

# MINIMUM PRACTICE WAIVER

All students must have 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. For the purposes of this section, a “nationally recognized activity” is a non-school athletic competition and/or practice, in the same sport, conducted under the auspices of a national sports governing body as part of an Olympic Development Program. This activity will usually be conducted outside of the state of Alaska.

**Requesting School**

**City / Town**

**Date of Request**

**School Address**

**School Phone**

**School Fax**

**School Administrator (print or type)**

**School Administrator Signature**

**Signature Date**

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

**Executive Director's Decision**

Waiver APPROVED     Waiver DISAPPROVED

**Executive Director's Signature**

**Comments**

**ALASKA SCHOOL ACTIVITIES ASSOCIATION**

Scan and email this form to [office@asaa.org](mailto:office@asaa.org)