D. Starting date for Match Play will be listed on the AISA State Calendar.

### **II. Area Assignments**

Schools have been assigned to the following Areas

#### **Girls**

Fort Dale Academy  
 Monroe Academy  
 Morgan Academy  
 Restoration Academy  
 Southern Academy  
 Springwood School  
 Trinity Christian School  
 The Lakeside School

#### **Boys**

Fort Dale Academy  
 Monroe Academy  
 Morgan Academy  
 Springwood School  
 Trinity Christian School

Any new team will be assigned to an area. If your school is not listed and is planning on playing interscholastic tennis, please call the AISA office immediately to be assigned to an area. Areas will be adjusted by the AISA on a yearly basis. The difference in the number of teams in an area may not be greater than one. Anytime the total number of teams drops to ten or less, all teams will play every AISA tennis team one time, regardless of the assigned area. The top 6 teams with the best win-loss record will advance to the State Tournament.

### **III. Team Format (Regular Season and State Tournament)**

- A. Singles Competition (Boys and Girls)
  - 1. There will be five (5) different brackets (#1 players, #2 players, #3 players, #4 players, and #5 players).
- B. Doubles Competition (Boys and Girls)
  - 1. There will be two (2) different brackets (#1 doubles and #2 doubles).
- C. Players may play both singles and doubles.

- D. During the regular season, schools are encouraged to play as many positions as possible, however for team scoring; only the top 5 singles and top 2 doubles results are counted.
- E. A team's best singles player must play in the No. 1 singles position, the second best in the No. 2 position, etc. Also, the best doubles team shall play in the No. 1 doubles position, the second best in the No. 2 position, etc. It is strongly recommended that each team use a challenge format to rank its players for the season. This ranking must be established at the earliest possible date, preferably prior to the season, and must not change during the regular season matches.

Stacking is NOT Permissible.

Sports such as tennis have unwritten codes of ethics that are traditional and inherent in the playing rules. Coaches and players have a responsibility to uphold the ethics of tennis as well as the game rules. In an effort to promote fair play and wholesome team competition, coaches shall submit legitimate lineups based on the skill ability of their participating players. Under no circumstances shall a coach stack a lineup.

- F. Number one singles players are not allowed to play on the number two doubles team.

#### IV. Scheduling

- A. Schools must secure their own schedules and they must play each team in their assigned area at least one time. Teams will also be assigned three teams from the opposite area to play each year.
- B. For a player to be eligible for the State Tournament, a singles player and/or a doubles team must have competed in at least 5 AISA school matches at the position he/she will play at State. A player must enter the State Tournament at the position he/she played the majority of regular season matches. In case of a tie the player must enter at the higher position. For Doubles: The individuals that make up a doubles team must have played five doubles matches together at the same position to qualify as a team.

#### C. Incomplete Teams

- a. An incomplete team is a team that has less than 5 players for the entire season. An incomplete team must enter its best player in the No. 1 position, its second best player in the No. 2 position, etc. The same method must be used when a school enters less than two doubles teams.
- b. Positions not filled by an incomplete team may be counted as wins (6-0, 6-0) for the opposing team.
- c. Teams that have single gender programs (only boys or only girls) are considered incomplete teams. Any team that plays a single gender team, will record the defaulted matches as wins (6-0, 6-0) and the players who win by

default are not required to be present at the match.

- d. Any incomplete team that does not have at least four players cannot mathematically win a team match against full rosters. Therefore the burden to travel to matches falls onto teams with less than four players on both the boys and girls teams.

## V. Coaching

Coaching will be allowed during regular season and during State Tournament. Authorized AISA Coaches may talk or coach their players during a normal change over after odd games. The exchange will not exceed 90 second time limit. Each School can have only TWO coaches that are allowed to talk to the players during changeovers (odd games) Coaches should be designated when lineups are exchanged and cannot be changed before the team match is complete. Coaching is not permitted during games, points, tiebreakers, bathroom breaks or medical time outs. When a 10 point tiebreaker is being used in lieu of a 3<sup>rd</sup> set, coaching is permitted during the “set break”, but not during the tiebreaker. Coaches are not permitted on the courts during the match. Coaches may go on to courts on changeovers but cannot stay past the allotted 90 seconds between games.

Before play begins at the State Tournament, the tournament desk (officials) must have in writing the two coaches each school will use during the tournament and this may not change for the duration of the Tournament.

## VI. Scoring

- A. One point will be given to each win at the Top 5 singles positions and top 2 doubles positions.
- B. Defaulted matches may be counted as wins. A default is the failure to appear i.e. "no show". It will not constitute a loss for the individual not appearing. Forfeited matches may be counted as wins. A forfeit is the failure to complete a match. Forfeits constitute a loss for the individual not completing the match.
- C. If a position is played by a substitute, the results of the match still count for their opponent. However, the absent player's record is not affected.
- D. Only AISA matches can be counted for qualifying purposes.

## VII. Qualifying For State Tournament

- A. The 4 teams with the best win/loss record (using percentages) against the teams in their area will go to the State tournament. Only area matches will be counted. Only top 5 Boys and Girls singles and top 2 Boys and Girls doubles are considered a team match. There will be 4 Boys teams and 4 Girls teams qualifying for State from each area. If a tie exists, use the following tie-breaker procedure.

## B. Tie Breaker Procedures:

When a tie exists between two teams, i.e. the same win-loss record.

- a. Winner of Head-to-head competition will be ranked ahead of loser.
- b. If still tied, the team losing the least number of individual matches, will be ranked higher.
- c. If still tied, the team losing the least number of sets, will be ranked higher.
- d. If still tied, the team losing the least number of games, will be ranked higher.
- e. If still tied, the flip of a coin will determine the winner.

In the event of a 3- or 4-way tie. The above method will be used to eliminate one team and then the process will be repeated with the remaining teams starting at Head-to-Head

## C. Individuals Qualifying for State Tournament:

1. If an individual player, who is not already on the top four teams, has a better win-loss record at their position than the top two players from their area who qualified for the State Tournament, they are eligible to participate in the State Tournament. Only head-to-head area matches are used to determine win-loss record. If a tie exists, both players may participate in State Tournament. It is the responsibility of the coach of any qualifying individuals to notify the AISA Athletic Director when this situation occurs.
2. Coaches will be responsible for sending to the State office records for players qualifying for State Tournament on or before the Wednesday before State Tournament.

## VIII. State Tournament

### A. Seeding

1. There will be a Coach's meeting on the Sunday before the State Tournament to determine seeding and receive court assignments and playing times.
2. The win-loss percentage records of the state entries will determine seed placement. If a tie occurs, current year head-to-head competition will be the determinant; if the concerned did not play during the current year, then advancement in last year's State Tournament at the same level of play will be the determinant; however if the tied players were scheduled to play and one player/doubles team was not able to play the match, the player/team that was available to play will be given the higher seed; if still tied, all coaches present at the meeting will decide. The coaches shall consider all available evidence.

If coaches cannot decide, then a flip of a coin will be used.

3. There will be four (4) seeds in eight-team bracket and four (4) seeds in a sixteen-team bracket. In an eight (8) team bracket seed #1 will be placed on line #1, seed #2 will be placed on line #7, seed #3 will be placed on line #5 and seed #4 will be placed on line #3. In a sixteen (16) team bracket seed #1 will be placed on line #1, #2 on line #15, #3 on line #9, and #4 on line #7. A Sixteen (16) team bracket must be used when more than eight (8) players qualify.
  - a. Byes will be awarded in order of seed rank with one bye going to #1 seed, second bye to #2, etc.
4. Draw procedures: Once the seeds and byes have been placed, the rest of the bracket may be drawn in the following manner: Names of remaining players are put on the unoccupied bracket line in the order they are drawn, starting at the top and moving downward in sequence.

#### B. State Tournament Play Format

1. All matches will be the two of three sets. However, a match tiebreak (first to 10 points by 2) will be played in lieu of a third set if the players or doubles teams split sets during the rounds leading up to the Finals. All Finals matches will be two of three sets.
2. Rest Time - A player or players may be given a maximum of 30 minutes rest between matches and 10 minutes between 2nd and 3rd sets.
3. A player should check in 30 minutes prior to play time and must be at courts within 15 minutes after call or default.
4. Tie breaker - The 12-point tie breaker procedure will be used.

#### C. Team Scoring

1. One (1) point will be awarded for each advancement in singles play.
2. One (1) point will be awarded for each advancement in doubles play.
3. One (1) point will be awarded for each bye in singles and doubles.

#### D. Awards

1. Team Trophies  
Boys and Girls State Champions  
Boys and Girls State Runner-up

**Note!** If a tie exists then Co-Champions/runners-up will be recognized.

2. Singles Trophies

|                   |                   |
|-------------------|-------------------|
| #1 Boys and Girls | 1st and 2nd Place |
| #2 Boys and Girls | 1st and 2nd Place |
| #3 Boys and Girls | 1st and 2nd Place |
| #4 Boys and Girls | 1st and 2nd Place |
| #5 Boys and Girls | 1st and 2nd Place |

3. Doubles Trophies

|                   |                   |
|-------------------|-------------------|
| #1 Boys and Girls | 1st and 2nd Place |
| #2 Boys and Girls | 1st and 2nd Place |

- IX. Substitution Rule: In the event that a qualified player becomes ill or is unable to participate in the state tournament due to circumstances beyond the player's control, the following guidelines will be followed when using an alternate as a substitute:

If tournament play has not begun or the affected bracket has not had a single match begin:

An alternate for singles may play but will not be eligible to be seeded. The bracket will be redrawn if the player who withdrew was seeded.

If one member of a doubles team is unable to participate, an alternate will be allowed to substitute on the doubles team. If the original team was seeded #1 or #2, then the bracket will be redrawn with the newly formed team being seeded #4 and all other seeded teams will be moved up one seed. In all other cases the bracket will not be re-drawn.

If play has begun in the affected bracket, the substitute will play as if he/she is the original qualified player. The bracket will not be redrawn.

Any alternate will not be required to have played the 5-match minimum.

Once a player withdraws from a bracket (Singles or Doubles) they are not allowed to reenter that bracket. However, they may continue to play in any brackets from which they did not withdraw.

Alternates are only allowed if the original qualified player has not played a single point in his/her draw...substitutions can still be made if an injury, etc. occurs during warm-ups.

## **AISA BOYS AND GIRLS GOLF PROGRAM**

### **I. General Information**

- A. The AISA will play the game according to the rules established by the U.S.G.A. However, course condition may require an exception to the stated rules. These exceptions will be determined by the Tournament coordinator and the club professional.
- B. All student-athletes must meet the AISA stated Eligibility criteria.
- C. Organized golf practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- D. Starting date for interscholastic golf will be listed on the AISA Calendar.
- E. No caddies or carts will be allowed (approved medical conditions only).
- F. Measuring devices are allowed for distance only.
- G. All players are required to have a GHIN number.

### **II. Regular Season Schedules**

#### **A. Team Entries**

- 1. A team may consist of no less than four (4) and no more than five (5) members.
- 2. A maximum of twenty (20) teams may enter the State Tournament.
- 3. A team must play a minimum of four (4) regular season matches against AISA competition and shoot a four-man team total of 360 or less in one (1) match to qualify for State Tournament entry.
- 4. Team elimination and tie breaker factors are as follows: a) The average of the team's best four (4) 18-hole scores will be the first tie breaker; b) If still tied, a flip of the coin will be the determinant.

#### **B. Individual Entries**

- 1. A maximum of twenty (20) individuals may enter the State Tournament. However, no more than six (6) players will be allowed from any one (1) school. A team may have more than one (1) individual based on USGA handicap index provided he/she qualifies and the maximum of 120 golfers is not reached.

2. An individual must compete in at least four (4) regular season matches against AISA competition and shoot a 90 or under in at least one (1) match to qualify for State Tournament entry.
3. Individual elimination and tie breaker factors are as follows: a) The average of the individual's four (4) best 18-hole scores will be the first tie breaker; b) If still tied, a flip of the coin will be the determinant.
4. Female golfers may compete as individuals from the ladies' tee box. They may continue to compete from the male tee box and count scores towards team qualifications. (Refer to page 63, II, A & B).

C. Tournament Play:

1. The AISA Tournament will be a 36-hole play tournament.
2. Team Pairings: Pairings for the first 18 holes of play will be based on a team average score during the regular season. The top four (4) teams will be paired with foursomes made up of #1 players grouped, #2 players grouped, etc. The rest of the entered teams will be paired accordingly.

**Note:** Coaches will number their players #1, #2, etc. on the entry form provided.

Pairings for the second 18 holes of play will be based on team standings after 18 holes of play. The top four teams will be paired with foursomes made up of #1 players grouped, #2 players grouped, etc. This grouping will be based on individual scores recorded after 18 holes of golf.

Individual Entry Pairings: Pairings for the first 18 holes of play will be based on individual's season average. Foursomes for the second 18 holes of play will be based on individual's scores from the first day's play.

**Note:** If there are an uneven number of golfers in team play, then they will be paired with the individual entries.

3. Scoring: The four lowest individual scores on each team will be compiled for each 18 holes to determine the champion.

The individual with the lowest total score for 36 holes will be declared the state individual champion.

4. Each entry must provide his/her own golf balls.
5. Entry fees will be determined each year by the AISA Athletic Committee.
6. The AISA will select the site for the State Golf Tournament. A copy of State entry form is located in the appendix.
7. Each day's play will begin with a shotgun start or other method determined by Club Pro or the AISA.

the



D. Tie Breaker:

- a. Cumulative total of non-counting score
- b. Second-highest individual total
- c. Third-highest individual total
- d. Fourth-highest individual total
- e. Fifth-highest individual total
- f. Committee decision

If there is a tie for the individual champion, co-champions are awarded.

E. Awards:

- 1. The following awards will be presented:
  - a. State Championship Trophy
  - b. State Runner-up Trophy
  - c. State Individual Champion (Low medalist 36 holes)
  - d. The AISA All State Golf Team will be comprised of the individual champion plus the next five low scorers for 36 holes.

III. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE

GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

## **AISA CROSS COUNTRY PROGRAM**

### **I. General Information**

- A. AISA interscholastic competition will be governed but the rules of the National Federation of State High School Associations.

Note: This includes its protest procedure: Protests are not allowed after a meet is concluded.

- B. All AISA student-athletes must meet the stated AISA eligibility requirements.
- C. Organized cross country practice will not start prior to the (20th) weekday preceding the day of first of cross-country competition. The starting date will be listed on the AISA State Calendar of Events.
- D. In order for an athlete to participate in the AISA State Championships, he or she must have competed in at least two scheduled meets with their team or as an individual representing their school during the cross-country season.
- E. NFHS Rule books will be available from the AISA only if requested.
- F. Only medical doctors may administer Intravenous Fluids (IVs) at a cross-country meet.
- G. All participants in any meet must be accompanied by coach or school designated representative.

### **II. Classification**

All AISA schools (teams or individuals representing their school) will participate under one classification.

### **III. Scheduling**

- A. Each school participating in the AISA Cross Country Program is responsible for securing their own schedule.
- B. All AISA Member Schools should use Alabama Runners Mile Split for scheduling all AISA meets.

### **IV. AISA State Cross Country Championships**

- A. The AISA will sponsor one State Cross Country Meet each year. The date and location will be noted on the AISA Calendar
- B. Entries should be submitted via Alabama Runners <https://al.milesplit.com/>

a minimum of 10 days prior to the AISA State Cross Country Meet.

- C. For the AISA Cross Country State Championships, all member schools will compete under one classification.
- D. There will be two divisions under the one classification for competition at the AISA State Cross Country Championships:
  - 1. Division for Male Athletes
  - 2. Division for Female Athletes

Note: The distance for boys and girls will be 5K

**There will be no co-ed teams allowed to compete for team championships.**

- E. In order to participate for a team championship, a school must have a minimum of 5 athletes participating.
- F. In order for an athlete to participate in the AISA Cross Country State Championships, he or she must have competed in at least two scheduled meets with their team or as an individual representing their school during the cross-country season.
- G. Cross Country State Qualifying Information

Must compete in a Minimum of two officially recorded AISA races. (already in place)

Must be under the AISA qualifying time in at least one AISA race

Boys 2 mile 21 minutes (pace 10 minutes and 30 seconds)

Girls 2 mile 22 minutes (pace 11 minutes)

Boys 5k 31 minutes (9:58 per mile)

Girls 5k 33 minutes (10:37 per mile)

- H. Awards

- 1. Team

- a. A Championship Trophy will be awarded to the first-place team in each division. (1st Place Male Team and 1st Place Female Team)

- b.. A Runner-Up Trophy will be awarded to the second place teaming each Division (2nd Place Male Team and 2nd Place Female Team)

- 2. Individual Awards

- a. The top five male finishers (team or individual) will be awarded accordingly with medals.

- b. The top five female finishers (team or individual) will be awarded accordingly with medals.

## **AISA BOYS AND GIRLS TRACK AND FIELD PROGRAM**

### **I. General Information**

- A. The AISA will follow the established rules of the National Federation of State High School Associations
- B. Each participating school must secure its own schedule.
- C. Organized Track and Field practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- D. All student-athletes must meet AISA eligibility specifications.
- E. Rule books will be available on a request basis from the AISA office.
- F. The AISA State Track Meet will be administered on a metric basis.

### **II. State Track Meet**

- A. The AISA will sponsor a State Track and Field Meet each year. The dates will be noted on the AISA State Calendar.
- B. Entry Criteria
  - 1. All entries must have competed in at least two (2) regular season AISA track meets or be part of a team that has participated in at least two (2) AISA meets. Note: All participants entering an individual event must have participated in that event at least once during the regular season and have a recorded effort. Relay participants must have competed in a current season meet to participate in the state meet.
  - 2. A school may enter a maximum of two (2) participants in all individual events. Note: A third participant may be entered if all three (3) entries have a time or distance which is equal to or better than the minimum qualifications that follow. All times and distances must be from the current track season. Example: If track Team A has 3 boys who have all run an 11.5 second 100- meter dash or faster during the current track season, they may enter all 3 athletes in the state meet. All triple qualifiers are subject to verification.

These Qualifying Standards will be established before the start of track season.

Coaches, please enter competitive people only.

- 3. A school may enter only one (1) team in each relay.
- C. Participation Regulations

1. An individual may compete in a maximum of five (5) events if at least one of these is a field event.
2. Individuals must wear a regulation track uniform or basketball uniform. All relay teams must be dressed in exact colors, tops and bottoms. Jerseys must be tucked into shorts. (Relay teams should be identifiable from a distance.)
3. Spikes must meet track requirements (1/4" maximum length).
4. **RELAY SUBSTITUTES MUST BE LISTED ON ENTRY FORM.**
5. The AISA Qualifying Standards for the third participant are:

|              | GIRLS  | BOYS   |
|--------------|--------|--------|
| Triple Jump  | 29'0   | 38'0   |
| High Jump    | 4'8    | 5'8"   |
| Long Jump    | 15'0   | 19'0   |
| Shot Put     | 28'    | 40'0"  |
| Discus       | 71'0   | 109'0  |
| 100LH/110 HH | 19.0   | 19.0   |
| 100 M Dash   | 13.5   | 11.5   |
| 1600 M Run   | 6:25   | 5:15   |
| 400 M Dash   | 1:07.0 | 55.0   |
| 300 IH       | 54.0   | 46.0   |
| 800 M Run    | 2:52   | 2:17.0 |
| 200 M Dash   | 29.0   | 24.0   |
| 3200 M Run   | 14:30  | 12:30  |

\*These standards were calculated by averaging the 4<sup>th</sup> place times/distances in the state meet over the last 5 years. If the numbers were very close to the previous standard, the time/distance did not change. Also, as much as possible, the times/distances were rounded to the nearest whole number.

#### D. Lane Assignments

1. Lane Assignments for preliminaries will be determined by time submitted on entry form.
2. Lane assignment for finals will be determined by preliminary qualifying time and/or order of heat finish.

#### E. Rules Committee

1. The Meet Director and AISA Athletic Director will appoint a rules committee (Jury of Appeals) to handle grievances.

F. Finals Qualifying Criteria

1. Field Events: Each entry will get three (3) tries in preliminaries. The top eight (8) places will advance to finals. **Field event finals will be completed on the first day.**
2. Track Events: The top eight (8) places, based on times and/or heat finish, will advance to finals.

G. Scoring

The AISA State Track Meet will follow the format established by the National Federation.

H. Starting Heights

1. High Jump - Girls 4ft. 1 in. (4'1") - Boys 4 ft. 8 in. (4'8")

I. Awards

Ribbons will be awarded to each (boys and girls) 1st, 2nd, and 3rd place winners. An MVP trophy for the boy and girl athlete who scores the most points will be awarded. Trophies will be awarded to the Boys and Girls State Champions and runners-up. The team which accumulates the most point combining track and field events will be the State Champions.

J. General Information

1. A coach or an adult, designated as coach by the school, must accompany participants and be responsible for his/her people at all times.
2. Admission: The meet will be divided into two (2) sessions.
3. The AISA office collects all monies and pays all bills.

III. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.

- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.



## AISA BOYS BASEBALL PROGRAM

### I. General Information

- A. The AISA will play the game according to the rules set forth by the National Federation of State High School Associations.
- B. The ASIA will distribute rule books to participating schools.
- C. It is mandatory that each school have one salaried employee attend a baseball rules clinic. Schools failing to attend a rules clinic will be fined \$250.00. Documentation of attendance must be received by the AISA office no later than the opening date.
- D. Schools must secure game officials.
- E. Organized baseball practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- F. No artificial noise makers can be used during the course of the baseball game.
- G. Each host school will designate an individual to meet game officials and provide them with the courtesies stipulated by the AISA.
- H. Protests are not permitted in AISA interscholastic sports.
- I. The following requirements are considered essential to effective crowd control by the AISA:
  - 1. Recommended security personnel must be available and on site to maintain order and protect game officials, participants, and professionals.
  - 2. All schools must have an on-going sportsmanship education program for their players, students, and fans.
  - 3. Host schools must have a prepared sportsmanship statement read over the PA system and/or posted in a conspicuous locale at the field.
  - 4. The AISA recommends that both teams go to their respective team area (dugouts) immediately at the end of the contest.
  - 5. The AISA strongly recommends that each school adopt the policy of disallowing fans on the playing field at any time.
  - 6. Game management must make sure that no slanderous and/or derogatory signs, posters, slogans, and/or pictures are displayed.
  - 7. **THE AISA WILL NOT TOLERATE AND/OR CONDONE DEMONSTRATIONS OF POOR PROFESSIONALISM OR**

**SPORTSMANSHIP, ESPECIALLY DISPLAYS WHICH LEAD TO ALTERCATIONS AND/OR FORFEITURE. THE AISA ATHLETIC COMMITTEE AND THE AISA STATE BOARD WILL TAKE A VERY FIRM AND RIGID STAND IN MATTERS OF THIS CONCERN AND WILL LEVY HARSH SANCTIONS ON THOSE INVOLVED.**

Any person guilty of unsportsmanlike involvement with the players, coaches, officials, and/or other fans before, during, or after any AISA interscholastic event may be fined \$500 and the school(s) represented by the involved may be placed on a minimum of one (1) year probation.

- J. The AISA adopts the following procedure for AISA interscholastic baseball (in class play only): A game called for any reason will be treated as a suspended game. The game will be continued from the point of suspension, with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game.
- K. The AISA adopts the Baseball 12 Run Rule after 3 innings/10 after 5 innings for all games. On deck batters for baseball and/or softball have the option to use either on deck area. Junior High contests are included in these policies. It is recommended base coaches wear protective helmets.

## II. Classifications

Member schools are divided into the following two (2) classes: AA and A. Enrollment of all students in grades 9-12 in each school during the 2024-2025 school year provided the basis for the 2026 classification.

## III. Regions

Member schools have been assigned to an in-class area/region. The assignments are as follows:

### **BASEBALL RECLASSIFICATION**

#### **Class A**

##### **Region 1, Area 1**

Abbeville Christian Academy  
Crenshaw Christian Academy  
Macon East Academy  
The Lakeside School

#### **Class A**

##### **Region 1, Area2**

Edgewood Academy  
Hooper Academy  
The Oaks School  
Trinity Christian Academy

#### **Class A**

##### **Region 2, Area 1**

Coosa Valley Academy  
Cornerstone Christian School  
Heritage Christian Academy  
Hope Christian Academy  
North River Christian Academy

#### **Class A**

##### **Region 2, Area 2**

Escambia Academy  
Patrician Academy  
South Choctaw Academy  
Sparta Academy  
Wilcox Academy

**Class AA****Region 1, Area 1**

Chambers Academy  
 Southern Prep Academy  
 Springwood School  
 Success Unlimited Academy

**Class AA****Region 1, Area2**

Evangel Christian Academy  
 Fort Dale Academy  
 Lowndes Academy  
 Valiant Cross Academy

**Class AA****Region 2, Area 1**

Banks Academy  
 Bessemer Academy  
 Morgan Academy  
 Restoration Academy  
 Southern Academy

**Class AA****Region 2, Area 2**

Clarke Prep School  
 Jackson Academy  
 Monroe Academy  
 Snook Christian Academy

## IV. Scheduling (All Classes, Area 1A and 2A)

- A. Member schools are required to play their assigned area schools the best 2/3 format with the first date being a single game (Monday) with the second date (Tuesday) a doubleheader. These games must be designated on both schedules. Note: Assignments are located in this section of the handbook (all 3 games are counted and must be played). Inclement weather games must be made up the following day (single game always first).

NOTE: Penalty - Team refusing to play their in-class area school will forfeit all post season play opportunities. Schools are required to play all in-class games to qualify for the play-offs.

- B. Schools may schedule as many regular season games as they desire; AISA recommends that schools not travel more than one (1) time per week on a day or night preceding a school day. NOTE! The AISA strongly recommends that regular season baseball or softball games scheduled for day time play may not start after 6:30 p.m. on a day preceding a school day.
- C. There is no limit on the number of tournaments AISA member schools may participate in, of which only one (1) of these may have play scheduled on a school day or night (Monday-Thursday) (recommended).
- D. AISA member schools may schedule no more than one (1) pre-season practice game. This game must be sanctioned by the AISA and will be limited to a maximum of seven (7) innings of play.

## V. Pitching Rule Limitations – New Baseball Pitching Rule:

**AISA Pitching Rule (Using Pitch Count) Adopted by AISA Athletic Committee  
 (December 7, 2016)**

- A. AISA Pitching Limitation Rule (**Applies to Varsity, Junior Varsity and Junior/Middle School games**) -- (Regular Season and Championship Playoffs) is

based on the number of (Legal and Illegal) pitches thrown in a day. The pitch count is based on pitches thrown to the batters during their time at bat. Warm up pitches allowed before each inning or those warm ups allowed by the umpire in case of injury or game delay do not count. All AISA Substitution and Pitching Rules must be followed. The number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a high threshold of pitches delivered in a day.

It is mandated that Game Changer must be used for all baseball schools.

#### LEVEL PITCHES ALLOWED PER DAY

|                     |     |
|---------------------|-----|
| 11th & 12th Graders | 120 |
| 9th & 10th Graders  | 100 |
| 7th & 8th Graders   | 85  |

The rest periods required during the regular and tournament season are listed below:

#### **11th & 12th Graders:**

\*If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be observed.

\*If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.

\*If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.

\*If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

A calendar day means that if a pitcher throws 76 pitches on Tuesday that player may not pitch again until Saturday. If they throw 25 pitches on Tuesday the player may pitch again on the next day which is Wednesday. The starting time of the game does not matter in the calculation of when a pitcher is eligible to pitch again.

#### **9th & 10th Graders:**

\*If a pitcher throws 76 or more pitches in a day, three (3) calendar days of rest must be observed.

\*If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.

\*If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.

\*If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

#### **7th & 8th Graders:**

\*if a pitcher throws 76-85 pitches in a day, three (3) calendar days of rest must be observed.

\*If a pitcher throws 51-75 pitches in a day, two (2) calendar days of rest must be observed.

\*If a pitcher throws 26-50 pitches in a day, one (1) calendar day of rest must be observed.

\*If a pitcher throws 1-25 pitches in a day no calendar day of rest is required before pitching again.

Any pitcher at any level who reaches the maximum pitch count limitation allowed per day during an inning will be afforded the opportunity to finish pitching to the current batter at bat.

- B. AISA Pitching Limitation Rule: is based on the number of pitches thrown in a day. The pitch count is based on legal and illegal pitches thrown. The use of an ineligible pitcher, one who has violated this rule, shall result in the forfeiture of the game in which the ineligible pitcher participated as a pitcher and the offending school will also be assessed a fine of \$250. The following is the number of allowable pitches and days' rest needed.

#### VI. Invitational Tournaments (All Classes)

All tournaments must be sanctioned in writing by the AISA State Office.

#### VII. State Playoff Seedings/Rankings

- A. Determining Area/Region Rankings: The first determining factor will be the won – lost percentage of each team in series play within the area. (The teams that won the most series within area play, will be ranked #1 – x#.) (Head to Head Series Winner)

1. For Example,

Team A wins series 2-1 vs Team B

Team B wins series 3-0 vs team C

Team A wins series 2-1 vs Team C

Team A(4-2) ranked #1 because they are 2-0 in series wins (+ they won series vs Team B)

Team B(4-2) ranked #2 because they are 1-1 in series wins

Team C(1-5) ranked #3 because they are 0-2 in series wins.

- B. The second determining factor to determine area rankings; will be the total number of wins within Area Play. Therefore ALL 3 games must be played. (Note: Teams refusing to play the 3rd game will be assigned a forfeit in that game and face possible post season elimination)

1. If a winner cannot be determined through series wins; then all 3 games within the area will be counted to determine the area winner. Overall win-loss percentage will determine the #1 team, then go to Head to head series. If 3 teams still tied, repeat to get #2 ranked team, then go to head to head series winner for remaining 2 teams. **If 2 teams are tied on overall record, then the series winner(head to head) will have the higher ranking.**

2. **For Example: 4 team area:**

Team A wins series vs C and D - 2-1 & 2-1 - (2-0 series) (4-2 overall)  
 Team B wins series vs C and D - 3-0 & 3-0 - (2-0 series) (6-0 overall)  
 Team A wins series vs Team B - 2—1 -  
 Team A (6-3) But won all 3 series (3-0 in series)  
 Team B (7-2) (2-1 in series play)  
 Team A ranked higher. (+ Head to head series win vs B)

3. **For Example – 3 teams tied in 2 out of 3 series wins**

Team A wins series vs Team B - 2-1  
 Team B wins series vs Team C – 3-0  
 Team C wins series vs Team A – 2-1  
 All 3 teams sweep Team D – 3-0  
 TEAMS A,B,C are all 2-1 in series area play.  
 TEAM A – 6-3 overall  
 TEAM B – 7-2 overall  
 TEAM C – 5-4 Overall  
 TEAM B ranked #1, then go to Series winner between Team A and Team C  
 TEAM C ranked #2 due to series win vs Team A.

4. If 3 teams are tied with the overall record as well as the area / region record the same, the tie can't be broken. Example: All 6-3 overall and 3-3 in the area/ region while still tied.

If still tied, the fewest combined runs given up versus the involved teams in each of the three games series would get the highest bid. The remaining two teams would then go to head-to-head for the remaining bids.

Example: Team A gives up a total of 14 runs  
 Team B gives up a total of 17 runs  
 Team C gives up a total of 12 runs  
 Team C gets the bid for allowing the fewest runs.

VIII. State Tournament (All Classes)

A. General Information

1. State Tournament dates will be stated on the AISA State Calendar.
2. A maximum of thirty-six (36) teams will enter the Regional Round of state tournament play. This will include twelve (12) teams from each of the three classifications.
3. Schools are strongly advised that an obvious lack of crowd control will result in sanctions being placed on their school and/or athletic program.

B. First / Second / Third Round Play

1. The First / Second / Third Round Play will be the typical best 2 out of 3 play format. The first day's play will be a doubleheader and the If game will be the next day.
2. First / Second / Third Round Play dates will be stated on the AISA State Calendar.
3. The highest seeded team will host the best two out of three series.

C. Finals

1. The central site will be determined by AISA.
2. The highest seeded team will be the home team.
3. State Tournament Finances
  - a. The AISA state office will collect all monies and pay all bills.

IX. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.

X. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

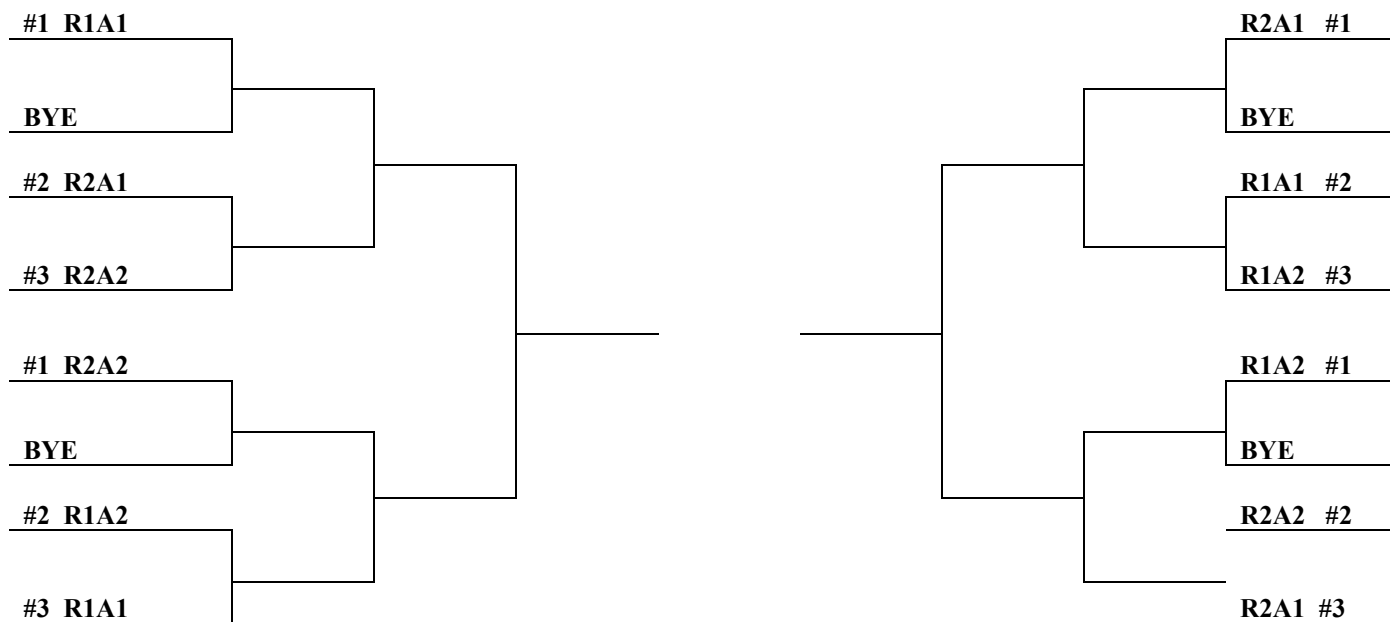
NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED

TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

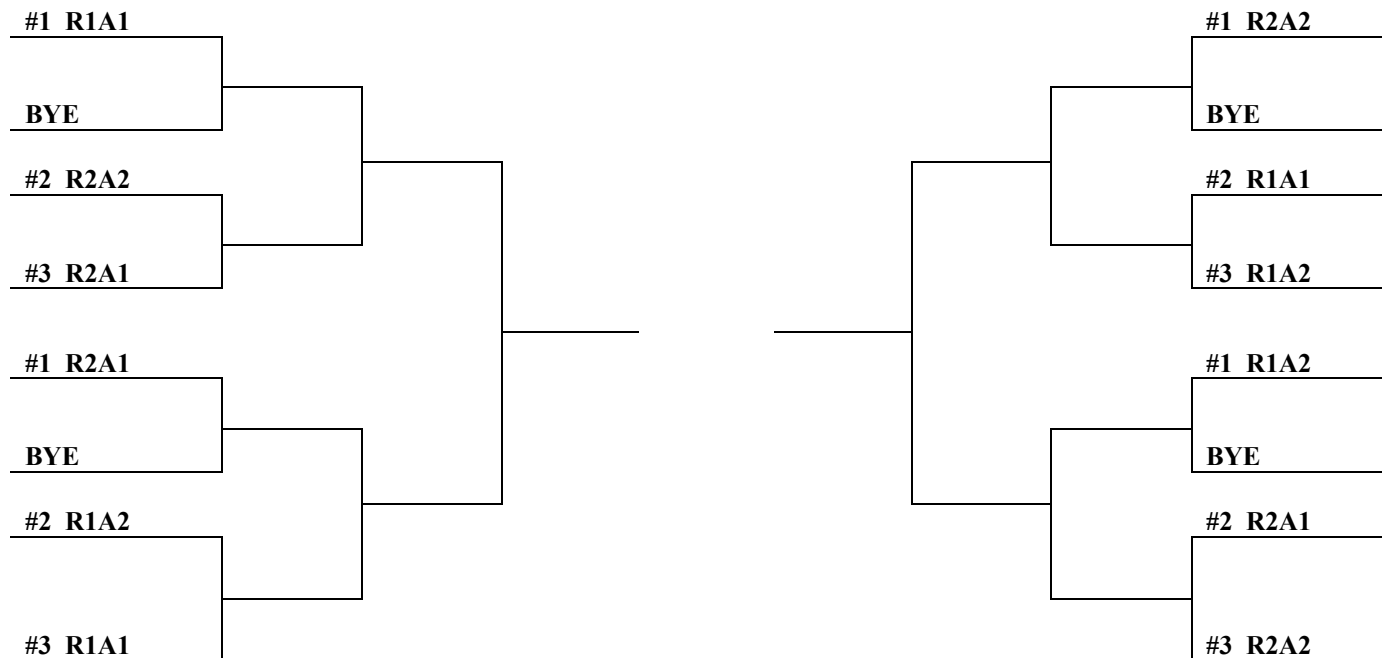


### Baseball Tournament Pairings – 2025 Bracket Class A-AA



Highest seeded team will host the best 2 of 3 series. The first days play will be a doubleheader, and the If game will be the next day. HIGHEST SEEDED TEAM WILL BE HOME TEAMS THE FIRST GAME AND “IF” GAME WITH THE VISITING TEAM BEING HOME THE SECOND GAME. If a tie exists, Region 1 will be the home team even years, and Region 2 will be the home team odd years.

### Baseball Tournament Pairings – 2026 Bracket Class A-AA



## AISA GIRLS SOFTBALL PROGRAM

### I. General Information

- A. The AISA will play the game according to the rules set forth by the National Federation of State High School Associations.
- B. The AISA will distribute rule books to participating schools.
- C. It is mandatory that each school have one salaried employee attend a softball rules clinic. Schools failing to attend a rules clinic will be fined \$250.00. Documentation of attendance must be received by the AISA office no later than the opening date.
- D. Schools must secure their own game officials.
- E. Organized softball practice will not start prior to the twentieth (20th) weekday preceding the day opening regular season play. The starting date will be listed on the AISA State Calendar of Events.
- F. No artificial noisemakers can be used during the course of the game.
- G. Each host school will designate an individual to meet game officials and provide them with the courtesies stipulated by the AISA.
- H. Protests are not be permitted in AISA interscholastic play.
- I. The following requirements are considered essential to effective crowd control by the AISA:
  - 1. Adequate security personnel must be available and on site to maintain order and protect game officials, participants, and professionals.
  - 2. All schools must have an on-going sportsmanship education program for their players, students, and fans.
  - 3. Host schools must have a prepared sportsmanship statement read over the PA system and/or posted in a conspicuous locale at the field.
  - 4. The AISA recommends that both teams go to their respective team area (dugouts) immediately at the end of the contest.
  - 5. The ASIA strongly recommends that each school adopt the policy of disallowing fans on the playing field at any time.
  - 6. Game management must make sure that no slanderous and/or derogatory signs, posters, slogans, and/or pictures are displayed.
  - 7. **THE AISA WILL NOT TOLERATE AND/OR CONDONE DEMONSTRATIONS OF POOR PROFESSIONALISM OR**

**SPORTSMANSHIP, ESPECIALLY DISPLAYS WHICH LEAD TO ALTERCATIONS AND/OR FORFEITURE. THE AISA ATHLETIC COMMITTEE AND THE AISA STATE BOARD WILL TAKE A VERY FIRM AND RIGID STAND IN MATTERS OF THIS CONCERN AND WILL LEVY HARSH SANCTIONS ON THOSE INVOLVED.**

Any person guilty of unsportsmanlike involvement with the players, coaches, officials, and/or other fans before, during, or after any AISA interscholastic event may be fined \$500 and the school(s) represented by the involved may be placed on a minimum of one (1) year probation.

- J. The AISA adopts the Softball 12 Run Rule after 3 innings/10 after 4 innings, 8 after 5 innings for all games. On deck batters for baseball and/or softball have the option to use either on deck area. Junior High contests are included in these policies. It is recommended base coaches wear protective helmets. International tiebreaker must be used after 7 innings.

II. Classifications

Member schools are divided into the following two (2) classes: AA and A. Enrollment of all students in grades 9-12 in each school during the 2024-2025 school year provided the basis for the 2026 classification.

III. Regions

Member schools have been assigned to an in-class region. The assignments are as follows:

**SOFTBALL RECLASSIFICATION**

**Class A**

**Region 1, Area 1**

Abbeville Christian Academy  
Crenshaw Christian Academy  
Macon East Academy  
The Lakeside School

**Class A**

**Region 1, Area2**

Edgewood Academy  
Hooper Academy  
The Oaks School  
Trinity Christian Academy

**Class A**

**Region 2, Area 1**

Coosa Valley Academy  
Cornerstone Christian School  
Heritage Christian Academy  
Hope Christian Academy  
North River Christian Academy

**Class A**

**Region 2, Area 2**

Escambia Academy  
Patrician Academy  
South Choctaw Academy  
Sparta Academy  
Wilcox Academy

**Class AA****Region 1, Area 1**

Chambers Academy  
 Southern Prep Academy  
 Springwood School  
 Success Unlimited Academy

**Class AA****Region 1, Area 2**

Evangel Christian Academy  
 Fort Dale Academy  
 Lowndes Academy  
 Valiant Cross Academy

**Class AA****Region 2, Area 1**

Banks Academy  
 Bessemer Academy  
 Morgan Academy  
 Restoration Academy  
 Southern Academy

**Class AA****Region 2, Area 2**

Clarke Prep School  
 Jackson Academy  
 Monroe Academy  
 Snook Christian Academy

**IV. Scheduling (All Classes, Area 1A and 2A)**

- A. Member schools are required to play their assigned area/region schools the best 2/3 format with the first date being a single game with the second date a doubleheader. These games must be designated on both schedules. Note: Assignments are located in this section of the handbook (all 3 games are counted and must be played). Inclement weather games must be played the following day (single game always first).

NOTE: Penalty - Team refusing to play their in-class area/region school will forfeit all post season play opportunities. Schools are required to play all in-class games to qualify for the playoffs.

- B. Schools may schedule as many regular season games as they desire; the AISA recommends that schools not travel more than one (1) time per week on a day or night preceding a school day.

**NOTE!** The AISA strongly recommends that regular season baseball or softball games scheduled for day time play may not start after 6:30 p.m. on a day preceding a school day.

- C. There is no limit on the number of tournaments AISA member schools may participate in, of which only one (1) of these may have play scheduled on a school day or night (Monday-Thursday).
- D. AISA member schools may schedule no more than one (1) pre-season practice game. This game must be sanctioned by the AISA and will be limited to a maximum of seven (7) innings of play.

**V. Invitational Tournaments (All Classes)**

All tournaments must be sanctioned in writing by the AISA State Office.

**VI. State Playoff Seedings/Rankings**

- A. Determining Area/Region Rankings: The first determining factor will be the won – lost percentage of each team in series play within the area. (The teams that won the most series within area play, will be ranked #1 – x#.) (Head to Head Series Winner)

1. For Example,

Team A wins series 2-1 vs Team B  
 Team B wins series 3-0 vs team C  
 Team A wins series 2-1 vs Team C  
 Team A(4-2) ranked #1 because they are 2-0 in series wins (+ they won series vs Team B)  
 Team B(4-2) ranked #2 because they are 1-1 in series wins  
 Team C(1-5) ranked #3 because they are 0-2 in series wins.

- B. The second determining factor to determine area rankings; will be the total number of wins within Area Play. Therefore ALL 3 games must be played. (Note: Teams refusing to play the 3rd game will be assigned a forfeit in that game and face possible post season elimination)

1. If a winner cannot be determined through series wins; then all 3 games within the area will be counted to determine the area winner. Overall win-lost percentage will determine the #1 team, then go to Head to head series. If 3 teams still tied, repeat to get #2 ranked team, then go to head to head series winner for remaining 2 teams. **If 2 teams are tied on overall record, then the series winner(head to head) will have the higher ranking.**

2. **For Example: 4 team area:**

Team A wins series vs C and D - 2-1 & 2-1 - (2-0 series) (4-2 overall)  
 Team B wins series vs C and D - 3-0 & 3-0 - (2-0 series) (6-0 overall)  
 Team A wins series vs Team B - 2-1 -  
 Team A (6-3) But won all 3 series (3-0 in series)  
 Team B (7-2) (2-1 in series play)  
 Team A ranked higher. (+ Head to head series win vs B)

3. **For Example – 3 teams tied in 2 out of 3 series wins**

Team A wins series vs Team B - 2-1  
 Team B wins series vs Team C - 3-0  
 Team C wins series vs Team A - 2-1  
 All 3 teams sweep Team D - 3-0  
 TEAMS A,B,C are all 2-1 in series area play.  
 TEAM A - 6-3 overall  
 TEAM B - 7-2 overall  
 TEAM C - 5-4 Overall  
 TEAM B ranked #1, then go to Series winner between Team A and Team C  
 TEAM C ranked #2 due to series win vs Team A.

4. If 3 teams are tied with the overall record as well as the area / region record the same, the tie can't be broken. Example: All 6-3 overall and 3-3 in the area/ region while still tied.

If still tied, the fewest combined runs given up versus the involved teams in each of the three games series would get the highest bid. The remaining two teams would then go to head-to-head for the remaining bids.

Example:      Team A gives up a total of 14 runs  
                     Team B gives up a total of 17 runs  
                     Team C gives up a total of 12 runs  
                     Team C gets the bid for allowing the fewest runs.

## VII. State Tournament (All Classes)

### A. General Information

1. State Tournament dates will be stated on the AISA State Calendar.
2. Four teams from each of the two (2) regions in each of the three (2) classifications will advance to the State Softball Tournament for a total of sixteen (16) teams. The State Tournament will be played at a central site. (Lagoon Park - Montgomery, AL)
3. The State Tournaments for fast pitch softball will be double elimination with no consolation brackets.
4. Schools are strongly advised that an obvious lack of crowd control will result in sanctions being placed on their school and/or athletic program.
5. State Pairings (See VI, State Playoff Seedings/Rankings)

Region 1 #1 will play Region 2 #4  
 Region 1 #2 will play Region 2 #3  
 Region 1 #3 will play Region 2 #2  
 Region 1 #4 will play Region 2 #1

The following seed criteria will determine rankings:

- a. The highest seeded team will be the home team through the semi-finals. The undefeated team will be home team the first game of championship and a coin toss will determine home team for the if game.
- b. State Tournament Finances

The AISA will collect all monies and pay all bills.

VIII. Schools will be fined \$500 for a no show (non-excused) all-star. The AISA office should be notified within five days of event if an all-star will not participate.

IX. **Conduct Rule:** Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

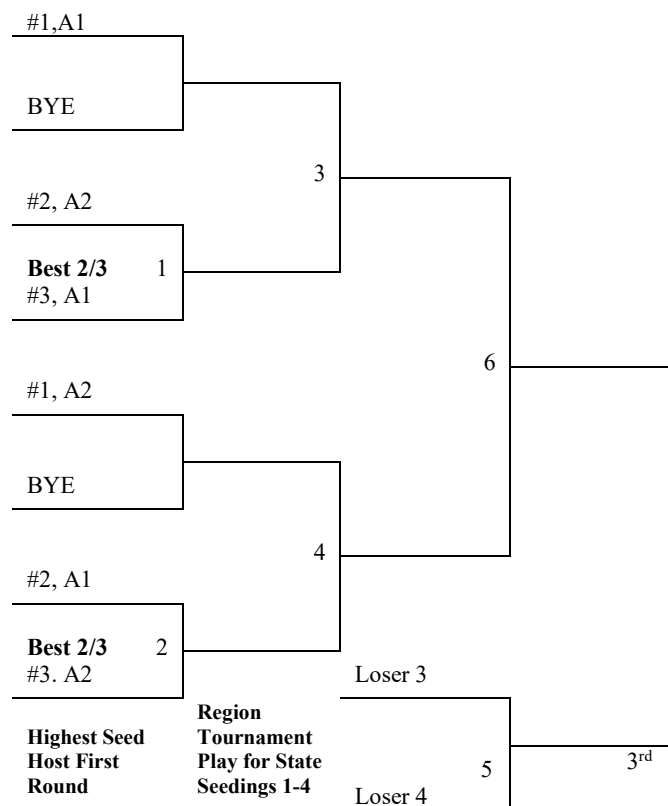
Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

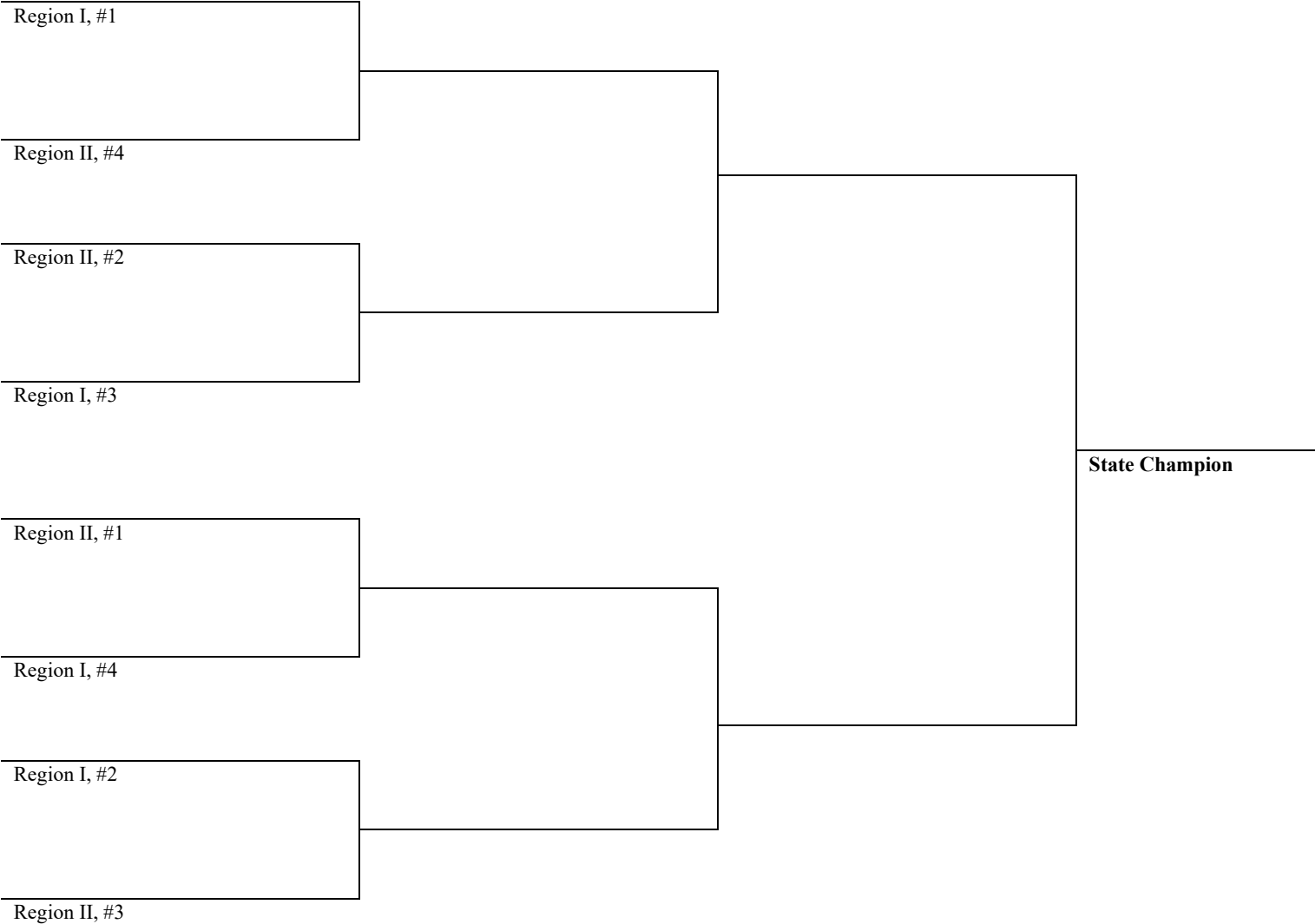
**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

## Bracket Pairings Softball A and AA Bracket





**Bracket Pairings State Softball**  
**A-AA Bracket**



## AISA SOCCER PROGRAM

### I. General Information

- A. AISA offers a male division and/or female division.
- B. The AISA will play the matches according to the National Federation of State High School Associations.
- C. The AISA will distribute rule books to participating schools.
- D. The individual schools will be responsible for coordinating their own certified officials. Schools should schedule three (3) officials for soccer games.
- E. All AISA student athletes must meet stated AISA eligibility requirements.
- F. Organized soccer practice may begin on the starting date listed on the AISA Calendar of Events.
- G. Schools must secure their own schedules at this time, playing a home and home schedule with each participating region opponent. Teams refusing to play their region schools will forfeit all post season play opportunities.
- H. Please refer to page 9, XIX for policies referring to off season practice /tryouts.
- I. Each school host will designate school representative to meet officials before and after match.
- J. All fields must have correct markings according the National Federation of State High School Associations. Field and goal size must agree with NFHS rules, field: length-100-120 yards/width – 55-80 yards. Goals: height- 8 feet/width-8 yard.
- K. Effective Crowd Control:
  - 1. Adequate security personnel.
  - 2. Schools must have an ongoing sportsmanship education program for their players, students, and fans.
  - 3. Host schools must have a sportsmanship statement posted in a conspicuous locale at the field.
  - 4. AISA recommends that both teams go to their respective team area at the end of the contest.
  - 5. AISA strongly recommends that each school adopt the policy of disallowing fans on the playing field at any time.
  - 6. Game management must make sure that no slanderous and/or derogatory signs, posters, slogans and/or pictures are displayed.

7. **THE AISA WILL NOT TOLERATE AND/OR CONDONE DEMONSTRATIONS OF POOR PROFESSIONALISM OR SPORTSMANSHIP, ESPECIALLY DISPLAYS WHICH LEAD TO ALTERCATIONS AND/OR FORFEITURE. THE AISA ATHLETIC COMMITTEE AND THE AISA STATE BOARD WILL TAKE A VERY FIRM AND RIGID STAND IN MATTERS OF THIS CONCERN AND WILL LEVY HARSH SANCTIONS ON THOSE INVOLVED.**

Any person guilty of unsportsmanlike involvement with the players, coaches, officials, and/or other fans before, during, or after any AISA interscholastic event may be fined \$500 and the school(s) represented by the involved may be placed on a minimum of one (1) year probation.

- L. Classifications—AISA will not classify member schools for soccer at this time.
- M. Ejection and Conduct Rule: AISA will follow the National Federation of State High School Associations for ejections in soccer and then will follow the AISA conduct rule found on page 6 (VII) of the Athletic Handbook.
- N. Tournament—a State Soccer Tournament will be held at a sight to be determined.  
  
Tournament Coordinator will be responsible for submitting all requested information to the AISA.
- O. FIFA approved soccer ball (size 5) must be used for all matches (Wilson).
- P. Each roster given to the official / coach must include the players number, full name and grade level.
- Q. Soccer Region:  
  
Fort Dale Academy  
Southern Preparatory Academy – boys only  
Springwood School  
Trinity Christian School
- R. Team Standings during the regular season—There will be one (1) Region. Only Region play will affect the standings. There will be a points system in AISA Soccer: 3 points for win, 0 points for loss and 1 point for tie. There will be five goal maximum differential carried. No overtime or shoot-outs during regular season play.
- S. Play-offs and State Championships (Girls and Boys) —Tie-breakers when ranking teams for State Tournament play: Best record in Region Head-to-head competition
- T. Differential in Region play: 1. Head-to-head goal differential. 2. Goals Against in Region play subtracted from Goals for in region play (max 5 goals) 3. Goals

against in region play (max 5 per game). 4. Goals for in region play (max 5 per game). 5. Coin flip.

- U. Play offs: During the playoffs there will be an overtime period of 10 minutes of full time straight through, no breaks followed by our approved shoot-out protocol. All playoff games will be played to a final win or loss. Teams may choose any five (5) to take penalty kicks. Only the players on the field may be chosen for the penalty kicks. Flip of coin will determine which team shoots first. Teams will alternate shooting. Best percentage of five (5) wins. If still tied, a new set of five (5) shooters must be chosen. They can be anyone on the roster. In this second round of shoot-outs, teams will continue to alternate shooting until one (1) team scores and one (1) team misses. Equal number of shots must be attempted. If still tied, another five (5) shooters can be chosen from the entire squad. You can have repeat shooters until one (1) scores and one (1) misses.
- V. Concerning inclement weather and completion of soccer game, please refer to page 36, Rule 7, Article 3 in the NFHS Rule Book.

II. Conduct Rule: Coaches and players that are ejected from contests in all sports will receive the following penalties for unsportsmanlike behavior / conduct reasons:

Players:

- (a) First Ejection – a warning or reprimand and \$250 fine.
- (b) Second Ejection – a suspension for two games (all sports) and \$500 fine.
- (c) Third Ejection – a suspension for the remainder of the season and \$1000 fine.
- (d) Ejections are cumulative from sport to sport and sports season to sports season but not from one academic year to the other.

Coaches:

- (a) First Ejection – a warning or reprimand plus a \$250.00 fine.
- (b) Second Ejection – a suspension for one game plus a \$500.00 fine.
- (c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
- (d) With the exception of baseball/softball coaches: A coach would be confined to the dugout for the next game following his/her first ejection. Subsequent ejection policies, A-C, will follow further ejections.

NOTE: THIS CONDUCT RULE POLICY IS TO BE GIVEN TO ALL BASEBALL AND SOFTBALL UMPIRE COORDINATORS AND GAME UMPIRES BY THE SCHOOL PRIOR TO THE START OF THE GAME. UMPIRES EJECTING PLAYERS OR COACHES SHOULD NOTIFY THE AISA OFFICE IN WRITING WITHIN TWO BUSINESS DAYS. UMPIRES FAILING TO FOLLOW THE AISA CONDUCT RULE FOR PLAYERS AND COACHES WILL NOT BE ALLOWED TO UMPIRE AISA BASEBALL OR SOFTBALL.

**Note:** It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a \$100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will be fined \$250.00.

## **AISA RISK MANAGEMENT PROGRAM FOR LOCAL LEVEL SPORTS**

Each member school is encouraged to develop and implement a risk management program for its sports program. The Athletic Director in conjunction with the school administrator, doctors, athletic trainers, and coaching staff must develop this program with primary emphasis on: 1) reducing the chance of injury to the athlete; 2) Proper care and treatment of the injured athlete; 2) Proper care and treatment of the injured athlete; 3) Reducing the chance of legal action against the program.

Concern for the well being of each individual must be the top priority of this program.

Program policy and procedure statements must be written covering (but not limited to) the following critical areas:

### **I. Participation Requirements for the Student-Athlete:**

#### **A. The following information must be current and on file for each participant:**

1. Medical history data
2. Annual medical physical examination
3. Injury record and treatment
4. Off-season conditioning program participation data
5. Physical performance record on required test
6. Parent's permit to participate
7. Parent's Consent to Treat Form
8. Insurance coverage

### **II. Parent/Student-Athlete Awareness**

#### **A. Scheduled joint meeting of parents and athletes prior to the start of each sport season.**

1. Inform parents and students about the following:
  - a. The possibility of injury (even the catastrophic injury) while participating - Be specific;
  - b. Equipment care, use, and limitations;
  - c. Conditioning requirements;
  - d. Diet and health habits;
  - e. Fundamentals and techniques to be taught;
  - f. Injury treatment and rehabilitation;
  - g. Insurance coverage;
  - h. Specific rules of the sport;
  - i. Individual accountability of the athlete;
  - j. Signed statement of understanding and permission to participate by parents.

### **III. Equipment, Apparatus, and Facility Safety Checks:**

#### **A. Regularly scheduled safety checks on all:**

1. Athletic facilities;

- 2. Athletic apparatus;
- 3. Athletic equipment;
- 4. Player protective equipment

B. Keep accurate records of these safety checks.

#### IV. Player Equipment:

- A. Purchase quality products.
- B. Proper fitting of all equipment
- C. Player orientation on care, use, limitations, and personal checks of all equipment issued.
- D. Procedure to follow when equipment problems are noted
- E. Re-certify all protective equipment annually.

#### V. Climate and Atmospheric Conditions:

- A. Heat and humidity effects on players
- B. Preventive measures pertaining to heat problems

#### VI. Conditioning Programs Off-season/In-season

- A. Participation requirements
- B. Performance records maintained
- C. Program objectives - flexibility, strength, and agility

#### VII. Handling the Injury

- A. Immediate procedures
- B. Available professionals - Trainer - Doctor
- C. Emergency/professional care contacts
- D. Record all data available if catastrophic
- E. Treatment and rehab
- F. Media releases

#### VIII. Insurance Program

- A. All athletes must be covered by basic and catastrophic insurance.

#### IX. Staff Development

- A. Total program review and update
- B. Specific duties and responsibilities
- C. Rules review and update - clinic attendance
- D. Keep administrator informed
- E. Keep accurate minutes and/or record meetings.
- F. Volunteer coaches' attendance required

#### X. Supervision Requirements

- A. Coach must be on site in a supervisory capacity at all times when athletic equipment, facilities, and/or apparatus are in use.
- B. The AISA strongly recommends that a certified CPR person be on site for all practice sessions, games, and conditioning drills.

Factually stated - Any school which develops and implements a RMP will be on top of their game.

## PEE WEE FOOTBALL

The following are required guidelines for pee wee football. School athletic directors and coaches need to meet prior to the season to establish rules and procedures.

1. An AISA student is eligible for pee wee football if his 13th birthday falls on or after August 1 of the concerned year and is enrolled in the 3<sup>rd</sup>, 4<sup>th</sup>, 5th or 6th grade. Note: student must have been promoted to next grade level to be eligible for participation (regardless for the reason repeating).
2. All players weighing 115 pounds or more must be identified by taping a star or some other identifying mark on their helmet. No marked player may advance the ball under any circumstance. All identified must be weighed before the game.

Weight Limits - All players weighing over 115 lbs. must be identified by taping a star or some other identifying mark on their helmet. No player weighing 115 lbs. or over may advance the ball under any circumstance. Players must be marked. All identified must be weighed before the game.

Weight limits should be monitored and adhered to. It is required that the home team provide a set of scales. All identified must be weighed before the game.

3. Coaches are not allowed on the field during interscholastic pee wee competition.
4. Participation: All players dressed out for the game must play.
5. Quarters will be 8 minutes in length and National Federation timing rules will govern play. Ten-minute halftime. May have a fifth quarter with 8 minute running clock.
6. Kicking Game: No kickoffs are allowed; the ball will be placed on the 40-yard line to start play. Punting - Pee wee teams may punt with no rush or may accept a 30-yard advance of the ball. Option must be made prior to the contest starting.
7. Pee wee practice regulations:
  - a. No practice is allowed until school starts.
  - b. First two practices must be in shorts/helmets only, with four (4) hours per week allowed prior to first game.



- c. No more than 90 minutes will involve full contact. Please refer to varsity contact policy for defining full-speed contact.
  - d. Teams may not practice more than 4 hours per week once the season begins. Season is defined as when games begin.
- 8. Pre-Game warm-ups are completed by the end of the preceding game on a field (varsity practice or baseball) provided by the home team.
  - 9. Starting times are as follows: 6:00 for Pee Wee and 7:00 for Junior High. Other starting times may be agreed upon by the 2 schools. For example, Pee Wee at 5:30 and Junior High at 7:00.

Note: Violations will be considered for fines/disciplinary actions by the Athletic Committee.

## **AISA ATHLETIC POLICIES AND PROCEDURES INTERPRETATION RELATING TO THE AISA EXECUTIVE DIRECTOR**

The AISA Executive Director has the authority to act on any case that needs immediate action subject to appeal. Action taken may include official rulings, investigation of violation or athletic policy, and/or sanctions for violations/infractions of athletic rules. To receive an official ruling on any case, the school administrator must request a ruling in writing to the AISA office. A verbal opinion or statement by the AISA office is not an official ruling. The AISA Executive Director may take action in a case without receiving a formal complaint.

### **ATHLETIC ELIGIBILITY Interpretation/Clarification**

During the school year only bona fide student-athletes may participate in that school's interscholastic events. The student must be enrolled at the school and attending classes at that school and meet all AISA eligibility requirements.

Interscholastic athletic events include, but are not limited to, regular season/playoff games, spring games, tournaments, and scrimmages/jamborees. Interscholastic events are activities/competitions held "between or among schools."

The AISA insurance programs only cover AISA students who are enrolled and attending classes at an AISA school during AISA sponsored and supervised activities. Students who are not enrolled and attending classes at the AISA member school are not covered for any reason and at anytime! (I.e. any tryouts/practices, volleyball tryouts, cheerleader tryouts, spring football practice, fall baseball tryouts/practice, etc.).

#### **NOTES:**

If a student-athlete registers/enrolls in an AISA school during the summer prior to the opening of the school year, the student is covered by the AISA insurance program.

No student attending classes at one AISA member or non-member school should be allowed to participate in another school's interscholastic events/activities or school practices/tryouts.

AISA does not determine eligibility criteria for cheerleading squads at member schools. The only eligibility requirement for cheerleaders is that an AISA All Star cheerleader must be a senior and a candidate for graduation. Schools determine their own criteria for try-outs and team selections. Students (from another AISA member school or non-member school) that try out for cheerleading in the spring and participate in practices in the spring should be covered under the school's insurance coverage. The AISA insurance only covers AISA students.



**STUDENT/ATHLETE****Medical Release Form****Alabama Independent School Association**

Federal guidelines under HIPAA now requires a signed release form to be on file before any medical or financial information can be given on the named patient.

**Student/Athlete:** \_\_\_\_\_

Permission to discuss the medical condition of above named patient with the following people is granted for all school related health problems:

- 1). Athletic Director; 2). Coaches; 3). Trainers; 4). School Administration;
- 5). Insurance agent

**Signed:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**School:** \_\_\_\_\_

The medical condition of the above named patient is not to be discussed with any person other than the patient and parents or guardians.

**Signed:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Signed:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

## ALABAMA INDEPENDENT SCHOOL ASSOCIATION MEDICAL HISTORY FORM

(Please Print)

DATE        /        /

FULL NAME OF STUDENT \_\_\_\_\_ BIRTHDATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
 First Middle Last

|     |     |       |       |       |       |
|-----|-----|-------|-------|-------|-------|
| AGE | SEX | RACE: | BLACK | WHITE | OTHER |
|-----|-----|-------|-------|-------|-------|

ADDRESS \_\_\_\_\_ PHONE (     ) \_\_\_\_\_  
 Street City State Zip

[illegible]

HISTORY (COMPLETED AND SIGNED TO THE BEST OF THEIR KNOWLEDGE BY PARENT/GUARDIAN AND STUDENT PRIOR TO PHYSICAL EXAMINATION. WITHHOLDING OR FALSIFYING INFORMATION COULD LEAD TO SERIOUS MEDICAL COMPLICATIONS.)

- | HAS THE STUDENT EVER: |  | CHECK ONE      | IF YES, EXPLAIN |
|-----------------------|--|----------------|-----------------|
| 1.                    | a. been knocked out?   | Yes ( ) No ( ) |                 |
|                       | b. had a concussion?   | Yes ( ) No ( ) |                 |
|                       | c. stayed overnight in a hospital?   | Yes ( ) No ( ) |                 |
|                       | d. had an operation?   | Yes ( ) No ( ) |                 |
|                       | e. had heat exhaustion or heat stroke?   | Yes ( ) No ( ) |                 |
|                       | f. had a head or neck injury?  | Yes ( ) No ( ) |                 |
|                       | g. had a back or spinal injury?  | Yes ( ) No ( ) |                 |
|                       | h. had a heart murmur?   | Yes ( ) No ( ) |                 |
|                       | i. had high blood pressure?  | Yes ( ) No ( ) |                 |
|                       | j. had a heart problem?  | Yes ( ) No ( ) |                 |
|                       | k. fainted while doing exercise?   | Yes ( ) No ( ) |                 |
| 2.                    | DOES THE STUDENT:  |                |                 |
|                       | a. take medicine every day?  | Yes ( ) No ( ) |                 |
|                       | b. wear glasses or contact lenses?   | Yes ( ) No ( ) |                 |
|                       | c. wear dental appliances?   | Yes ( ) No ( ) |                 |
|                       | d. wear hearing aids?  | Yes ( ) No ( ) |                 |
|                       | e. have any allergies?   | Yes ( ) No ( ) |                 |
|                       | f. have any chronic illnesses (i.e. diabetes, asthma, seizures)?   | Yes ( ) No ( ) |                 |
|                       | g. have any body parts missing (i.e. kidney, finger)?  | Yes ( ) No ( ) |                 |
| 3.                    | HAS THE STUDENT'S MOTHER, FATHER, BROTHER OR SISTERS EVER HAD ANY HEART PROBLEMS BEFORE 50 YEARS OF AGE? | Yes ( ) No ( ) |                 |
| 4.                    | HAS ANY PHYSICIAN LIMITED THE STUDENT'S ATHLETIC PARTICIPATION?  | Yes ( ) No ( ) |                 |
| 5.                    | HAS THE STUDENT EVER BROKEN A BONE OR HAD A CAST ON THE:   |                |                 |
|                       | a. hand?   | Yes ( ) No ( ) |                 |
|                       | b. wrist?  | Yes ( ) No ( ) |                 |
|                       | c. arm?  | Yes ( ) No ( ) |                 |
|                       | d. foot?   | Yes ( ) No ( ) |                 |
|                       | e. ankle?  | Yes ( ) No ( ) |                 |
|                       | f. leg?  | Yes ( ) No ( ) |                 |
|                       | g. other?  | Yes ( ) No ( ) |                 |
| 6.                    | IN THE PAST YEAR HAS THE STUDENT BROKEN A BONE WHILE PLAYING SPORTS?                                     | Yes ( ) No ( ) |                 |
- Activity

The examination performed for this participation is limited and designed to identify common conditions or infirmities that would limit or prevent a student from participating in athletic activities. This examination is NOT intended to be comprehensive and may not detect some types of latent or hidden medical conditions. All athletes should receive periodic comprehensive medical examinations and prompt treatment for illnesses/injuries.

This is to certify that I have read and understand the above information and hereby give permission and consent to emergency and/or medical treatment for my son ( ), daughter ( ), ward ( ) and that the responses to the preceding questions are correct.

SIGNED: \_\_\_\_\_  
PARENT ( ) OR GUARDIAN ( )

DATE \_\_\_\_\_

# ALABAMA INDEPENDENT SCHOOL ASSOCIATION PHYSICAL EXAMINATION FORM

(Completed by Physician)

HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_ BLOOD PRESSURE \_\_\_\_\_ PULSE \_\_\_\_\_  
(SYSTOLIC/DIASTOLIC) (BEATS/MIN)

VISION: RIGHT 20/ \_\_\_\_\_ LEFT 20/ \_\_\_\_\_ CORRECTED \_\_\_\_\_ UNCORRECTED \_\_\_\_\_

DATE OF LAST MENSTRUAL PERIOD \_\_\_\_\_

|                           | CHECK ONE               | IF ABNORMAL, EXPLAIN |
|---------------------------|-------------------------|----------------------|
| 1. Skin                   | Normal ( ) Abnormal ( ) | _____                |
| 2. Head & Neck            | Normal ( ) Abnormal ( ) | _____                |
| 3. Eyes                   | Normal ( ) Abnormal ( ) | _____                |
| 4. Ears, Nose, & Throat   | Normal ( ) Abnormal ( ) | _____                |
| 5. Teeth & Mouth          | Normal ( ) Abnormal ( ) | _____                |
| 6. Lungs & Chest          | Normal ( ) Abnormal ( ) | _____                |
| 7. Cardiovascular         | Normal ( ) Abnormal ( ) | _____                |
| 8. Abdomen & Lymphatics   | Normal ( ) Abnormal ( ) | _____                |
| 9. Genitalia/Hernia       | Normal ( ) Abnormal ( ) | _____                |
| 10. Orthopedic Screening: |                         |                      |
| a. upper extremities      | Normal ( ) Abnormal ( ) | _____                |
| b. lower extremities      | Normal ( ) Abnormal ( ) | _____                |
| c. spine & back           | Normal ( ) Abnormal ( ) | _____                |
| 11. Neurological          | Normal ( ) Abnormal ( ) | _____                |

ADDITIONAL COMMENTS:

No pupil shall be eligible to represent their school in interscholastic athletics unless there is on file in the Headmaster's office a physician's statement for the current year certifying that the pupil has passed and adequate physical examination, and that in the opinion of the examining physician he/she is fully able to participate in high school athletics.

This is to certify that on this \_\_\_\_\_ day of \_\_\_\_\_, 20 \_\_\_\_\_, I performed the above limited examination on \_\_\_\_\_ of the \_\_\_\_\_ School/Academy and based upon an evaluation of the medical history provided and upon my limited examination, I am of the opinion that he/she IS \_\_\_\_\_ IS NOT \_\_\_\_\_ physically able to participate in ALL \_\_\_\_\_ \*LIMITED \_\_\_\_\_ athletic events of the school.

\_\_\_\_\_  
PHYSICIAN (M.D. or D.O.)

\*EXPLAIN LLIMITATIONS/EXCLUSION

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### AISA CONTRACT FOR ATHLETIC CONTESTS

SPORT FB BK TN bb SB TR VB Other \_\_\_\_\_ DATE MAILED \_\_\_\_/\_\_\_\_/\_\_\_\_  
☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

OUR SCHOOLS HEREBY ENTER INTO A CONTEST FOR (ONE) (TWO) \_\_\_\_\_

GAMES TO BE PLAYED. ONE CONTEST AT \_\_\_\_\_, AL

ON \_\_\_\_\_ 20\_\_\_\_ TIME \_\_\_\_\_

AND ONE CONTEST AT \_\_\_\_\_, AL

ON \_\_\_\_\_ 20\_\_\_\_ TIME \_\_\_\_\_

Please check one: Varsity ☐

Jr. High (7-9) ☐

1. The rules and regulations of the AISA are part of this contract.
2. The school failing to carry out the provisions of this contract shall pay the other a forfeit fee of not less than \$\_\_\_\_\_, unless the contract is altered or cancelled by mutual agreement of the contracting schools, signed by both headmasters and athletic directors.
3. Only officials registered with the AISA or AHSAA may be used. The home school will pay the cost of the officials.
4. Details concerning proceeds from the contest will be worked out between the contracting schools.
5. Minimum game guarantee will be \$\_\_\_\_\_.
6. Other items on the contract will be described in the following space: \_\_\_\_\_

\_\_\_\_\_  
HEADMASTER

\_\_\_\_\_  
HEADMASTER

\_\_\_\_\_  
ATHLETIC DIRECTOR

\_\_\_\_\_  
ATHLETIC DIRECTOR

\_\_\_\_\_  
SCHOOL

\_\_\_\_\_  
SCHOOL

\_\_\_\_\_  
DATE

\_\_\_\_\_  
DATE

The 1<sup>st</sup> home team originates this contract in two copies. Send both copies to visiting team for signatures. One copy for home team, one copy for visiting team, send one copy back to the team who originated the contract.





## AISA SPORTS ELIGIBILITY

**School:**

## Headmaster:

**Ath Dir:**

[illegible]

## AISA SANCTION REQUEST FORM

Date \_\_\_\_\_

To: Athletic Director, AISA

From: \_\_\_\_\_  
(Athletic Director - School)

Request for sanction a

(\_\_\_\_\_ tournament on \_\_\_\_\_).

(\_\_\_\_\_ jamboree on \_\_\_\_\_).

(\_\_\_\_\_ scrimmage on \_\_\_\_\_).

(\_\_\_\_\_ camp(s) \* on \_\_\_\_\_).

(\_\_\_\_\_ game on \_\_\_\_\_).

The following teams are approved for participation:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This sanction request is with the understanding that the above competition will be administered in accordance with the rules as stated in the AISA Athletic Handbook.

\_\_\_\_\_  
Signature - Athletic Director

## AISA ALL-STAR FOOTBALL Nomination Form

School:  Class:  Region

East (Region I)  West (Region II)

1. Name  Jersey#:

Height:  Weight:  Offensive:  Defensive:

Special Honors and/or  
Accomplishments:

2. Name  Jersey#:

Height:  Weight:  Offensive:  Defensive:

Special Honors and/or  
Accomplishments:

Coaches, nominate only senior boys who are All-Star quality players. If you have more than two players that you wish to nominate, you may do so, but the two listed on this form should be your first and second choice.

Teams:

1. The East Team will be composed of players from each class in Region I.
1. The West Team will be composed of players from each class in Region II.

**The Above Named Players Meet All Eligibility Requirements.**

Headmaster:  Date:

Athletic Director:  Date:

## AISA ALL-STAR VOLLEYBALL NOMINATION FORM

SCHOOL:  CLASS:

COACH:

1.Name:  Jersey #:

Height:  Position:

Shirt Size:      Small  Medium  Large  XL  XXL   
(Mark with an "x" the shirt size.)

Special Honors and/or Accomplishments:

2.Name:  Jersey #:

Height:  Position:

Shirt Size:      Small  Medium  Large  XL  XXL   
(Mark with an "x" the shirt size.)

Special Honors and/or Accomplishments:

Coaches, nominate only seniors who are All-Star quality players. If you have more than two (2) players that you wish to nominate, you may do so, but the two listed on this form should be your first and second choice.

The above named player(s) meet all AISA eligibility criteria.

Headmaster  Date

Athletic Director  Date

**AISA ALL-STAR BASKETBALL  
NOMINATION FORM**

Please Mark:

Male:

☐

Female:

☐

School:

Class:

Region:

Coach:

1. Name:

Height:

Position:

Avg. Pts/Game:

Jersey #:

Special Honors and / or accomplishments:

2. Name:

Height:

Position:

Avg. Pts/Game:

Jersey #:

Special Honors and / or accomplishments:

Coaches, nominate only seniors who are All-Star quality players. If you have more than two (players) that you wish to nominate, you may do so, but the two listed on the above form should be your first and second choice.

The above named player(s) meet all AISA eligibility criteria.

Headmaster:

Athletic Director:

## ALABAMA NOTIFIABLE DISEASES/CONDITIONS

### GROUP A DISEASES/CONDITIONS-REPORT TO THE COUNTY (OR STATE) HEALTH DEPARTMENT BY TELEPHONE, FAX, OR IN PERSON WITHIN 24 HOURS OF DIAGNOSIS.

|                                      |                          |
|--------------------------------------|--------------------------|
| Anthrax, human                       | Pertussis                |
| Botulism                             | Poliomyelitis, paralytic |
| Cholera                              | Rabies, human and animal |
| Diphtheria                           | Trichinosis              |
| H. influenzae, invasive diseases*    | Tuberculosis             |
| Hepatitis A                          | Typhoid fever            |
| Listeriosis                          | Yellow fever             |
| Measles (rubeola)                    | Outbreaks of any kind    |
| N. meningitides, invasive diseases** |                          |

\*i.e., meningitis, epiglottitis, sepsis, cellulites, septic arthritis, osteomyelitis, pericarditis, and type b pneumonia

\*\*Detection of organism from normally sterile site (e.g., blood and cerebrospinal fluid)

### GROUP B DISEASES/CONDITIONS-REPORT IN WRITING TO THE COUNTY (OR STATE) HEALTH DEPARTMENT WITHIN 7 DAYS OF DIAGNOSIS.

|   |                              |
|---|------------------------------|
| Brucellosis                                     | Legionellosis                |
| Campylobacteriosis                              | Leprosy                      |
| Chancroid*                                      | Leptospirosis                |
| Chlamydia trachomatis*                          | Lyme disease                 |
| Cryptosporidiosis                               | Lymphogranuloma venereum*    |
| Dengue fever                                    | Malaria                      |
| E. coli -157: H7 (including HUS and TTP)        | Mumps                        |
| Ehrlichiosis                                    | Psittacosis                  |
| Encephalitis, viral                             | Q fever                      |
| Giardiasis                                      | Rocky Mountain spotted fever |
| Gonorrhea*                                      | Rubella                      |
| Granuloma inguinale*                            | Salmonellosis                |
| Hepatitis B, C and other viral                  | Shigellosis                  |
| Histoplasmosis                                  | Syphilis*                    |
| Human Immunodeficiency Virus                    | Tetanus                      |
| Infection** (including                          | Toxic shock syndrome         |
| asymptomatic Infection,                         | Tularemia                    |
| ARC, and AIDS)                                  | Vibriosis                    |
| Lead, elevated blood levels ( $\geq 10$ mcg/dl) | Yersiniosis                  |

\*Use Sexually Transmitted Diseases report card

\*\*HIV-seropositivity to be reported by laboratories; symptomatic cases to be reported by clinicians to state Division of AIDS Prevention & Control (334) 206-5364 or 1-800-344-1153.

#### State Health Department Telephone Numbers:

Division of Epidemiology (334) 206-5347 or 1-800-338-8EPI (24-hour coverage) FAX: 334-206-5967

Division of HIV/AIDS Prevention & Control (334) 206-5364 or 1-800-344-1153

Division of Sexually Transmitted Diseases (334) 206-5350

Division of Tuberculosis Control (334) 206-5023

Bureau of Clinical Laboratories (334)260-3400 (24-hour coverage)

To: Head Administrator/Athletic Director

From: Roddie Beck, AISA Athletic Director

Re: **AISA Concussion Requirement for All Sports**

Please provide the requested information regarding the following AISA athletic requirements and return to the AISA office prior to first practice. Failure to return by this date **will result in a \$250 fine**.

School \_\_\_\_\_

**Alabama State Law, page 2, (b):** “Each sports or recreational organization governing body shall ensure that coaches receive annual training to learn how to recognize the symptoms of a concussion and how to seek proper medical treatment for a person suspected of having a concussion.”

**The Athletic Director from each AISA school that participates in athletics must review the NFHS concussion guidelines (located in NFHS rule book) with his/her school’s coaches. This should be done prior to the first practice and is required for all AISA interscholastic sports.**

\_\_\_\_\_  
ATHLETIC DIRECTOR’S SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
HEAD ADMINISTRATOR’S SIGNATURE

\_\_\_\_\_  
DATE

## ALABAMA INDEPENDENT SCHOOL ASSOCIATION

### Concussion Information Form

*(Required by AISA starting with the 2011-12 school year.)*

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a "ding" or a bump on the head can be serious. You cannot see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

#### Symptoms may include one or more of the following:

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>Headaches</li> <li>"Pressure in head"</li> <li>Nausea or vomiting</li> <li>Neck pain</li> <li>Balance problems or dizziness</li> <li>Blurred, double, or fuzzy vision</li> <li>Sensitivity to light or noise</li> <li>Feeling sluggish or slowed down</li> <li>Feeling foggy or groggy</li> <li>Drowsiness</li> <li>Change in sleep patterns</li> </ul> | <ul style="list-style-type: none"> <li>Amnesia</li> <li>"Don't feel right"</li> <li>Fatigue or low energy</li> <li>Sadness</li> <li>Nervousness or anxiety</li> <li>Irritability</li> <li>More emotional</li> <li>Confusion</li> <li>Concentration or memory problems (forgetting game plays)</li> <li>Repeating the same question/comment</li> </ul> |
|--|---|

#### Signs observed by teammates, parents and coaches include:

- |  |
|--|
| <ul style="list-style-type: none"> <li>Appears dazed</li> <li>Vacant facial expression</li> <li>Confused about assignment</li> <li>Forgets plays</li> <li>Is unsure of game, score, or opponent</li> <li>Moves clumsily or displays incoordination</li> <li>Answers questions slowly</li> <li>Slurred speech</li> <li>Shows behavior or personality changes</li> <li>Can't recall events prior to hit</li> <li>Can't recall events after hit</li> <li>Seizures or convulsions</li> <li>Any change in typical behavior or personality</li> <li>Loses consciousness</li> </ul> |
|--|

(Continued on Page 2)



## AISA Concussion Information Form (Page 2)

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to a student-athlete's safety.

**AISA Concussion Policy:** Any student athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from the contest and shall not return that day. Following the day the concussion symptoms occur, the student athlete may return to practice or play only after a medical release has been issued by a medical doctor.

Any health care professional or AISA coach may identify concussive signs, symptoms or behaviors of a student athlete during any type of athletic activity. Once concussive signs are identified, only a medical doctor can clear an athlete to return to play. Any school in violation of the AISA policy application of the National Federation rule will be subject to sanctions.

### **If you think your child has suffered a concussion :**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion, regardless of how mild it seems or how quickly symptoms clear, without clearance from a medical doctor. Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it's better to miss one game than miss the whole season. And when in doubt, the athlete sits out.

This form is required by Alabama Law established in June, 2011, coinciding with the AISA Concussion Policy in effect since 2010.

**I have reviewed this information on concussions and am aware that a release by a medical doctor is required before a student may return to play under this policy.**

\_\_\_\_\_  
Student Athlete Name Printed

\_\_\_\_\_  
Student Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name Printed

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

To: Head Administrator/Athletic Director

From: Roddie Beck, AISA Athletic Director

Re: **AISA Cardiac Arrest Training Requirement for All Sports**

Please provide the requested information regarding the following AISA athletic requirements and return to the AISA office prior to first practice. Failure to return by this date **will result in a \$250 fine**.

School \_\_\_\_\_

**Beginning with the 2024-2025 school year, once every two years, each coach of any athletic activity must complete a cardiac arrest training course. The training shall be made available through the National Federation of State High School Association (<https://nfhslearn.com/courses/sudden-cardiac-arrest.org> ).**

**A coach of any athletic activity may not be eligible to coach in any practice or competition until he or she has completed the training course.**

**Schools are required to provide to parents and athletes the sudden cardiac arrest symptoms and warning signs information sheet before any student-athlete may participate in any athletic activity and must have on file the signed information sheet by the student-athlete and parent.**

**This requirement is for all sports including elementary, junior high and varsity coaches and student athletes.**

\_\_\_\_\_  
**ATHLETIC DIRECTOR'S SIGNATURE**

\_\_\_\_\_  
**DATE**

\_\_\_\_\_  
**HEAD ADMINISTRATOR'S SIGNATURE**

\_\_\_\_\_  
**DATE**

# Fact Sheet for Parents & Student Athletes



**This sheet has information to help protect your student athlete from Sudden Cardiac Arrest**

## Why do heart conditions that put student athletes at risk go undetected?

While a student athlete may display no warning signs of a heart condition, studies do show that symptoms are typically present but go unrecognized, unreported, missed or misdiagnosed.

- Symptoms can be misinterpreted as typical in active student athletes
- Fainting is often mistakenly attributed to stress, heat, or lack of food or water
- Student athletes experiencing symptoms regularly don't recognize them as unusual – it's their normal
- Symptoms are not shared with an adult because student athletes are embarrassed they can't keep up
- Student athletes mistakenly think they're out of shape and just need to train harder
- Students (or their parents) don't want to jeopardize playing time
- Students ignore symptoms thinking they'll just go away
- Adults assume students are OK and just "check the box" on health forms without asking them
- Medical practitioners and parents alike often miss warning signs
- Families don't know or don't report heart health history or warning signs to their medical practitioner
- Well-child exams and sports physicals do not check for conditions that can put student athletes at risk
- Stethoscopes are not a comprehensive diagnostic test for heart conditions

## Protect Your Student's Heart

Educate yourself about sudden cardiac arrest, talk with your student about warning signs, and create a culture of prevention in your school sports program.

- Know the warning signs
- Document your family's heart health history as some conditions can be inherited
- If symptoms/risk factors present, ask your doctor for follow-up heart/genetic testing
- Don't just "check the box" on health history forms—ask your student how they feel
- Take a cardiac risk assessment with your student each season
- Encourage student to speak up if any of the symptoms are present
- Check in with your coach to see if they've noticed any warning signs
- Active students should be shaping up, not breaking down
- As a parent on the sidelines, know the cardiac chain of survival
- Be sure your school and sports organizations comply with state law to have administrators, coaches and officials trained to respond to a cardiac emergency
- Help fund an onsite AED

## What happens if my student has warning signs or risk factors?

- State law requires student athletes who faint or exhibit other cardio-related symptoms to be re-cleared to play by a licensed medical practitioner.
- Ask your health care provider for diagnostic or genetic testing to rule out a possible heart condition.

Electrocardiograms (ECG or EKG) record the electrical activity of the heart. ECGs have been shown to detect a majority of heart conditions more effectively than physical and health history alone. Echocardiograms (ECHO) capture a live picture of the heart.

- Your student should be seen by a health care provider who is experienced in evaluating cardiovascular (heart) conditions.
- Follow your providers instructions for recommended activity limitations until testing is complete.

## What if my student is diagnosed with a heart condition that puts them at risk?

There are many precautionary steps that can be taken to prevent the onset of SCA including activity modifications, medication, surgical treatments, or implanting a pacemaker and/or implantable cardioverter defibrillator (ICD). Your practitioner should discuss the treatment options with you and any recommended activity modifications while undergoing treatment. In many cases, the abnormality can be corrected and students can return to normal activity.

## What is Sudden Cardiac Arrest?

Sudden Cardiac Arrest (SCA) is a life-threatening emergency that occurs when the heart suddenly stops beating. It strikes people of all ages who may seem to be healthy, even children and teens. When SCA happens, the person collapses and doesn't respond or breathe normally. They may gasp or shake as if having a seizure, but their heart has stopped. SCA leads to death in minutes if the person does not get help right away. Survival depends on people nearby calling 911, starting CPR, and using an automated external defibrillator (AED) as soon as possible.

### What CAUSES SCA?

SCA occurs because of a malfunction in the heart's electrical system or structure. The malfunction is caused by an abnormality the person is born with, and may have inherited, or a condition that develops as young hearts grow. A virus in the heart or a hard blow to the chest can also cause a malfunction that can lead to SCA.

### How COMMON is SCA?

As a leading cause of death in the U.S., most people are surprised to learn that SCA is also the #1 killer of student athletes and the leading cause of death on school campuses. Studies show that 1 in 300 youth has an undetected heart condition that puts them at risk.

### Factors That Increase the Risk of SCA

- ✓ Family history of known heart abnormalities or sudden death before age 50
- ✓ Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- ✓ Family members with known unexplained fainting, seizures, drowning or near drowning or car accidents
- ✓ Family members with known structural heart abnormality, repaired or unrepaired
- ✓ Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks, diet pills or performance-enhancing supplements

## FAINTING

### IS THE #1 SYMPTOM OF A HEART CONDITION

### RECOGNIZE THE WARNING SIGNS & RISK FACTORS

Ask Your Coach and Consult Your Doctor if These Conditions are Present in Your Student

#### Potential Indicators That SCA May Occur

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

## Cardiac Chain of Survival

Their life depends on your quick action!  
CPR can triple the chance of survival.  
Start immediately and use the onsite AED.



**CALL**



**PUSH**



**SHOCK**

KeepTheirHeartInTheGame.org



# Fact Sheet for Parents & Student Athletes



**This sheet has information to help protect your student athlete from Sudden Cardiac Arrest**

To learn more, go to [KeepTheirHeartInTheGame.org](http://KeepTheirHeartInTheGame.org)

Get free tools to help create a culture of prevention at home, in school, on the field and at the doctor's office.

Discuss the warning signs of a possible heart condition with your student athlete and have each person sign below.

Detach this section below and return to your school.

Keep the fact sheet to use at your students' games and practices to help protect them from Sudden Cardiac Arrest.

I learned about warning signs and talked with my parent or coach about what to do if I have any symptoms.

STUDENT ATHLETE NAME PRINTED

STUDENT ATHLETE SIGNATURE

DATE

I have read this fact sheet on sudden cardiac arrest prevention with my student athlete and talked about what to do if they experience any warning signs, and what to do should we witness a cardiac arrest.

PARENT OR LEGAL GUARDIAN PRINTED

PARENT OR LEGAL GUARDIAN SIGNATURE

DATE

**While missing a game may be inconvenient, it would be a tragedy to lose a student athlete because warning signs were unrecognized or because sports communities were not prepared to respond to a cardiac emergency.**

**Keep Their Heart In the Game!**

