

# REQUEST FOR MINIMUM PRACTICE WAIVER

All student athletes must accomplish ten (10) separate days of physical practice in the same sport activity prior to the first day of competition. When a student is participating in a recognized high school sport activity or is participating in a nationally recognized activity in the same sport, which overlaps the beginning of another recognized sport season, the Executive Director may waive up to five (5) practices. Students may not have practices waived for entering the sports activities of cheerleading, football, gymnastics, hockey or wrestling (see exception for returning Alaska high school wrestlers who are also football players) due to the nature of these sports and safety considerations.

<b>Requesting School</b>	<b>City / Town</b>	<b>Date of Request</b>
<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>

<b>School Address</b>	<b>School Phone</b>	<b>School Fax</b>
<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>

<b>School Administrator (print or type)</b>	<b>School Administrator Signature</b>	<b>Signature Date</b>
<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>	<input style="width: 100%; height: 25px;" type="text"/>

Student Names (print clearly or type)	Name of Sport Ending	Name of Sport Beginning
1. _____	_____	to _____
2. _____	_____	to _____
3. _____	_____	to _____
4. _____	_____	to _____
5. _____	_____	to _____
6. _____	_____	to _____
7. _____	_____	to _____
8. _____	_____	to _____
9. _____	_____	to _____
10. _____	_____	to _____
11. _____	_____	to _____
12. _____	_____	to _____

**FOR OFFICE USE ONLY**

<b>Executive Director's Decision</b>	<b>Executive Director's Signature</b>
<input type="checkbox"/> Waiver APPROVED <input type="checkbox"/> Waiver DISAPPROVED	<input style="width: 100%; height: 25px;" type="text"/>

**Comments**

ALASKA SCHOOL ACTIVITIES ASSOCIATION, INC.  
 4048 Laurel Street, Suite 203 • Anchorage, AK 99508 • (907) 563-3723 • Fax 561-0720 • www.asaa.org