ALABAMA INDEPENDENT SCHOOL ASSOCIATION

ATHLETIC HANDBOOK

(Revised August, 2026)

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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)

SECTION 1. INTRODUCTION

1.1 Purpose

The Alabama Independent School Association (AISA) is committed to promoting educationally sound interscholastic athletic programs that emphasize integrity, fair competition, safety, sportsmanship, and the development of student-athletes. Athletic competition provides a highly visible representation of each member school and the Association. Accordingly, all participants are expected to conduct themselves in a manner that reflects positively upon their school, their community, and AISA.

The purpose of this Handbook is to establish uniform rules, policies, procedures, and eligibility requirements governing interscholastic athletics among AISA member schools and to provide for their fair, consistent, and orderly administration.

1.2 Participation Agreement

Participation in AISA interscholastic athletics is voluntary and is a privilege extended to member schools that choose to participate in programs sponsored by the Association.

By participating in AISA athletics, each member school agrees to comply with the AISA Bylaws, Athletic Handbook, Calendar of Events, official interpretations, eligibility rulings, policies, procedures, and decisions issued by the AISA Office and the AISA Athletic Committee, subject to the appeal procedures established in this Handbook.

Each participating student-athlete and the student's parent or legal guardian, through execution of the AISA Participation Permit, acknowledges and agrees that participation in AISA athletics is subject to the rules, policies, procedures, eligibility requirements, rulings, and appeal procedures established by AISA.

1.3 Authority

The AISA State Board of Directors has delegated the administration of interscholastic athletics to the AISA Office and the AISA Athletic Committee in accordance with the AISA Bylaws.

The AISA Office shall administer the day-to-day operation of the Association's athletic programs, interpret and enforce this Handbook, determine student-athlete eligibility, and perform such other administrative duties as are necessary for the orderly administration of AISA athletics.

The AISA Athletic Committee shall exercise the authority and perform the duties assigned to it by the AISA Bylaws and this Handbook.

Except as otherwise provided in the AISA Bylaws, or this Handbook, decisions and rulings of the AISA Office shall remain in effect unless modified through the appeal procedures established in this Handbook.

SECTION 2. GOVERNANCE AND ADMINISTRATION

2.1 AISA Athletic Committee

The AISA Athletic Committee is a standing committee of the AISA State Board of Directors and shall consist of no fewer than five (5) members as provided in the AISA Bylaws. Members shall be appointed in accordance with the AISA Bylaws.

The Athletic Committee shall:

1. Develop and recommend athletic policies and procedures.
2. Review and consider proposed rule changes.
3. Hear appeals as provided in this Handbook.
4. Interpret athletic rules and policies when necessary.
5. Perform such other duties as assigned by the AISA State Board.

Unless otherwise provided in the AISA Bylaws, or this Handbook, decisions of the Athletic Committee shall constitute the final administrative decision of AISA.

2.2 Authority of the AISA Office

The AISA Office shall administer the day-to-day operation of interscholastic athletics.

Responsibilities of the AISA Office include:

1. Interpreting and administering the rules, policies, and procedures contained in this Handbook.
2. Determining student-athlete eligibility.
3. Maintaining master eligibility records.
4. Approving athletic events requiring AISA sanction.
5. Investigating alleged violations of AISA rules and policies.
6. Assessing penalties authorized by this Handbook.
7. Performing other administrative duties necessary for the orderly administration of AISA athletics.

Official interpretations, rulings, and administrative directives issued by the AISA Office shall remain in effect unless modified through the appeal procedures established in this Handbook.

2.3 Athletic Policy Development

The Athletic Committee shall review, develop, establish, and interpret the policies and procedures governing interscholastic athletics among AISA member schools.

Proposals for changes to athletic policies may be submitted by:

1. A member school's Head of School.
2. The AISA State Coaches Association.
3. The AISA Heads of School Association.
4. Any member of the Athletic Committee.

All proposed policy changes shall be submitted in writing to the AISA Office. Upon receipt, proposals shall be presented to the Athletic Committee for consideration at its next regularly scheduled meeting.

2.4 AISA State Coaches Association

The AISA State Coaches Association serves as an auxiliary organization composed of AISA coaches and athletic directors.

The Association provides coaches and athletic directors the opportunity to offer recommendations regarding the improvement of AISA athletic programs and to communicate matters affecting interscholastic athletics.

The President of the AISA State Coaches Association shall serve as an ex officio member of the AISA State Board of Directors and as a voting member of the AISA Athletic Committee in accordance with the AISA Bylaws.

2.5 Official Communications

Official notices, interpretations, rulings, directives, deadlines, and policies issued by the AISA Office shall constitute official communications of the Association.

Each member school is responsible for remaining informed of and complying with all official communications issued by the AISA Office.

SECTION 3. APPEALS AND INTERPRETATIONS

3.1 Requests for Interpretation

The Head of School or the Head of School's designee may submit a written request to the AISA Office for an official interpretation of any athletic rule, policy, procedure, or eligibility matter contained in this Handbook.

Requests shall be submitted in writing and include all relevant facts and supporting documentation necessary for the AISA Office to render a decision.

Official interpretations issued by the AISA Office shall remain in effect unless modified through the appeal procedures established in this Handbook.

3.2 Right to Appeal

A member school directly affected by an eligibility ruling, policy interpretation, sanction, or other athletic decision issued by the AISA Office may appeal that decision to the AISA Athletic Committee.

Only the Head of School may file an appeal on behalf of a member school. Appeals submitted by parents, legal guardians, student-athletes, coaches, attorneys, or other representatives shall not be considered.

3.3 Filing an Appeal

A request for appeal shall:

1. Be submitted in writing to the AISA Office.
2. Be signed by the Head of School.
3. Clearly identify the decision being appealed.
4. State the basis for the appeal.
5. Include all supporting documentation.

6. Be accompanied by the required appeal fee.

Appeals must be received by the AISA Office within five (5) business days following the written decision being appealed.

Failure to comply with these requirements shall result in dismissal of the appeal.

The appeal fee shall be $100.00 and is non-refundable.

3.4 Appeal Hearing

The AISA Office shall schedule the appeal before the Athletic Committee as soon as reasonably practicable and shall notify the member school of the date, time, and location of the hearing. Only the Head of School and/or Athletic Director shall be permitted to present the appeal before the Athletic Committee unless otherwise requested or approved by the Athletic Committee.

The Athletic Committee may consider:

1. Written materials submitted by the member school.
2. Information presented by the AISA Office.
3. Additional information requested by the Athletic Committee.

Following its review, the Athletic Committee may:

1. Affirm the decision of the AISA Office.
2. Modify the decision.
3. Reverse the decision.

The decision of the Athletic Committee shall be issued in writing to the member school.

3.5 Matters Not Subject to Appeal

The following matters are not subject to appeal unless specifically authorized by the Athletic Committee:

1. Hardship requests concerning age eligibility.
2. Matters designated elsewhere in this Handbook as final.
3. Requests seeking relief contrary to the AISA Bylaws, or established AISA policies and procedures.

3.6 Effect of Appeal

The filing of an appeal shall not suspend or stay an eligibility ruling, sanction, penalty, or other decision of the AISA Office unless specifically authorized in writing by the AISA Office or the Athletic Committee.

Student-athletes shall remain ineligible pending the outcome of the appeal unless otherwise authorized in writing by the AISA Office or the Athletic Committee.

3.7 Final Administrative Decision

The decision of the AISA Athletic Committee shall constitute the final administrative action of AISA.

3.8 Protests

Game protests are not permitted in AISA interscholastic athletics.

Questions involving the interpretation or application of AISA rules shall be addressed only through the interpretation and appeal procedures established in this Handbook.

SECTION 4. MEMBER SCHOOL RESPONSIBILITIES

4.1 General Responsibilities

Each member school participating in AISA athletics is responsible for ensuring compliance with the AISA Bylaws, Athletic Handbook, Calendar of Events, and all official interpretations, rulings, and directives issued by the AISA Office.

Each member school shall exercise reasonable supervision over its athletic programs and shall ensure that its administrators, coaches, student-athletes, parents, volunteers, and spectators conduct themselves in a manner consistent with the mission and standards of AISA.

4.2 Student-Athlete Eligibility

Each member school is responsible for ensuring that every student-athlete participating in interscholastic athletics meets all AISA eligibility requirements.

Participation by an ineligible student-athlete shall subject the member school to the penalties prescribed in this Handbook.

4.3 Required Documentation

Each member school shall maintain all participation records and documentation required by this Handbook.

Upon request by the AISA Office, a member school shall immediately provide any requested participation records or documentation within the time period specified by the AISA Office.

Failure to maintain or timely produce required documentation for any participating student-athlete may result in the immediate suspension of the student-athlete's eligibility, suspension of the member school's athletic participation until the requested documentation has been produced, and/or additional penalties authorized by this Handbook.

AISA relies upon the certifications, records, and documentation submitted by each member school. Each member school is responsible for the accuracy and completeness of all information submitted to the AISA Office.

4.4 Supervision and Fan Conduct

Each member school is responsible for the conduct of its students, coaches, employees, volunteers, parents, and spectators at all AISA athletic events.

Host and visiting schools shall cooperate in maintaining appropriate crowd control and orderly conduct.

Schools shall promptly address unsportsmanlike behavior and cooperate fully with the AISA Office in the investigation of any incident.

4.5 Officials

Member schools shall:

1. Treat all contest officials with courtesy and respect.
2. Provide a safe environment for officials before, during, and after athletic contests.
3. Use officials meeting AISA requirements.

No employee of a participating school may officiate a contest involving that school unless specifically authorized by the AISA Office.

4.6 Health and Safety

Each member school shall comply with all Health and Safety requirements contained in Section 7 of this Handbook, including CPR certification, AED availability, emergency procedures, required medical documentation, and student-athlete safety requirements.

4.7 Athletic Events

Member schools shall comply with all AISA requirements governing:

• Sanctioned contests
• Tournaments
• Scrimmages
• Jamborees
• Out-of-season competition
• Admission charges
• Scheduling requirements
• Game administration

Failure to comply may result in fines or other penalties as provided in this Handbook.

4.8 Compliance

Each member school is responsible for ensuring compliance with all provisions of this Handbook.

Failure to comply with any rule, policy, deadline, reporting requirement, or directive issued by the AISA Office may result in penalties, fines, forfeitures, suspension, probation, postseason ineligibility, or other disciplinary action authorized by this Handbook.

SECTION 5. SPORTSMANSHIP, CONDUCT, AND DISCIPLINE

5.1 Philosophy of Sportsmanship

AISA believes that interscholastic athletics are an extension of the educational program and should promote integrity, respect, responsibility, self-discipline, and good sportsmanship.

Administrators, coaches, student-athletes, parents, spectators, officials, and all other persons attending or participating in AISA athletic events are expected to conduct themselves in a manner that reflects favorably upon their school and the Association.

Member schools are responsible for promoting and maintaining these standards at all AISA athletic events.

5.2 Expectations of Member Schools

Each member school shall take reasonable measures to ensure that:

1. Student-athletes meet all eligibility requirements.
2. Coaches, student-athletes, parents, and spectators understand and demonstrate good sportsmanship.
3. Appropriate supervision is provided at all athletic events.
4. Fan behavior is monitored and addressed when necessary.
5. Contest officials are treated with courtesy and respect before, during, and after athletic contests.
6. Security personnel are present at athletic events when appropriate.
7. Appropriate procedures are followed in responding to athletic injuries and medical emergencies.

5.3 Unsportsmanlike Conduct

AISA will not tolerate conduct that is inconsistent with the principles of sportsmanship or that reflects adversely upon a member school or the Association.

Unsportsmanlike conduct includes, but is not limited to:

• Fighting or attempting to fight.
• Taunting or baiting opponents.
• Abusive or profane language or gestures.
• Physical intimidation.
• Throwing objects onto the playing area.
• Entering the playing area without authorization.
• Inciting spectators.
• Refusing to comply with directions of contest officials or game management.
• Conduct that results in altercations, forfeitures, or the premature termination of a contest.

The AISA Office and Athletic Committee may impose additional penalties whenever the circumstances warrant.

5.4 Player Ejections

A player ejected from an AISA athletic contest for unsportsmanlike conduct shall be subject to the following minimum penalties:

First Ejection

• Warning or reprimand.
• $250 fine.

Second Ejection

• Two-game suspension.
• $500 fine.

Third Ejection

• Suspension for the remainder of the season.

• $1,000 fine.

Ejections are cumulative across all sports during the same school year.

A player ejected during postseason competition shall also be subject to a $250 fine.

5.5 Coach Ejections

A coach ejected from an AISA athletic contest shall be subject to the following minimum penalties:

First Ejection

• Warning or reprimand.
• $250 fine.

Second Ejection

• One-game suspension.
• $500 fine.

Third Ejection

• Suspension for the remainder of the season.
• Additional sanctions as determined by the Athletic Committee.

Except in baseball and softball, a coach receiving a first ejection shall be confined to the bench or coaching area during the next contest as required by sport-specific rules.

5.6 Reporting Ejections

Contest officials shall report all player and coach ejections to the AISA Office within two (2) business days.

Member schools shall notify the AISA Office in writing of all player or coach ejections within forty-eight (48) hours.

Failure to report an ejection shall result in a $100 fine.

Officials who fail to properly enforce or report ejections may be subject to removal from future AISA contests.

5.7 Spectator Conduct

Member schools are responsible for the conduct of their spectators.

Spectators who engage in unsportsmanlike conduct or otherwise interfere with the orderly administration of an athletic contest may be removed from the event.

The following minimum penalties shall apply to spectator ejections:

Football

• $300 fine.
• Suspension for two (2) playing dates.

All Other Sports

• $300 fine.
• Suspension for four (4) playing dates.

If fewer than the required suspension dates remain in the season, the fine shall increase to $500 in addition to the remaining suspension.

A second spectator ejection shall result in suspension until the individual appears before the Athletic Committee.

Schools are responsible for enforcing spectator suspensions.

5.8 Artificial Noise Makers

The following artificial noise makers are prohibited at all AISA athletic events:

- Containers containing rocks, marbles, or similar objects used as rattles.
- Powered amplification devices, including horns and similar sound-producing equipment.
- Cowbells.
- Any other artificial noise maker prohibited by the AISA Office.

5.9 Authority to Impose Additional Sanctions

The penalties contained in this Handbook represent minimum disciplinary actions.

When the conduct of a member school, administrator, coach, student-athlete, parent, spectator, or other representative is determined to be flagrant, repeated, detrimental to the orderly administration of AISA athletics, or otherwise not specifically addressed by this Handbook, the AISA Office or Athletic Committee may impose additional penalties or sanctions as deemed appropriate.

Such sanctions may include, but are not limited to:

- Additional fines.
- Probation.
- Suspension.
- Contest forfeiture.
- Postseason ineligibility.
- Removal from championship events.
- Other corrective measures determined to be in the best interests of AISA athletics.

SECTION 6. GAME ADMINISTRATION

6.1 General Administration

All AISA athletic contests shall be conducted in accordance with the AISA Bylaws, Athletic Handbook, Calendar of Events, and official interpretations issued by the AISA Office.

Member schools are responsible for ensuring that all contests are administered in a safe, orderly, and sportsmanlike manner and in compliance with all applicable AISA rules and procedures.

6.2 Scheduling

Each member school is responsible for scheduling its athletic contests unless otherwise directed by the AISA Office.

Completed schedules for sports designated by AISA shall be submitted to the AISA Office by the deadlines established in the AISA Calendar of Events.

Schools shall include all scheduled opponents when submitting schedules.

Failure to submit required schedules by the established deadline shall result in a minimum fine of $500.00.

If a scheduled opponent fails to play a scheduled contest without an approved reason, the offending school shall pay the opposing school a forfeiture fee of $500.00 per scheduled playing date in soccer, volleyball, basketball, softball, and baseball.

School administrators are expected to communicate with one another regarding extenuating circumstances before filing an official complaint with the AISA Office.

If an entire sports season is cancelled before the official opening date of that season, forfeiture penalties shall not apply.

6.3 Athletic Contracts

Written contracts are required for all varsity football contests.

Schools are expected to honor all executed athletic contracts.

Failure to honor a varsity football contract shall result in a forfeiture fee of $2,500.00 payable to the opposing school.

If the football season is cancelled more than seven (7) days before the first official practice date published in the AISA Calendar of Events, forfeiture penalties shall not apply.

6.4 Sanctioned Events

All scrimmages, jamborees, tournaments, and other events requiring AISA approval must be sanctioned in writing by the AISA Office before the event is conducted.

All AISA rules governing eligibility, game administration, and officiating apply to sanctioned events.

Failure to obtain written sanctioning shall result in a minimum fine of $250.00.

6.5 Out-of-State Competition

Member schools may compete against out-of-state schools provided:

1. The opposing school belongs to the recognized athletic association of its state.
2. The contest has been approved in writing by the AISA Office.
3. A written contract exists between the participating schools.
4. All AISA eligibility, officiating, and game administration requirements are satisfied.

6.6 Contest Officials

All interscholastic contests shall be officiated by officials meeting AISA requirements.

An employee of a participating school shall not officiate a contest involving that school.

Officials having an actual or perceived conflict of interest with a participating school should not officiate contests involving that school.

Examples include, but are not limited to:

• Immediate family members of school personnel.

• Current school employees.
• Former school employees within the previous five (5) years.
• Graduates or other individuals whose relationship with a participating school could reasonably call their impartiality into question.

Failure to use state-certified officials for any contest, including junior high, junior varsity, and varsity contests, shall result in a minimum fine of $250.00 per school and may result in additional sanctions.

6.7 Game Recording and Video Exchange

No AISA interscholastic athletic contest may be recorded by a non-participating school without the consent of both participating schools.

The home team shall record all varsity football and varsity basketball contests.

6.8 Admission Prices

Admission prices for AISA athletic events shall be as follows:

Regular Season Games, Doubleheaders, and Jamborees

• $8.00 admission.

Member schools may add only the actual digital ticket processing fee charged by the ticket provider to the regular season admission price. This provision applies only to digital ticket sales and does not apply to cash admission.

Area and Regional Playoffs and Tournaments

• $10.00 admission.

Football State Championship Games

• $17.00 admission.

All Other AISA State Athletic Events
(Including All-Star Games, Elite Eight competition, and State Championship events.)

• $12.00 admission.

6.9 Tournament Entry Fees

The maximum entry fee for any school invitational tournament shall be $200.00.

Tournament entry shall include no more than:

• One (1) dozen baseballs for baseball tournaments.

• One-half (½) dozen softballs for softball tournaments.

6.10 Official Equipment

Wilson shall be the official game ball for football, volleyball, basketball, tennis, soccer, baseball, and softball.

"The Game" cap or visor shall be mandatory for baseball and softball competition.

These requirements apply to all AISA contests.

Official complaints concerning failure to use approved equipment shall:

1. Be submitted in writing.
2. Be signed by the opposing head coach.
3. Be signed by the Head of School.
4. Be submitted to the AISA Office.

Failure to comply shall result in a $500.00 fine per playing date.

6.11 Calendar of Events

The official AISA Calendar of Events establishes all dates governing athletic participation, including practice dates, season opening dates, eligibility deadlines, reporting deadlines, playoff dates, championship dates, and other deadlines established by AISA.

Member schools are responsible for complying with all dates and deadlines published in the official AISA Calendar of Events.

SECTION 7. HEALTH AND SAFETY

7.1 General Requirements

Each member school is responsible for providing a safe environment for student-athletes participating in AISA interscholastic athletics.

Schools shall establish and implement appropriate procedures for injury prevention, emergency response, and student-athlete safety consistent with accepted medical practices and the requirements of this Handbook.

7.2 Required Student Documentation

Before participating in athletics or cheerleading, each student-athlete shall have the following documents on file in the Head of School's or Athletic Director's office:

1. Current Physician's Statement (Pre-Participation Physical Examination).
2. Medical History Form.
3. AISA Participation Permit.
4. Consent for Medical Treatment Form.
5. Concussion Acknowledgment Form.
6. Certified Birth Certificate.
7. Any additional documentation required by AISA.

These requirements apply to all athletic programs, including pee wee athletics.

7.3 Pre-Participation Physical Examination

Each student-athlete shall have a current physician's statement or physical examination on file prior to participating in practice or competition.

Schools are responsible for maintaining these records and making them available to the AISA Office upon request.

7.4 Concussion Awareness

Each member school shall comply with all concussion policies established by AISA.

Student-athletes and their parent or legal guardian shall complete all required concussion documentation before participation.

Any student-athlete suspected of sustaining a concussion shall be managed in accordance with applicable medical standards and AISA policy.

7.5 Communicable Diseases

A student-athlete diagnosed with a contagious or communicable disease designated by the Alabama Department of Public Health as a notifiable disease or condition shall not participate in AISA interscholastic athletics until medically cleared by a licensed physician.

Member schools shall immediately notify the AISA Office when implementation of this policy is required.

A current list of applicable diseases and conditions is included in the Appendix of this Handbook.

7.6 Sports Safety Certification

Each member school participating in athletics shall have a minimum of two (2) coaches certified in Sports Safety, including CPR.

Each head coach shall maintain current CPR certification prior to the opening date of that sport's season as published in the AISA Calendar of Events.

These requirements apply to all athletic programs, including pee wee athletics.

7.7 Automated External Defibrillators (AED)

Each member school shall maintain at least one (1) Automated External Defibrillator (AED).

The AED shall be readily accessible during the school day and at all school-sponsored athletic activities and events.

Schools are encouraged to develop emergency action plans identifying the location and availability of AED equipment.

7.8 Athletic Injuries

Member schools shall establish appropriate procedures for responding to athletic injuries.

Administrators, coaches, and other personnel responsible for supervising athletic activities should be familiar with the school's emergency response procedures.

Whenever practical, emergency medical services should be contacted immediately when a serious injury is suspected.

7.9 Risk Management

Each member school shall implement and maintain an athletic risk management program appropriate for its athletic programs.

Administrators, coaches, and other personnel involved in athletics should be familiar with the school's emergency procedures and safety protocols.

7.10 Student Welfare

The health, safety, and welfare of student-athletes shall take precedence over the outcome of any athletic contest.

Member schools, coaches, officials, and administrators are expected to exercise sound judgment whenever circumstances arise that may affect the safety of participants.

SECTION 8. PRACTICE, CAMPS, AND OUT-OF-SEASON PARTICIPATION

8.1 Practice Dates

Preseason practice for any AISA varsity sport may not begin prior to the twentieth (20th) weekday preceding the official opening date of that sport's season as published in the AISA Calendar of Events.

The opening date for junior high and pee wee sports shall be the week of the varsity opening date unless otherwise specified by AISA.

8.2 Sports Camps

A. Team Camps

A member school may participate in seven (7) days of competition per sport during the period beginning after the close of the school year and ending on the first official practice day for fall sports.

Any competition between two schools on any day shall count as one (1) of the school's seven (7) competition days.

For 7-on-7 football competition, helmets are the only protective equipment that may be worn.

Helmets and shoulder pads may be worn provided:

1. The camp requires their use.
2. Three (3) or more teams are participating.
3. The camp is sponsored by a college or university.
4. Liability insurance is provided by the camp or through the participant's personal insurance.

AISA shall not be responsible for injuries occurring at any camp or 7-on-7 event.

Participation in any camp or 7-on-7 competition counts as one (1) day of competition.

B. Individual Camps

Student-athletes may attend individual fundamental camps at their own expense.

Any equipment required by the camp may be used provided the camp is sponsored by a college or university.

C. Hosting Camps

Member schools may host team and individual camps during the summer.

Hosted camps shall:

1. Be advertised.
2. Be open to students from other schools.
3. Be sanctioned in writing by the AISA Office.

Failure to obtain sanctioning shall result in a minimum fine of $250.00.

All camps sponsored by a member school shall conclude prior to the official starting practice date for fall sports.

8.3 Summer Workouts

Participation in weight training and agility/conditioning programs is not restricted.

Coaches may work with individual student-athletes in skill development during the summer; however, participation shall not be mandatory.

8.4 Recreational and Travel Team Participation

Coaches, whether volunteer or paid employees, may coach recreational or travel teams provided the participation guidelines below are followed.

A student-athlete may not participate in the same sport on a recreational or travel team during the AISA-recognized season for that sport, beginning with the official opening date established by the AISA Calendar of Events and continuing until that student's school season has concluded.

Violation of this rule shall result in the student-athlete being declared ineligible beginning with the date of participation, and all contests in which the student-athlete participated shall be forfeited.

A student-athlete may participate in a different recreational sport during another AISA sport season. This policy applies to all sports.

Participation Guidelines

Baseball/Softball – Maximum of five (5) student-athletes.
Basketball – Maximum of three (3) student-athletes.
Volleyball – Maximum of three (3) student-athletes.
Football – Maximum of five (5) student-athletes.
Soccer – Maximum of five (5) student-athletes.

Penalty: School fined $1,000.00.

8.5 Off-Season Practice During the School Year

During the school year, coaches may not conduct practices or provide private individual instruction to their own student-athletes during the off-season except during periods specifically authorized by the AISA Calendar of Events.

Member schools are permitted two (2) days of tryouts prior to the opening date of spring sports, including basketball.

During the summer, coaches may:

1. Conduct non-mandatory practices.
2. Provide private individual instruction.
3. Coach their own student-athletes during the permitted seven (7) days of competition.

8.6 Playing Games Out of Season

Member schools shall not participate in interscholastic contests outside the recognized season established by the AISA Calendar of Events.

Violation of this rule shall result in a minimum fine of $250.00.

8.7 Competition Against Non-Member Organizations

Member schools shall not compete against home schools, home school organizations, or traveling teams.

Exception: Competition against members of the Alabama Christian Sports Conference (ACSC) is permitted.

Violation of this rule shall result in a $500.00 fine.

8.8 Calendar of Events

All practice dates, tryout periods, competition dates, out-of-season restrictions, and other participation periods shall be governed by the official AISA Calendar of Events.

Member schools are responsible for ensuring compliance with all dates and participation restrictions established by AISA.

SECTION 9. ATHLETIC ELIGIBILITY

9.1 General Eligibility

To be eligible for participation in AISA interscholastic athletics, a student-athlete must satisfy all eligibility requirements established by the AISA Bylaws, Athletic Handbook, Calendar of Events, and official interpretations issued by the AISA Office.

The member school bears the responsibility for determining and certifying the eligibility of each student-athlete prior to participation in any AISA-sanctioned athletic activity.

Participation by an ineligible student-athlete shall subject the member school to the penalties prescribed in this Handbook.

9.2 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 (2) full school days at the appropriate grade level.

To maintain bona fide student status, the student must:

1. Remain enrolled in the member school.
2. Maintain regular attendance.
3. Be assigned a normal academic schedule that allows regular progression toward graduation.

A student becomes a bona fide student upon attending school on the third (3rd) school day.

B. If a student represents:

1. That school in interscholastic competition before the official opening day of school, the student must meet the bona fide student requirements on the official opening day; or

2. A member school in interscholastic competition prior to the official opening day of school but does not qualify as a bona fide student on the official opening day, all contests in which that student participated shall be forfeited, and the member school may be subject to additional disciplinary action by AISA.

Note: Athletic eligibility begins in the seventh (7th) grade.

9.3 Age Requirements

A. Junior High Eligibility

A student is eligible for junior high competition for the entire school year if:

1. The student's sixteenth (16th) birthday falls on or after August 1; and

2. The student is enrolled in the ninth (9th) grade or below.

B. High School Eligibility

A student-athlete who reaches nineteen (19) years of age prior to August 1 shall be ineligible for AISA interscholastic athletics.

9.4 Academic Eligibility

A. Grade Promotion Requirements

All student-athletes must meet the following minimum academic requirements to establish athletic eligibility.

1. Seventh-grade students must have successfully completed the sixth grade and have been promoted to the seventh grade.

2. Eighth-grade students must have successfully completed the seventh grade and have been promoted to the eighth grade.

3. Ninth-grade students must have successfully completed the eighth grade and have been promoted to the ninth grade.

4. Seventh and eighth-grade students must pass a minimum of five (5) subjects during the first semester to be eligible for second-semester participation.

B. Grades 10–12

Students in grades ten (10) through twelve (12) must have earned six (6) new Carnegie Units during the previous academic year to establish first-semester eligibility.

1. A minimum of four (4) core curriculum credits must be included within the six (6) required units.

2. Students in grades nine (9) through twelve (12) may establish second-semester eligibility by earning three (3) new credits during the first semester of the current school year.

3. A minimum of one and one-half (1½) core curriculum credits must be included within the three (3) required credits.

C. Credit Recovery

Students who fail to meet AISA academic requirements at the end of the first semester may regain eligibility for the second semester provided:

1. All coursework is completed through the member school or another AISA-approved program.

2. Coursework complies with all AISA academic requirements.

3. The course requires a minimum of four (4) weeks for completion.

4. Verification is received by the AISA Office no later than March 1.

If all requirements are completed prior to March 1, the student-athlete may participate immediately upon verification by the AISA Office.

Students who fail to satisfy these requirements shall remain ineligible for the remainder of the second semester.

Only Cognia-accredited courses or programs approved by the AISA Office may be used to establish athletic eligibility.

D. Core Curriculum

For purposes of athletic eligibility, core curriculum courses include:

• English
• Mathematics
• Science
• History

E. Repeating Grades

A student-athlete repeating the seventh or eighth grade shall be ineligible for one (1) calendar year, regardless of the reason for repeating the grade.

Students in grades nine (9) through twelve (12) shall be governed by the Carnegie Unit requirements established by AISA.

F. Senior Exemption

A senior student-athlete shall be exempt from the second-semester credit requirements provided the student:

1. Has satisfied graduation requirements established by either the AISA Accreditation Manual or the Alabama High School Graduation Requirements.

2. Remains enrolled as a full-time student.

3. Maintains regular attendance while enrolled for credit in a minimum of four (4) courses during the senior year.

G. Transfer Student Grace Period

Student-athletes transferring to an AISA member school shall receive a one-semester grace period to comply with AISA academic requirements, provided they were athletically eligible in the system from which they transferred.

H. Summer School

Summer school shall be considered an extension of the previous school year.

Courses must:

1. Require a minimum of four (4) weeks for completion.
2. Be recorded on the student's official transcript no later than the Monday preceding the AISA's third football playing date.
3. Meet all AISA eligibility requirements.

Independent study and tutorial courses shall not be accepted for athletic eligibility.

I. Duplicate Courses

Only one (1) unit of credit may be earned for athletic eligibility purposes when duplicate courses are taken during the same school year unless the duplicate course is approved for credit recovery.

9.5 Time Limitations

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

9.6 High School Graduates

High school graduates are ineligible for AISA interscholastic athletics.

9.7 Participation Requirements

A. Student-athletes are ineligible if they have participated in athletics above the high school level.

Attendance at football, basketball, or other athletic camps conducted on college campuses does not affect athletic eligibility. Member schools may not conduct such camps unless sanctioned by the AISA Office.

B. A student-athlete may not compete in a sport at any public, independent, or other school and subsequently transfer to an AISA member school to participate in that same sport during the same school year.

9.8 Amateur Status

A student-athlete must maintain amateur status to be eligible for AISA interscholastic athletics.

For purposes of AISA competition, an amateur is defined as a person who participates in athletics for educational and recreational purposes rather than financial or professional gain.

9.9 Transfer Students

A. General Transfer Requirements

Student-athletes transferring to an AISA member school must have their current transcript on file in the Head of School's office and comply with all other eligibility requirements before participating in AISA interscholastic athletics.

A student shall be ineligible in AISA for one (1) calendar year if the student cannot return to, or is not athletically eligible to return to, the school or school system from which the student transferred.

B. Waiting Period

A student transferring to a member school shall be eligible for interscholastic competition after a waiting period of ten (10) school days, or weekdays (excluding Saturdays and Sundays), provided the student:

1. Meets all AISA eligibility requirements.
2. Is enrolled and attending classes at the receiving member school.
3. Is added to the school's official eligibility list prior to the deadline established for that sport in the AISA Calendar of Events.

Note: Additions to a sport-specific eligibility list shall not be permitted after the opening date of that sport's season as published in the AISA Calendar of Events.

C. Transfers Between Member Schools

A student in grades 7-12 who transfers from one AISA member school to another AISA member school, and whose parents' residence has not changed, shall be ineligible for interscholastic competition for one (1) calendar year beginning with the earlier of:

1. The date of withdrawal from the previous member school; or
2. The first date of attendance at the receiving member school.

A student may transfer between member schools following completion of the sixth grade and be immediately eligible, provided all other eligibility requirements have been satisfied.

D. Bona Fide Move

A student-athlete may establish immediate eligibility through a bona fide family move only if all of the following requirements are satisfied:

1. The parents' residence changes to a location at least 49.5 miles from the physical address of the previous member school.
2. Distance shall be determined by the shortest driving distance calculated using MapQuest, which shall serve as the official source for determining mileage under this Handbook.
3. The parent(s) shall reside at the new residence for a minimum of one (1) calendar year.

4. The family's household furniture and personal belongings shall be moved to the new residence.
5. The entire immediate family shall relocate to the new residence.
6. The previous residence shall be sold, rented, or otherwise vacated and shall not continue to serve as the family's primary residence.
7. Documentation establishing occupancy of the new residence shall be provided upon request.
8. The receiving member school shall immediately notify the AISA Office in writing of the transfer.
9. The AISA Office may investigate or verify any claimed bona fide move.
10. Eligibility granted under this provision shall be revoked immediately if the family returns to its previous residence before satisfying the one-year residency requirement.

E. New School Exception

A student enrolled in an AISA member school may transfer to a member school entering its first year of operation at the secondary level and be immediately eligible for junior high athletics provided:

1. The new school is geographically closer by the most direct route.
2. All other eligibility requirements have been satisfied.

All other transfers shall comply with the transfer provisions of this Handbook.

F. Residency Restrictions

1. A student-athlete residing with a coach, administrator, teacher, school official, or non-custodial guardian shall be ineligible for one (1) calendar year.
2. A student transferring from an AISA member school to a non-member school and subsequently transferring to another AISA member school shall remain ineligible until officially withdrawn from the original member school for one (1) calendar year and otherwise satisfies all AISA eligibility requirements.
3. Once a school year has begun, a student-athlete shall not compete in the same sport for two (2) different schools during the same school year.

G. Sports Not Offered

A transferring student-athlete may immediately participate in a sport that was not offered at the previous school, provided all other eligibility requirements have been satisfied.

H. Employment Exception

The full-time professional employment of a parent or legal guardian shall supersede the AISA transfer rules provided all of the following conditions are satisfied:

1. The employee possesses at least a bachelor's degree from an accredited institution.

2. The employee is employed as an administrator, teacher, or coach meeting all AISA Accreditation requirements.

3. The employee has been employed within the previous twelve (12) months at another school, member or non-member, performing substantially similar duties to those assigned at the receiving member school.

4. The employee works a minimum of thirty (30) hours per week.

5. The student-athlete is academically and athletically eligible to return to the previous school.

I. Boarding Schools

A student may transfer from a member school to an approved AISA boarding school and retain athletic eligibility. This exception may be used only once during the student's four (4) years of high school.

A boarding school student may return to the original member school before the beginning of the school year and retain eligibility. This exception may also be used only once during the student's four (4) years of high school.

To qualify as an AISA boarding school, the school shall:

1. Own and operate appropriate dormitory facilities.

2. Employ qualified residential supervisory personnel.

3. Require boarding students to reside on campus an average of at least four (4) nights per week while school is in session.

4. Receive approval from the AISA Office before establishing athletic eligibility for boarding students.

5. Comply with all other AISA eligibility requirements.

This provision does not apply to day students.

J. Home School and Non-Traditional Programs

Student-athletes transferring from a home school or other non-traditional educational program may participate in AISA interscholastic athletics provided all eligibility requirements have been satisfied.

K. International Students

International students shall be eligible for one (1) year of participation in each sport provided:

1. The student is placed through an approved CSIET foreign exchange program or resides with a parent or legal guardian in accordance with AISA policies.

2. The student satisfies all AISA eligibility requirements.

3. Foreign academic credentials have been properly evaluated.

Schools lacking qualified personnel to evaluate foreign credentials are encouraged to utilize a recognized credential evaluation service.

Only international students meeting the bona fide move and legal custody provisions of this Handbook shall be considered for additional eligibility.

L. School Closures and Mergers

If a member school's secondary program closes or merges with another member school:

1. Student-athletes enrolled at the closing school may transfer to any AISA member school without loss of eligibility.
2. Student-athletes remaining at the surviving school shall comply with all applicable AISA transfer rules.

M. Applicability

These transfer rules apply to all student-athletes in grades 7 through 12.

SECTION 10. CHAMPIONSHIP COMPETITION

10.1 General Administration

The AISA Office shall administer all area, regional, and state championship competitions in accordance with the AISA Bylaws, Athletic Handbook, Calendar of Events, and applicable sport-specific regulations.

The AISA Office shall supervise all championship events and shall have the authority to interpret and apply the provisions of this Handbook in the administration of postseason competition, subject to the appeal procedures established in Section 3.

10.2 Championship Qualification

Qualification for postseason competition shall be determined in accordance with the sport-specific regulations contained in this Handbook.

Only member schools, eligible student-athletes, or AISA-designated programs shall be permitted to participate in championship competition.

10.3 Championship Eligibility

Student-athletes must remain academically and athletically eligible throughout postseason competition.

Any school using an ineligible student-athlete during postseason competition shall be subject to the penalties established in this Handbook.

10.4 Championship Administration

The AISA Office shall determine:

1. Championship sites.
2. Dates and times of contests.
3. Tournament brackets and pairings.

4. Game administration procedures.
5. Official game management requirements.
6. Championship awards and presentations.

Member schools shall comply with all championship procedures established by the AISA Office.

10.5 Host School Responsibilities

Schools selected to host postseason contests shall comply with all AISA requirements governing:

1. Facility preparation.
2. Crowd management.
3. Security.
4. Officials' accommodations.
5. Ticket sales and admissions.
6. Sportsmanship expectations.
7. Any additional requirements established by the AISA Office.

10.6 Awards

The AISA Office shall determine all team and individual awards presented during postseason competition.

Awards shall be presented only in the manner approved by the AISA Office.

10.7 Awards Ceremony Conduct

The AISA Office shall have the authority to supervise and control all championship awards ceremonies.

Student-athletes, coaches, school personnel, parents, spectators, and other individuals attending an awards ceremony are expected to conduct themselves in an appropriate and sportsmanlike manner.

Any person whose conduct disrupts, interferes with, or detracts from the orderly presentation of the awards ceremony, or whose behavior is determined by the AISA Office to be inappropriate, may be removed from the awards presentation area or facility and may be subject to additional sanctions authorized by this Handbook.

10.8 Modification, Postponement, or Cancellation of Championship Competition

The AISA Office reserves the authority to modify, postpone, relocate, suspend, or cancel any postseason contest or championship event when circumstances make conducting the event impracticable or contrary to the best interests of the Association or its member schools.

Such circumstances may include, but are not limited to:

1. Severe weather or other acts of nature.
2. Facility unavailability.

3. Public safety or security concerns.
4. Governmental orders or restrictions.
5. Pending litigation, court proceedings, or other legal actions that materially interfere with the orderly administration of championship competition.
6. Other extraordinary circumstances beyond the reasonable control of AISA.

Any such decision shall not affect the validity of regular-season competition or other Association activities.

10.9 Invitational Events

If AISA determines that it will not conduct postseason competition due to circumstances described in Section 10.8, member schools may participate in invitational postseason events conducted by another organization, including the AISA State Coaches Association.

Any such event shall be clearly identified as an invitational event and shall not be represented as an official AISA championship.

Participation in an invitational event shall not create any obligation on the part of AISA regarding administration, awards, officiating, liability, or championship recognition.

10.10 Authority of the AISA Office

The decisions of the AISA Office regarding the administration of championship competition shall remain in effect unless modified through the appeal procedures established in this Handbook.

Member schools shall comply with all directives issued by the AISA Office concerning postseason competition.

SECTION 11. PENALTIES AND ENFORCEMENT

11.1 General Authority

The AISA Office shall have the authority to investigate alleged violations of the Bylaws, Athletic Handbook, Calendar of Events, and official interpretations or directives issued by AISA.

The AISA Office may assess penalties authorized by this Handbook and refer matters to the Athletic Committee when appropriate.

Nothing contained in this section limits the authority of the Athletic Committee to impose sanctions authorized by this Handbook.

11.2 Responsibility of Member Schools

Each member school is responsible for ensuring compliance with all AISA rules and policies by its:

1. Governing Board.
2. Head of School.
3. Administrators.
4. Athletic Director.

5. Coaches.
6. Employees.
7. Volunteers.
8. Student-athletes.
9. Parents or legal guardians.
10. Spectators and other representatives of the school.

Member schools are responsible for taking reasonable steps to ensure compliance with this Handbook and shall be accountable for violations committed by persons acting on behalf of or representing the school.

11.3 Minimum Penalties

Unless otherwise specifically provided in this Handbook, all fines established herein are minimum penalties.

The AISA Office or Athletic Committee may impose enhanced penalties or additional sanctions when warranted by the nature, severity, frequency, or intentional nature of a violation.

11.4 Additional Sanctions

In addition to any monetary fine specifically provided elsewhere in this Handbook, the AISA Office or Athletic Committee may impose one or more of the following sanctions:

1. Letter of warning.
2. Letter of reprimand.
3. Probation.
4. Additional monetary fines.
5. Suspension of a student-athlete, coach, administrator, or other school representative.
6. Contest forfeiture.
7. Postseason ineligibility.
8. Removal from championship competition.
9. Restrictions on hosting postseason events.
10. Suspension of athletic participation.
11. Other corrective or disciplinary action determined to be appropriate and consistent with the purposes of AISA.

11.5 Aggravating Circumstances

When determining an appropriate penalty, the AISA Office and Athletic Committee may consider factors including, but not limited to:

1. Whether the violation was intentional.

2. Whether the violation was repeated.
3. Whether false or misleading information was provided to AISA.
4. Whether the violation affected competitive equity.
5. Whether the violation involved multiple student-athletes or contests.
6. Whether the member school promptly reported and corrected the violation.
7. The member school's prior history of compliance.

11.6 Failure to Comply

Failure to comply with the Bylaws, Athletic Handbook, Calendar of Events, official rulings, deadlines, reporting requirements, or directives issued by the AISA Office or Athletic Committee may result in additional sanctions.

Continued noncompliance may result in further disciplinary action, including suspension of athletic participation, postseason ineligibility, or other sanctions authorized by this Handbook.

11.7 Payment of Fines

Unless otherwise specified, all fines assessed under this Handbook shall be paid to the AISA Office within thirty (30) days.

Failure to pay fines in a timely manner may result in additional penalties, including withholding eligibility approvals, postseason participation, or other privileges until all outstanding obligations have been satisfied.

11.8 Legal Proceedings

By participating in AISA athletics, each member school, student-athlete, and the parent or legal guardian of each participating student-athlete acknowledges and agrees to comply with the AISA Bylaws, Athletic Handbook, official rulings, and appeal procedures.

All administrative remedies provided by AISA must be exhausted before legal action is initiated.

Any legal action arising from or relating to participation in AISA athletics, including eligibility determinations, disciplinary actions, championship administration, or enforcement of AISA rules, shall be filed exclusively in a court of competent jurisdiction located in Montgomery County, Alabama.

If a member school, student-athlete, parent, or legal guardian initiates legal action against AISA, the Association shall comply with all applicable court orders. Nothing in this Handbook shall be construed as preventing AISA from taking any action authorized by this Handbook that is not inconsistent with a valid court order.

11.9 Recovery of Legal Expenses

If legal action is initiated against AISA arising from the participation or eligibility of a student-athlete, and a member school elects to permit the student-athlete to participate contrary to an eligibility determination or other ruling of the AISA Office while such legal action is pending, the member school may be assessed the reasonable attorney's fees, court costs, and litigation expenses incurred by AISA if:

1. The legal action is dismissed.

2. Judgment is entered in favor of AISA.
3. AISA substantially prevails in the litigation.

11.10 Reservation of Authority

No provision of this Handbook shall be interpreted to limit the authority of the AISA Office or Athletic Committee to address circumstances not specifically covered herein when necessary to preserve the integrity, fairness, safety, and orderly administration of AISA athletics.

Actions taken under this provision shall be consistent with the AISA Bylaws, and the general principles established by this Handbook.

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. All schools must have a portable or permanent play clock.

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 27th: 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 3rd : 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 2026 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 31 boys and up
2. Class AA 29 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:

III.

8-Man Class A
Coosa Valley Academy
Cornerstone Christian School
Escambia Academy
Evangel Christian Academy
Heritage Christian Academy
Macon East Academy
*Miracle Academy
Springwood School
*The Lakeside School
Trinity Christian Academy

Class AA, Region 2
Jackson Academy
Monroe Academy
Patrician Academy
South Choctaw Academy
Wilcox Academy

Class AAA, Region 2
Banks Academy
Bessemer Academy
Clarke Prep School
Morgan Academy
Southern Academy

Class AA, Region 1
Crenshaw Christian Academy
Edgewood Academy
Lowndes Academy
Southern Prep Academy
Sparta Academy

Class AAA, Region 1
Abbeville Christian Academy
Autauga Academy
Chambers Academy
Hooper Academy
Valiant Cross Academy

*Not eligible for playoffs

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 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	18-26	-8
		46-38	+7 Total
Team B	loses to Team A	12-28	-15
	defeats Team C	26-18	+8
		38-46	-7 Total
Team C	defeats team A	26-18	+8
	loses to team B	18-26	-8
		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. The number 5 team will host the number 8 team and the number 6 team will host the number 7 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 divisions 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.

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.

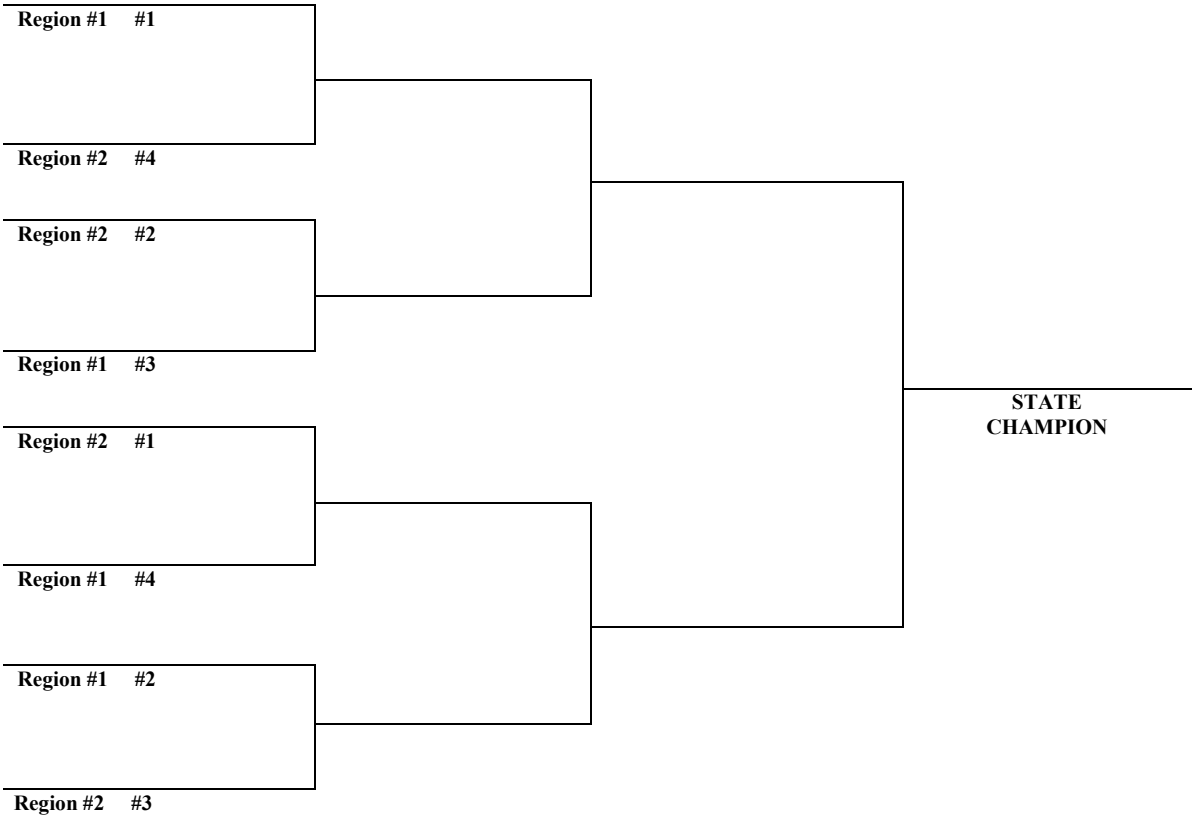
Coaches:

(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.

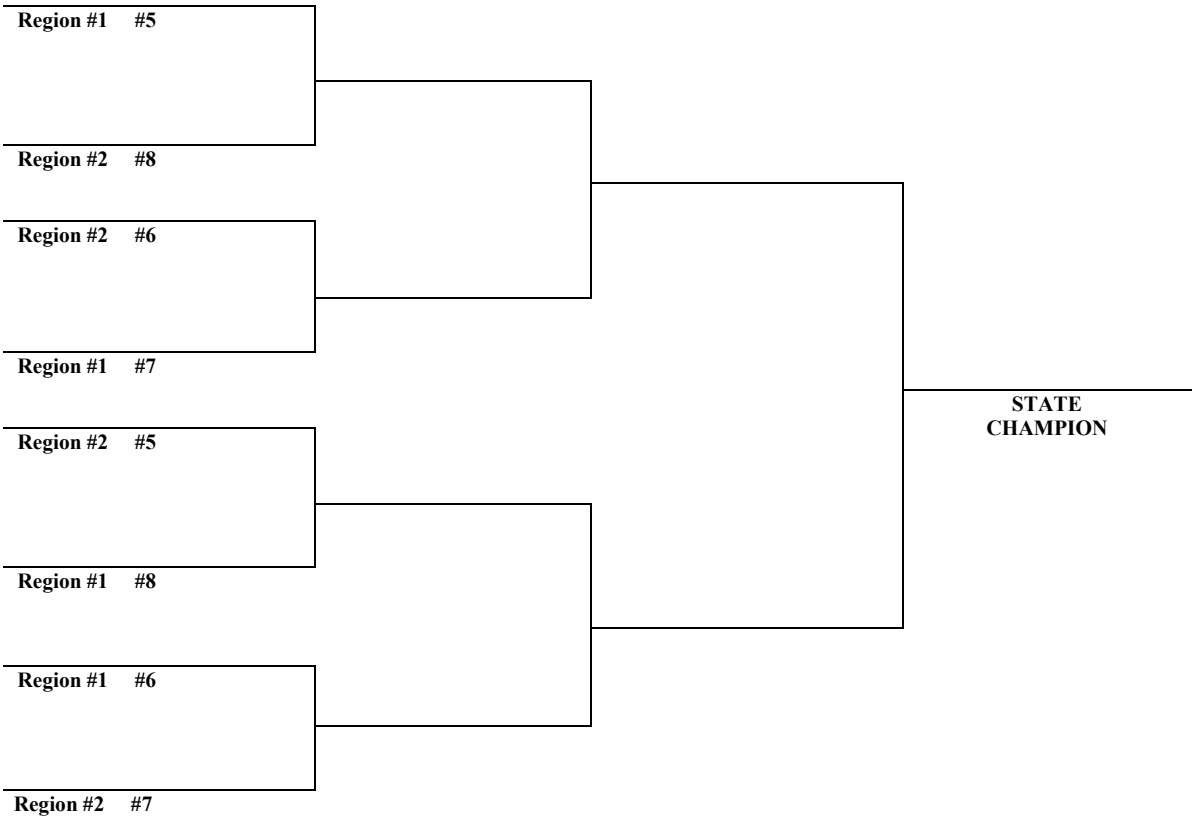
Note: It is the responsibility of the school to notify in writing the AISA office of any ejection of a coach or player within 48 hours. There will be a $100.00 fine for failure to report ejections. A player or coach ejected for conduct reasons from any playoff and/or final game of the sports season will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

PLAY-OFF BRACKET

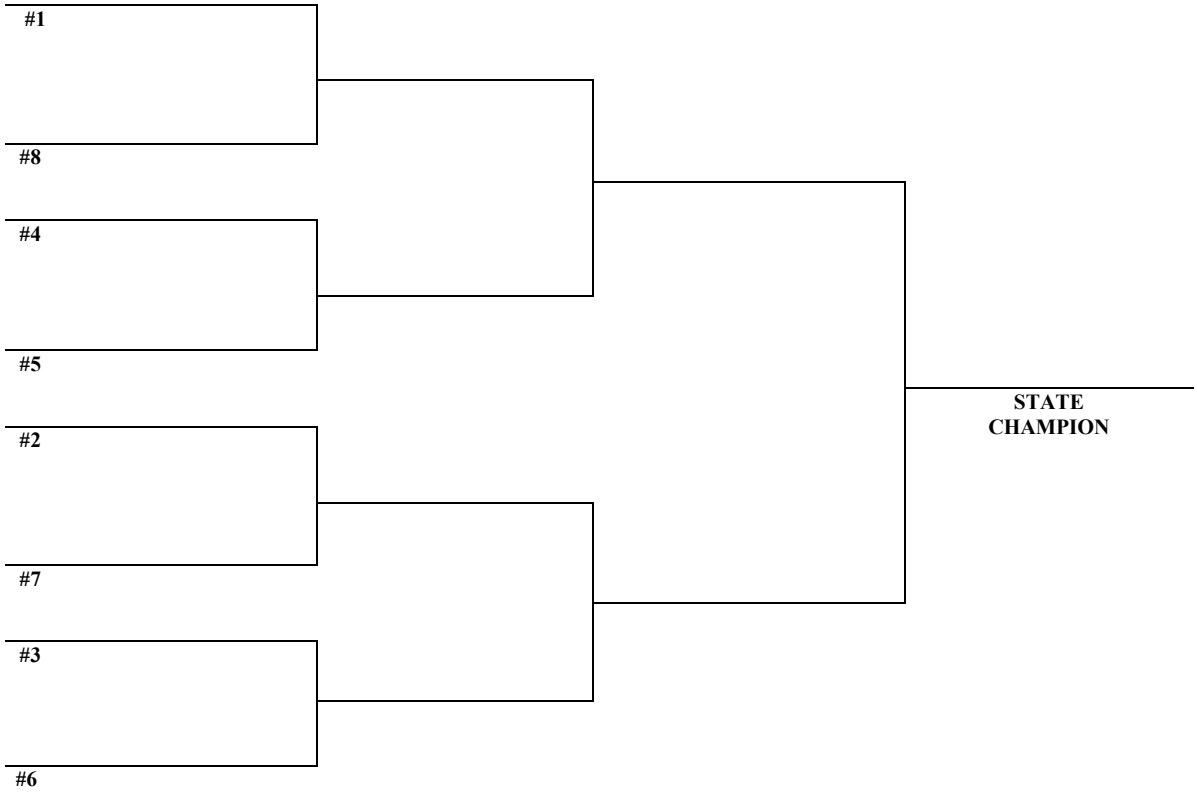
Class AAA



Class AA



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 thirty-six (36) 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 all classes. 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.

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 9-11 in each school during the 2025-2026 school year provided the basis for the 2026 classification for volleyball.

AA = 27-up A = 26 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
Crenshaw Christian Academy
Macon East Academy

Class A
Region 1, Area 2
Edgewood Academy
Hooper Academy

Class A
Region 2, Area 1
Banks Academy
Coosa Valley Academy
Cornerstone Christian School
Heritage Christian Academy
Miracle Academy
Spring Valley Academy

Class A
Region 2, Area 2
Monroe Academy
South Choctaw Academy
Sparta Academy
Wilcox Academy

Class AA
Region 1, Area 1
Autauga Academy
Chambers Academy
Springwood School
Trinity Christian School

Class AA
Region 1, Area 2
Evangel Christian Academy
Lowndes Academy
The Lakeside School
Success Unlimited Academy

Class AA
Region 2, Area 1
Bessemer Academy
Morgan Academy
Southern Academy
Restoration Academy

Class AA
Region 2, Area 2
Clarke Prep School
Escambia Academy
Jackson 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.

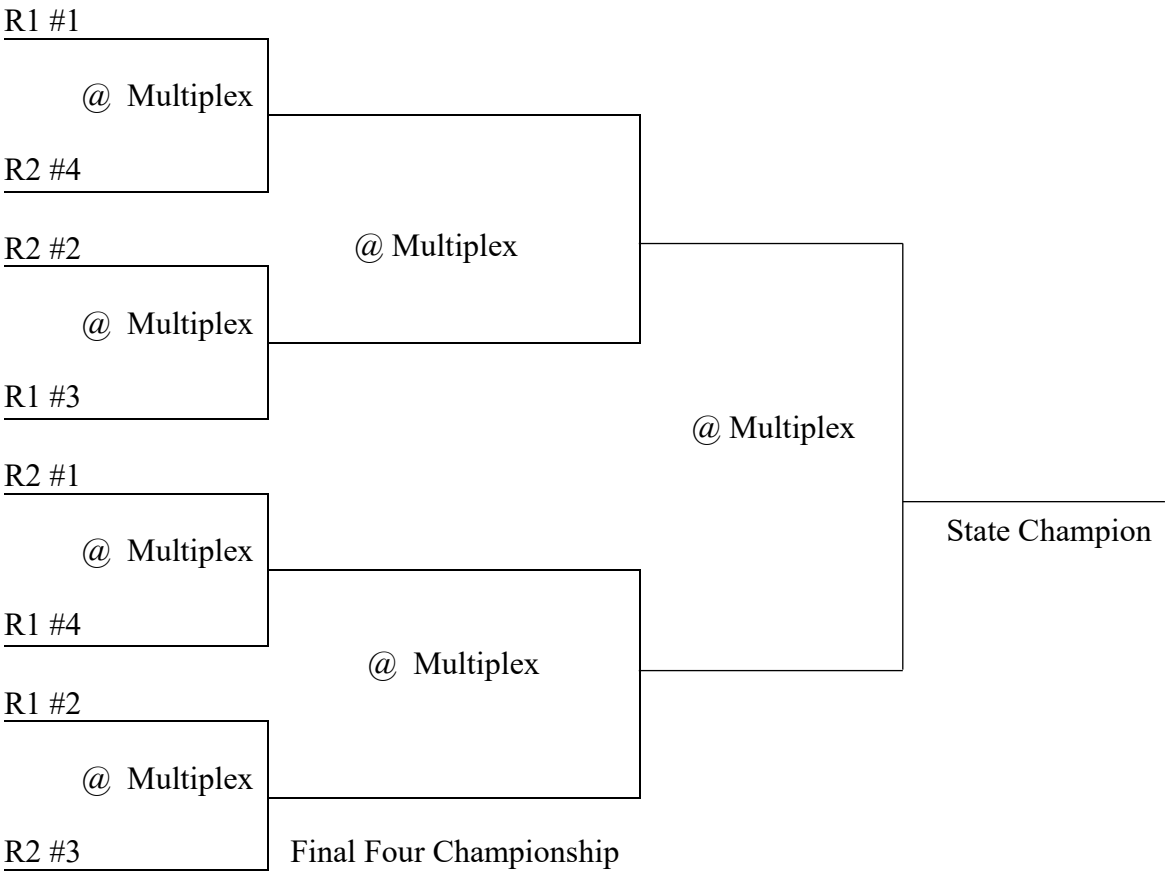
Coaches:
(a) First Ejection – a warning or reprimand plus a $250.00 fine.
(b) Second Ejection – a suspension for one game plus a $500.00 fine.
(c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
(d) With the exception of baseball/softball 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 AISA office will make the selection for two coaches from the East and West.

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^{th}) 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 9-11 in each school during the 2025-2026 school year provided the basis for the 2026-2027 classification.

AA = 56 - up A = 55 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
Edgewood Academy
Hooper Academy
Macon East Academy
The Oaks School
Southern Prep Academy

Class A
Region 1, Area 2
Crenshaw Christian Academy
Sparta Academy
Wilcox Academy

Class A
Region 2, Area 1
Build Up Community School
Coosa Valley Academy
Cornerstone Christian School
Heritage Christian Academy
Miracle Academy

Class A
Region 2, Area 2
Escambia Academy
Monroe Academy
South Choctaw Academy

Class AA
Region 1, Area 1
Chambers Academy
Lowndes Academy
Springwood School
Trinity Christian School

Class AA
Region 1, Area 2
Abbeville Christian Academy
Evangel Christian Academy
The Lakeside School
Success Unlimited Academy
Valiant Cross Academy

Class AA
Region 2, Area 1
Autauga Academy
Banks Academy
Bessemer Academy
Morgan Academy
Restoration Academy

Class AA
Region 2, Area 2
Clarke Prep School
Jackson Academy
Patrician Academy
Southern 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.

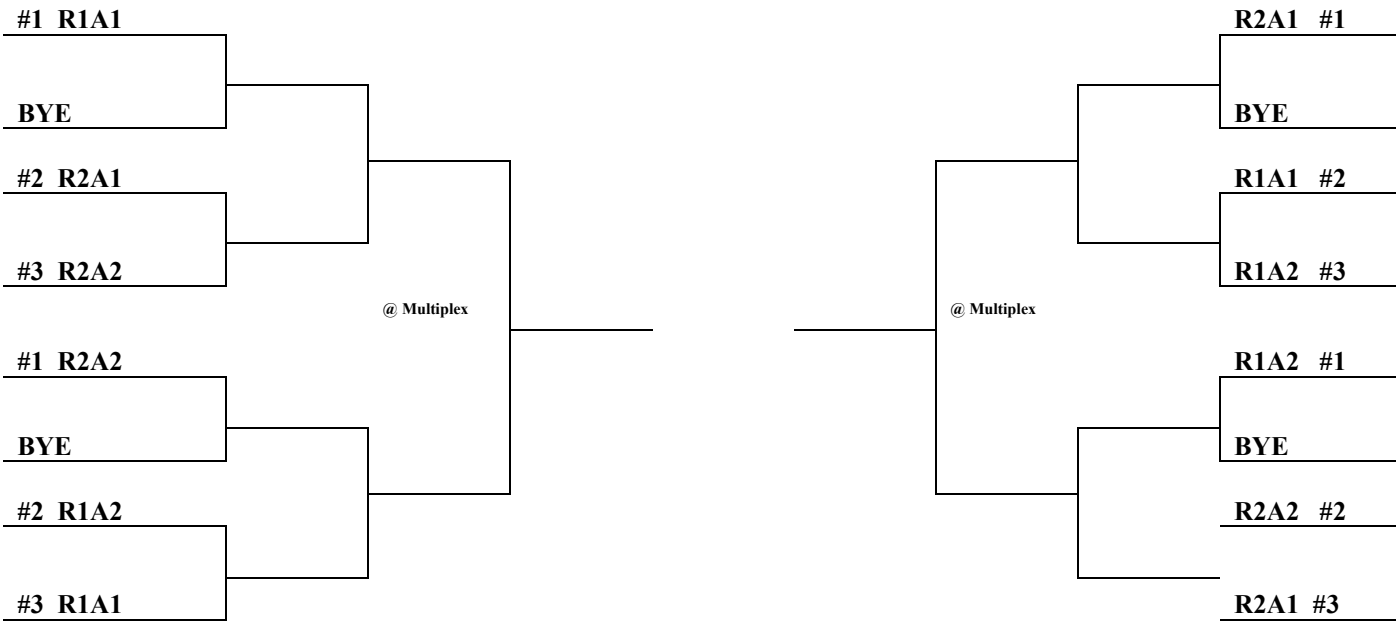
Example #2:

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 – 2027 Bracket
Class A-AA



Highest seed will host 1st 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.

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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.

C. Coaches will then draft players from each Region.

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 nd 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

To be Determined

Any new team will 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 3rd 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. 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.

2. 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.

3. 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 three (3) 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 three (3) 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 the 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.

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.

H. Cross country varsity (5K race) may include any qualifying runner in grades 7-12. See the state qualifying information.

I. Jr. High level (2-mile race) may include any qualifying runner in grades 6-9. See the state qualifying information.

J. For the State Cross Country Championships, a runner in grades 7-12, based on meeting qualifications, must choose either the Jr. High race or the Varsity race. They may not compete in both.

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 4th 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 9-11 in each school during the 2025-2026 school year provided the basis for the 2027 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
Edgewood Academy
Hooper Academy
Macon East Academy
The Oaks School
Southern Prep Academy

Class A
Region 1, Area 2
Crenshaw Christian Academy
Sparta Academy
Wilcox Academy

Class A
Region 2, Area 1
Build Up Community School
Coosa Valley Academy
Cornerstone Christian School

Class A
Region 2, Area 2
Escambia Academy
Monroe Academy
South Choctaw Academy

Heritage Christian Academy
Miracle Academy

Class AA
Region 1, Area 1
Chambers Academy
Lowndes Academy
Springwood School
Trinity Christian School

Class AA
Region 1, Area 2
Abbeville Christian Academy
Evangel Christian Academy
The Lakeside School
Success Unlimited Academy
Valiant Cross Academy

Class AA
Region 2, Area 1
Autauga Academy
Banks Academy
Bessemer Academy
Morgan Academy
Restoration Academy

Class AA
Region 2, Area 2
Clarke Prep School
Jackson Academy
Patrician Academy
Southern 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-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**. <u>If 2 teams are tied on overall</u>**

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.

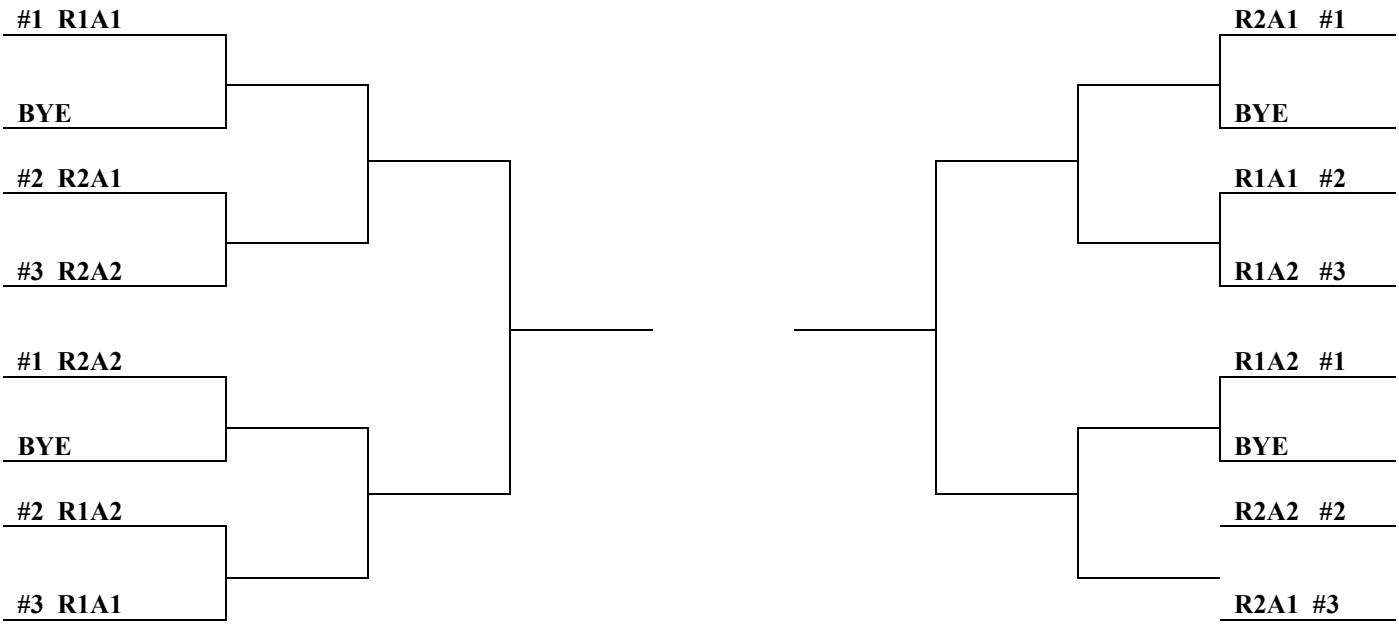
Coaches:
(a) First Ejection – a warning or reprimand plus a $250.00 fine.
(b) Second Ejection – a suspension for one game plus a $500.00 fine.
(c) Third Ejection – a suspension for the remainder of the season plus a fine to be determined by the Athletic Committee.
(d) With the exception of baseball/softball 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 – 2027 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.

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 and 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 9-11 in each school during the 2025-2026 school year provided the basis for the 2027 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
Edgewood Academy
Hooper Academy
Macon East Academy
The Oaks School
Southern Prep Academy

Class A
Region 1, Area 2
Crenshaw Christian Academy
Sparta Academy
Wilcox Academy

Class A
Region 2, Area 1
Build Up Community School
Coosa Valley Academy
Cornerstone Christian School
Heritage Christian Academy
Miracle Academy

Class A
Region 2, Area 2
Escambia Academy
Monroe Academy
South Choctaw Academy

Class AA
Region 1, Area 1
Chambers Academy
Lowndes Academy
Springwood School
Trinity Christian School

Class AA
Region 1, Area 2
Abbeville Christian Academy
Evangel Christian Academy
The Lakeside School
Success Unlimited Academy
Valiant Cross Academy

Class AA
Region 2, Area 1
Autauga Academy
Banks Academy
Bessemer Academy
Morgan Academy
Restoration Academy

Class AA
Region 2, Area 2
Clarke Prep School
Jackson Academy
Patrician Academy
Southern 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**. <u>If 2 teams are tied on overall record, then the series winner(head to head) will have the higher ranking.</u>**

2. **<u>For Example: 4 team area</u>**:

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. **<u>For Example – 3 teams tied in 2 out of 3 series wins</u>**

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.

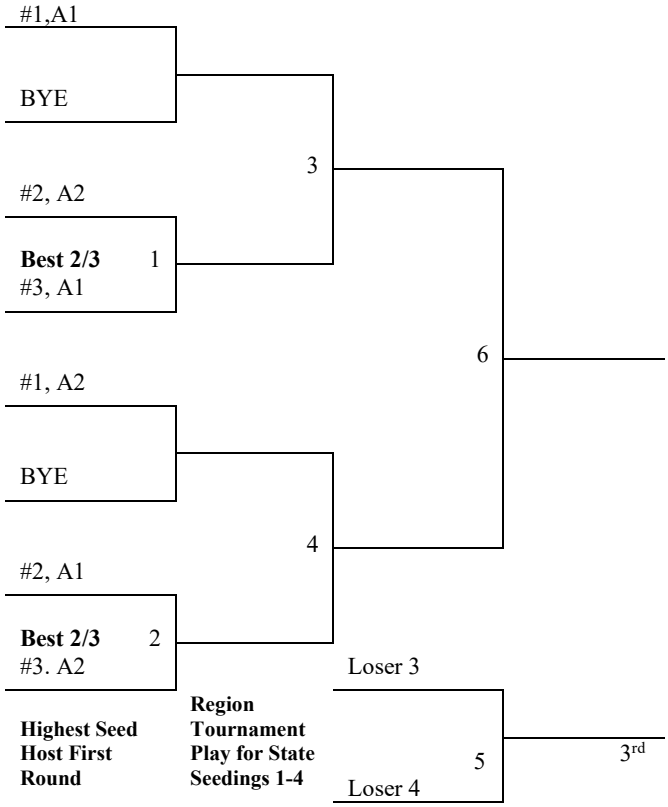
Coaches:

(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 Regions: TBD

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 3rd, 4th, 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.

AISA ATHLETIC PARTICIPATION PERMIT
(Revised 2026)

We, the undersigned, acknowledge and agree to the following:

I. Participation and School Responsibilities

The member school agrees to provide:

- Appropriate supervision of all athletic activities
- Qualified instruction and coaching
- Proper and safe equipment, including equipment provided by the participant
- A safety orientation program for all participants
- Instruction regarding:
    - Rules of the sport
    - Expectations for behavior, dress, and conduct
    - Safety procedures and injury prevention
    - Procedures to follow in the event of an injury

II. Acknowledgment of Risk

We understand that participation in interscholastic athletics involves inherent risks, including but not limited to:

- Mental distress
- Serious injury, death, or permanent disability
- Other risks associated with athletic competition and training

We acknowledge that these risks exist even when reasonable precautions are taken.

III. Participant and Parent Responsibilities

The student-athlete and parent/guardian agree that:

- The student will abide by all team, school, and AISA rules, policies and procedures
- The student will demonstrate appropriate sportsmanship and conduct
- The student will use equipment properly and report unsafe conditions
- The student will immediately report any injury or health concern

IV. AISA Handbook Acknowledgment

We acknowledge that:

- We have received or have access to the AISA Athletic Handbook

- We understand that participation is a privilege, not a right
- We agree to abide by all AISA rules, policies, eligibility requirements, and decisions

We understand that:

- Eligibility is managed by the AISA adopted policies and procedures
- If eligibility is in question, the student-athlete is considered ineligible until verified

V. Eligibility and Participation Agreement

We understand that:

- The school is responsible for determining eligibility at the local level
- AISA has final authority on eligibility matters
- Questions regarding eligibility should be directed to the school and not the AISA office

If a student-athlete participates while ineligible:

- Contests may be forfeited
- The school may be subject to penalties

We acknowledge that:

- Participation in AISA athletics is voluntary
- The school retains control over participation decisions
- AISA rulings remain in effect unless changed through proper procedures

VII. Medical and Safety Acknowledgment

We certify that:

- The student-athlete is physically able to participate
- All required medical forms have been completed and submitted

VIII. Permission to Participate

My student has my permission to participate in:

Sport(s): ___ All Sports ___ Volleyball ___ Football ___ Cross Country ___ Basketball ___ Soccer ___ Baseball ___ Softball ___ Track ___Tennis ___ Cheer ___ Golf

School: _____

Parent/Guardian Signature: _____ Date: _____

Student-Athlete Signature: _____ Date: _____

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

SCHOOL _____ GRADE _____ SPORT/ACTIVITY_____

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

			CHECK ONE	IF YES, EXPLAIN
1.	HAS THE STUDENT EVER:			
	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 form 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.

_____ (M.D. or D.O.)
PHYSICIAN

*EXPLAIN LLIMITATIONS/EXCLUSION

_____

_____

_____

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 1st 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.

New Students List for AISA Sports Eligibility

School: _____

Headmaster: _____

Athletic Director: _____

List males and females separately, alphabetize, and type the names of all new students Grades 7-12 who have not been on your eligibility list before. Please furnish social security number and date of birth for each new student in grades 7-12 that you are submitting now to be eligible.

GIRLS **(Check new student's grade.)**

Name	DOB	7	8	9	10	11	12
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						

BOYS **(Check new student's grade.)**

Name	DOB	7	8	9	10	11	12
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						
	/ /						

New = X	Date Enrolled 0/00/00	Last Name, First Name, MI	F	M	Grade	DOB 0/00/00	Transfer/School	Date 1st Entered 9th Grade M/YR	Required Units Passed	Eligible? (yes or no)	All AISA Required Forms Completed?

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

*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 I WRITING TO THE COUNTY (OR STATE) HEALTH DEPARTMENT WITHIN 7 DAYS OF DIAGNOSIS.

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

- Headaches
- "Pressure in head"
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns
- Amnesia
- "Don't feel right"
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

Signs observed by teammates, parents and coaches include:

- Appears dazed
- Vacant facial expression
- Confused about assignment
- Forgets plays
- Is unsure of game, score, or opponent
- Moves clumsily or displays incoordination
- Answers questions slowly
- Slurred speech
- Shows behavior or personality changes
- Can't recall events prior to hit
- Can't recall events after hit
- Seizures or convulsions
- Any change in typical behavior or personality
- Loses consciousness

(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

KEEP THEIR HEART IN THE GAME

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.

FAINTING

IS THE #1 SYMPTOM OF A HEART CONDITION

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.

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

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

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

KEEP THEIR HEART IN THE GAME

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

To learn more, go to 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!

AISA
ALABAMA INDEPENDENT SCHOOL ASSOCIATION

ERIC PAREDES SAVE A LIFE FOUNDATION