



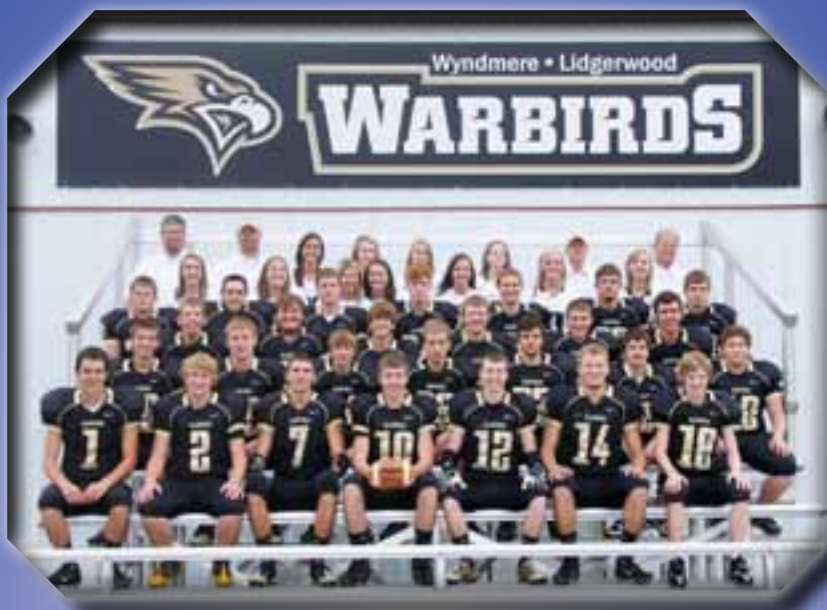
# NDHSAA BULLETIN

North Dakota High School Activities Association  
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**November 2011**

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*Pictured Above: Wyndmere/Lidgerwood 2010 9 Man Champs*

## NDHSAA Premier Partner:



NDHSAA Supporting Sponsor:



## ***Tournament Code of Conduct***

Purpose: To elevate standards of Good Sportsmanship and to encourage the growth of responsible citizenship among the students, member schools, and their personnel.

### **Fundamentals of Good Sportsmanship**

1. Know, appreciate, and understand the rules of the contest.
2. Show respect for the officials. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.
3. Show respect for the opponent at all times. Good Sportsmanship is the Golden Rule in action.
4. Recognize and appreciate the skill of performance regardless of team affiliation.
5. Maintain self control at all times. Good sportsmanship is a responsibility of all who are involved in the game.
6. Show a positive attitude in cheering, refraining from intimidation or negative cheering. Good sportsmanship is cheering your own team "on to victory."

### **Acts of Misconduct**

1. Throwing of any object onto the playing floor or in the stands.
2. Behavior deemed dangerous or which interferes with the rights of others to watch the game.
3. Possessing, consuming, or being under the influence of chemicals.
4. Use of obscene, profane, or abusive language or gestures, signs, posters, or banners which show disrespect for opponent's team, officials, cheerleaders, band or other performing groups.
5. The use of noisemakers.
6. Entry onto the playing surface at any time.

## ***Participants Must Be Accompanied***

Please be reminded all regional and state individual and team members must be accompanied by a coach or school official as noted in the NDHSAA By-Laws on page 9, Part Two, Article III-CONTESTS, Section V.

Managers of regional and state NDHSAA sponsored activities have been notified to strictly enforce this rule. No participant or team will be allowed to participate without a coach or faculty representative present at the contest.

## ***NDHSAA Board of Directors Meeting – October Summary***

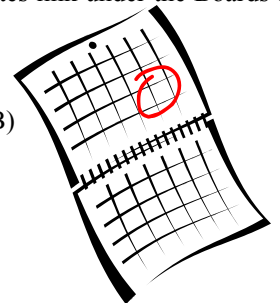
- Constitution and By-Laws Committee reviewed student transfer rules.
- Football Committee reviewed upcoming plan procedure and JV schedules.
- Officials Committee developed on-line rules clinic meeting procedure for coaches and officials of same sport, different season.
- Fine Arts Committee reviewed statewide speech fees and fine arts club activities.
- Strategic Planning process was discussed for future implementation.
- Board approved alternate Region Track date and procedure.
- Board approved apparel sales contract for State Volleyball, State Wrestling, and State Track.

## ***2011/12 NDHSAA Board Meeting Dates***

Following is a list of NDHSAA regularly scheduled Board meeting dates. Agendas, Board minutes, special meeting information and other Board documents may be found on the NDHSAA website by clicking the Board Agendas and Minutes link under the Boards & Committees across the top of every page on the NDHSAA website.

### **2011/12 Meeting Dates**

November - 18	FARGO (District Chair and Board meeting) (Changed with move of State VB)
January - 28	Bismarck (Athletic Review A.M., Board P.M.)
January - 30	Membership Meeting, Bismarck
March - 9	Fargo
March - 16	Bismarck (District Chair and Board meeting)
April - 17	Valley City
June - 13	Athletic Review Valley City
June - 19-20	Valley City



## ***National Anthem Flag Decorum***

The following announcement should be read before the playing/singing of the national anthem at various events:  
"Ladies and gentlemen, we are about to salute the flag of our nation. Please rise, remove your cap or hat, place your right hand over your heart, and stand at attention while the national anthem is being performed."



## ***NDHSAA Membership Meeting***

The Annual NDHSAA Membership meeting was held at the Ramkota Inn in Bismarck on October 20.

At the Membership Meeting, the following individuals were nominated for Board positions:

Class A At Large:

Doug Sullivan, Superintendent, Dickinson

Jason Wiberg, Athletic & Activities Director, Devils Lake High School

NDIAAA:

Jim Roaldson, Athletic & Activities Director, Jamestown High School

Randy Nelson, Athletic & Activities Director, Shanley High School

Class B Southeast:

Jeff Fastnacht, Superintendent, Ellendale

Steve Hall, Superintendent, Kindred

Biographies and pictures will be in the December Bulletin. Schools will receive voting ballots mid-December.

- The By-Law Amendment of Part Two, Article VI (Due Process Procedure) passed through unanimous voice vote.
- The By-Law Amendment of Part Two, Article XIV, Section X (Hardship Appeals) passed through unanimous voice vote.
- The By-Law Amendment of Part Two, Article XIV, Section XI (Semesters Rule) passed through unanimous voice vote.
- The By-Law Amendment of Part Two, Article III – Contests, Section IX, 2B (Cooperative Sponsorship Softball Exception) passed through school vote 105-31.

Other items in the agenda included remarks from NDHSAA Board President, Dr. Steve Swiontek, football plan and Executive Secretary's report which included information about the future strategic plan, football plan, coaches education, and recognition of Sheryl Solberg's retirement and outstanding service to the Association and its Member Schools.

Minutes for the membership meeting are available on the NDHSAA website.

## ***Charitable Contest Guidelines***

Schools may host a contest in recognition of a charitable cause under the following conditions:

- The contest or competition may be held during any one week, to be determined by each individual school, of the designated sport season.
- The NDHSAA is supportive of charitable initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause. Each school participating must be in agreement to allow any of the modifications to the rules.
  - Team members may be allowed to wear headbands or wristbands of a solid non-regulation color.
  - Officials may be allowed to use a colored whistle
  - Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.
  - A commemorative ribbon may be worn, properly placed on the jersey or school-issued uniform. Uniforms must conform to National Federation rules, including colors.
- 

NDHSAA requests that member schools provide NDHSAA a courtesy contact with the date of contest and charitable cause.

## ***Bismarck Basketball Workshop Date Change***

The Bismarck basketball workshop originally scheduled for Wednesday, December 7 is now scheduled to Tuesday December 6. Please contact Scott McPherson at [scott\\_mcpherson@bismarckschools.org](mailto:scott_mcpherson@bismarckschools.org) for further information.

## ***State Volleyball Tournament - Change of Venue***

The NDHSAA Board of Directors met Friday, September 30, 2011 to review the location of the 2011 NDHSAA State Class A & B Volleyball Tournament.

Due to correspondence received from the Minot Tournament Committee and flood related concerns over facility parking and hotel accommodations in Minot, the tournament scheduled November 17-19 will be moved to Fargo's FARGODOME.

For more information about 2011 NDHSAA State Volleyball, please go to <http://www.ndhsaa.org/athletics/volleyball>. NDHSAA State Volleyball is slated to return to Minot 2012, 2013, and 2014.

## 2011 State Girls' Swim Meet Information

The 2011 Girls' Swimming & Diving State Meet will be held in Grand Forks, November 11-12, Todd Olson, Manager.

### 2011 State Girls' Swimming & Diving Schedule

#### Friday:

11:00 AM - Coaches Meeting  
11:15 AM - Diving Sheets Due  
11:30 AM - Diving Warm-Ups Begin  
12:30 PM - Diving Preliminaries  
2:15 PM - Swim Warm-Ups Begin  
3:15 PM - Clear Pool  
3:30 PM - Parade of Athletes  
- Swimming prelims following Parade of Athletes

#### Saturday:

9:30 AM - Diving warm-ups  
11:00 AM - Diving semi-finals  
11:45 AM - Coaches and Officials Meeting  
Diving Warm-ups @ pool without separate diving well  
12:15 PM -Swimming warm-ups  
1:15 PM - Clear pool  
1:30 PM - Parade of Athletes - All Finals

Note: There will be a 5 minute break immediately following the Medley Relay

- The meet finals will operate under the current National Federation Swimming and Diving Rules
- Order of events: Rule 5, Section 1, Article 1.
- Finals: Eight contestants will qualify for the finals and eight contestants will qualify for the consolation finals in individual swimming events. The twenty highest scoring divers through the preliminaries advance to the semi-final round. (Rule 9-4-3). The sixteen highest scoring divers, through the semi-finals will advance to the final round (Rule 9-4-4). There will be no preliminaries for relays. Finals will be seeded by their regular season time and will be held on Saturday.
- Scoring for finals:  
Individual events (16 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.  
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- Each team shall be permitted a maximum of four entries in an individual event. Qualifying times are mandatory, using 105% of the 20th place cumulative time from the three previous State Meets. The following 2011 standards are:

200 Free	2:14.44
200 IM	2:34.62
50 Free	28.24
100 Fly	1:10.67
100 Free	1:02.41
500 Free	6:04.35
100 Back	1:11.19
100 Breast	1:20.27

The above times must have been achieved in a sanctioned swim meet during the current season. These times are 105% of the average of the fastest 20th place times from the three previous State Meets. Consideration times will no longer be used. The lead-off swimmer of each relay shall be eligible to qualify for state in that particular stroke and distance. Times from this event will not stand as a pool record, conference record or a state record.

- A competitor shall be permitted to enter a maximum of four events, no more than two of which shall be individual events. Being designated as a member of a relay team does not count as an entry unless the swimmer actually competes in a relay event.
- Heats will be drawn as prescribed in the current National Federation Swimming and Diving Rules Book in Rule 5 of Section 3 by using the swimmer's best time as reported during the season.
- Diving: Diving will be conducted in accordance with Rule 9. Divers shall qualify for the state with a total of 275 points in eleven dives. This scoring must be during a regular season meet with a minimum of three judges scoring. In the event that there are less than 32 qualified divers, consideration divers will be added to fill the field of 32, using the 250 point-11 dive and 150 point-6 dive consideration divers in that order.
- It is the responsibility of the coach to see that no competitor is entered in more than two individual events and that each athlete's full name, grade and seed time appears on the entry list.
- The entry form is to be electronically commlinked using the HyTek program to the NDHSAA office (Sue.Carlsrud@sendit.nodak.edu) in Valley City, no later than 10:00 a.m. on Monday, prior to the state meet. DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. SWIMMING AND DIVING ENTRIES SUBMITTED LATE WILL BE ACCEPTED ONLY IF ACCOMPANIED WITH A \$25 LATE ENTRY FEE. NO ENTRIES WILL BE ACCEPTED AFTER MONDAY AT 3:00 P.M. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL. Diving sheets must be e-mailed as an attachment.
- There will be a scratch meeting at 11:00 a.m. Friday, of the state meet and at 11:45 a.m. Saturday, of the state meet. No changes or additional entries are allowed at this time.
- Diving Entry Sheets: Double check the previously submitted diving sheets and return to the Diving Referee, before the deadline of 11:15 a.m. Friday, of the state meet. Changes shall be permitted until the specified time on Friday, prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition. Interscholastic Championships (Rule 9: Section 3, Article 4):

## ***2011 State Girls' Swim Meet Information (Continued)***

Number of Contestants: 1-32

Preliminaries: Any two required and three optional

Semi-Finals: Two required and one optional

Finals: One required and two optional

The 20 highest scoring divers through the prelims qualify for the semi-finals.

The 16 highest scoring divers through the semi-finals qualify for the finals.

NOTE: When there are more than 32 contestants, the first 3 dives listed on the written description for preliminaries shall be performed to reduce the field to 32.

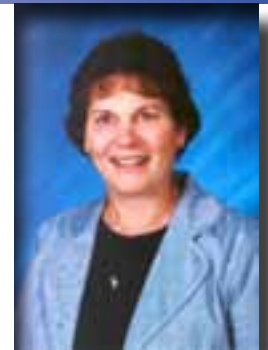
15. Eight lanes are to be used for preliminaries in the State Meet.
16. Electronic timing with touch pads and horn start will be used, along with a back-up timing system.
17. For safety purposes, the following will be enforced concerning activity at the conclusion of the State Meet:
  - A. The pool will be cleared immediately following the 400 yard freestyle relay.
  - B. The entire pool area will be cleared of all swimmers and spectators immediately following the awards ceremony.
18. Three team trophies and eight individual plaques for each event will be awarded (except relays in which only the first, second, third and fourth place teams will receive individual plaques and places 5 through 8 will receive ribbons). Places 9 through 16 in each individual event will receive ribbons. Competing members of the first and second place teams will receive individual team plaques.
19. Teams will be reimbursed at the end of the school year as per the 2005-2006 team payment plan.
20. Admission:
  - 1 Day Tournament Ticket  
Adults - \$10.00, Students - \$5.00
  - 2 Day Tournament Ticket  
Adult - \$18.00, Student - \$8.00Note: No reserved seats.

### ***Peggy Stibbe, CMAA, Asst. Principal/Activities Coordinator, Discovery Middle School Selected to Receive the NFHS Citation***

Each year, the National Federation of State High School Associations (NFHS) presents Citations to outstanding athletic administrators in recognition of contributions to interscholastic athletics at the local, state and national levels. The NFHS Board of Directors selects eight athletic administrators (one from each of the eight sections) to receive the NFHS Citation. Recipients of the NFHS Citation are selected from persons nominated by their respective state athletic director associations. This award recognizes athletic administrators from across the nation who have excelled in the profession. Among the factors which are considered:

- Individual has a long-standing and distinguished record of involvement with high school activities programs at the local and state levels.
- Individual is recognized as among the best in their profession by their colleagues.

The 2011 National Federation Citations will be presented during the National Athletic Directors Conference Luncheon on Monday, December 12 in Indianapolis, Indiana at the Marriott Downtown Hotel.



Peggy has been in education for 36 years as a teacher, coach, administrator and activities director. She was instrumental in creating the Fargo Public Schools coaches mentor program several years ago. Coaches professional development opportunities is another contribution she has made to the school district. Peggy has led the state athletic directors' association (North Dakota Interscholastic Athletic Administrators Association, NDIAAA) professional development committee and is a state faculty member for leadership training courses.

### ***Coaches Publications Committees***

The NFHS Coaches Publications Committee held their semi-annual meeting October 15-16 at the Hyatt Regency Hotel in downtown Indianapolis. The committee reviewed what has occurred with their online publications during the past six months, planned upcoming story logs, and made other short-term and long-term plans with regard to the editorial content. Jeff Arbogast of Sandy, Utah, is the chairperson of the NFHS Coaches Publications Committee.

The new NFHS Coaches Publications Committee members are Don Hinton of Mississippi and Matt Berglund of North Dakota.

## *School Music Trips*

Out of state music trips of 600 miles or more must have NDHSAA approval.

Under no circumstances shall an out of state trip exceed the loss of more than two school days. Groups shall also be limited to a maximum of two out of state trips in any one school year.

Administrators must contact NDHSAA once planning begins for these trips, whether or not they involve competition. Requests for these trips should include information about dates, destination, and administrative approval of the trip.

## *Certified Speech and Debate Judges*

The 2011-12 list of certified speech and debate judges is online at [www.ndhsaa.com](http://www.ndhsaa.com). This may be found under Fine Arts>Speech or Debate. The respective 'Officials and Judges' links may be found on the Speech and Debate pages of our website. Lists will be updated periodically. Judges must complete the online rules clinic to become certified. Contact Brian Bubach if you have questions.

## *Music Judge Certification*

College or high school personnel with a B.S. in Music Education and at least 5 years experience may judge NDHSAA sponsored Music Festivals upon completion of the online music rules clinic. All judges will need to create/update their MVP login if they wish to be on the certified music judge list.

If you have questions regarding music certification, please contact Brian Bubach at [Brian.Bubach@sendit.nodak.edu](mailto:Brian.Bubach@sendit.nodak.edu).



## *2011-12 Fine Arts - Winter Online Clinic Window*

For 2011/12, fine arts rules clinics will be offered online. Online clinic completion is mandatory for head play director, head speech coach, head debate coach, head student congress coach, head vocal, strings, and instrumental music directors (if there is more than 1 position) from each high school music department.

### **Music - Online**

November 7 - November 28

### **Debate - Online**

November 7 - November 28

### **Speech - Online**

November 7 - November 28

## *Winter Sports-Coach and Official Mandatory Online Testing*

Officials and head coaches of winter sports basketball, gymnastics, hockey, and wrestling must take an open book test in the sport(s) in which he/she is a head coach/official. The test will be available on-line only and must be completed and submitted within the applicable window. The test will be available by following the On-Line Testing link on the main page of the NDHSAA website. ([www.ndhsaa.com](http://www.ndhsaa.com))

The test windows are as follows:

**Wrestling, Basketball, Gymnastics and Hockey**  
**December 6 - December 12, 2011**

The NDHSAA office will assess a penalty of \$50 or \$100 (pending number if school has previously missed a rules clinic) for non-attendance/non-completion of a head coach at any mandatory fine arts rules clinic.

## *Team Scholar Awards*

Principals and coaches are reminded that Team Scholar Award applications may be submitted as soon as your school has reached the first grading period. It is requested the school principal identify all fall teams that have met the cumulative 3.20 Grade Point Average and submit those all at one time.

Activities eligible this fall are Student Congress, Class B One-Act Plays, A Girls' Golf, Boys' and Girls' Cross-Country, Volleyball, Football, Boys' Tennis, Boys' Soccer, and Girls' Swimming & Diving.

Applications are accepted electronically through MVP. If you have questions, please contact Brian Bubach at [Brian.Bubach@sendit.nodak.edu](mailto:Brian.Bubach@sendit.nodak.edu) or (701) 845-3953.

### **Girls' Golf (A)**

West Fargo-3.51

### **Boys' Tennis**

West Fargo-3.47

## 2011 State Student Congress

The 2011 State Student Congress will be held at the Mandan Seven Seas on Thursday and Friday, November 3 and 4. Sue Anderson, Richardton-Taylor, will serve as the Contest Manager.

### Thursday, November 3

11:30 - 12:30 - Registration  
12:45 - General Assembly  
1:00 - 3:00 - Session I  
3:00 - 3:20 - Break for All Chambers  
3:20 - 4:00 - Committees & Committee Reports  
(Start sessions as soon as this is over)  
4:00 - 6:00 - Session II  
6:00 - Adjournment

### Friday, November 4

7:50 - Meeting of P.O.'s and All Coaches  
8:00 - 9:45 - Session III  
9:45 - 10:00 - Break for All Chambers  
10:00 - 11:30 - Session IV  
11:45 - General Assembly  
12:00 - Chamber Reports  
12:15 - Awards

8:00 PM - Coaches Meeting at Seven Seas - Mandan

## ACT-SAT National Test Dates



Administrators, activities directors and coaches should remind their students of the following 2011/12 dates so that they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.

### ACT National Test Dates

December 10, 2011  
February 11, 2012  
April 14, 2012  
June 9, 2012

### SAT National Test Dates

November 5, 2011  
December 3, 2011  
January 28, 2012  
March 10, 2012  
May 5, 2012  
June 2, 2012

## NDHSAA Wall Calendar Corrections

Please note the date corrections for the 2011-12 Calendar.

- State Student Congress, MANDAN, November 3-4 (site change)
- Football Finals, Fargo, November 11 (date change)
- State Volleyball Tournament, Fargo, November 17, 18, 19 (site change)
- District Chairs & Board Meeting, Fargo, November 18 (site change)
- District Chairpersons Meeting, Bismarck, March 16 (site change)



## NDHSAA Contact Information

### Street Address:

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### Mailing Address

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## *Dakota Bowl November 11*

**Editors Note: The 2011 Dakota Bowl is inaccurately listed in the NDHSAA calendar. The Dakota Bowl will be held on Friday, November 11, 2011.**

The NDHSAA 2011 State Football Championships with Curt Jones and Ed Lockwood as managers will be held at the FargoDome in Fargo.

- 9:00 AM - 9-Man Championship
- 20 minutes after - Division A Championship
- 20 minutes after - Division AA Championship
- 6:30 PM - Division AAA Championship

Awards will be presented immediately following each game. Players MUST wear their jerseys to be recognized and receive awards. Teams scheduled for the second and third games can have preliminary warm-ups in a designated area and will have 20 minutes on the field before introductions.

### TICKET PRICES (ALL Day)

Adults: \$12.00 + \$1.00 venue charge (\$13.00)

Students: \$6.00 + \$1.00 venue charge (\$7.00)

## *MVP Information - Find Officials' Information*

Each month we will be preparing an "MVP Information" article in our BULLETIN. This month the topic is finding officials' information. In order to find contact information for officials in MVP you must have administrative privileges. To view officials and their contact information:

- Log in to MVP
- Click on the Admin Wrench on the left side of the page
- Click on the Officials tab on the grey menu bar that goes across the page
- Select the sport for which you would like to find officials' information
- You will see a list of all officials registered to officiate the sport you have selected for the current school year
- You may either view this information on line or export this information to Excel by clicking on the Export icon on the top right side of the page.

## *Online Rules Clinic for Coaches, Officials and Judges*

Officials and head coaches/activity advisors must complete rules clinics in sports or activities where clinics are offered. These clinics will be available online only and must be completed within the three week clinic window. The clinic will be available through a link within MVP. You must have an MVP account in order to complete the rules clinic. Following are the sports and activities online rules clinics for 2011/12 along with clinic windows.

A school must pay \$50 for non-attendance or non-completion for a coach at one of these clinics. Each subsequent nonattendance/completion violation by a school in one year would result in a \$100 fee for each subsequent offense. 2011-12 NDHSAA Rules Clinics Dates and Sites are as follows: (check NDHSAA website for confirmation)

### **Winter Sports: November 7 - 28**

Basketball, Gymnastics, Hockey, Wrestling

### **Spring Sports: February 20 - March 12**

Track & Field

### **Winter Fine Arts: November 7 - 28**

Debate, Music, Speech

### **Spring Sports: March 12 - April 2**

Baseball, Golf, Softball

## *Region and State Photographs Invited*

NDHSAA invites member schools to submit photographs of Regional and State events. Photos may be emailed to Brian Bubach for possible placement in the Bulletin or NDHSAA Calendar. Please include names of the people in the shot (i.e. left to right), the event, date, and photographer.

## *Class B Boys' Basketball Hotel Information*

Information on reserving hotel rooms for the State Class B Boys Basketball Tournament which will be held on March 1-3, 2012 in Grand Forks can be found at [www.visitgrandforks.com](http://www.visitgrandforks.com) or by calling the Greater Grand Forks Convention and Visitors Bureau at 701-746-0444. There is a block of 25 rooms for each qualifying team that will be released to the qualifying school on Friday, February 24th. Please be sure to reserve your rooms early. The hotels in Grand Forks are typically near capacity every weekend.

## 2011 Regional/State Volleyball Information

### A REGIONAL PAIRINGS

The WDA and EDC regions will set their own time, pairings and format for their regional tournaments using the formula adopted by each region.

#### Regional Tournaments will be as follows:

East Region - Play-in deadline - Saturday, November 5, 2011 at site of upper-seeded team.

First Round games at home sites of top four seeds - Tuesday, November 8, 2011. Remainder of the tournament will be at West Fargo High School - November 11, 12, 2011, Curt Jones, Mgr.

West Region - Minot, November 10, 11, 12, 2011 - Pat McNally, Mgr.

Regional first-round matches to reduce the region to 8 teams shall be played no later than Monday prior to regionals.

### A STATE ADVANCEMENT

First, second, third and fourth place winners advance to the state tournament. Third and fourth places will be determined using a cross-bracketing of semi-final losers to the consolation bracket's semi-final round. The entire tournament bracketing will be as previously set.

All regional matches are to be played to conclusion. Failure to complete a match will cause a team to be ineligible for further competition.

### B REGIONAL PAIRINGS

November 7, 8, 10, 2011

First round matches on November 7 will be in one session beginning at 3:00 p.m. Each subsequent match will begin 25 minutes after completion of the previous match. Pairings are:

#### Region 1 - Oak Grove, Sarah Mevold, Manager

District 1 - Team 1 vs. District 2 - Team 4  
District 2 - Team 2 vs. District 1 - Team 3  
District 2 - Team 1 vs. District 1 - Team 4  
District 1 - Team 2 vs. District 2 - Team 3

#### Region 2 - Grafton, Mike Hanson, Manager

District 3 - Team 1 vs. District 4 - Team 4  
District 4 - Team 2 vs. District 3 - Team 3  
District 4 - Team 1 vs. District 3 - Team 4  
District 3 - Team 2 vs. District 4 - Team 3

#### Region 3 - Wishek, Shawn Kuntz, Manager

District 5 - Team 1 vs. District 6 - Team 4  
District 6 - Team 2 vs. District 5 - Team 3  
District 6 - Team 1 vs. District 5 - Team 4  
District 5 - Team 2 vs. District 6 - Team 3

#### Region 4 - Devils Lake, Jason Wiberg, Manager

District 7 - Team 1 vs. District 8 - Team 4  
District 8 - Team 2 vs. District 7 - Team 3  
District 8 - Team 1 vs. District 7 - Team 4  
District 7 - Team 2 vs. District 8 - Team 3

#### Region 5 Washburn, Pete Moe, Manager

District 9 - Team 1 vs. District 10 - Team 4  
District 10 - Team 2 vs. District 9 - Team 3  
District 10 - Team 1 vs. District 9 - Team 4  
District 9 - Team 2 vs. District 10 - Team 3

#### Region 6 - Minot Auditorium, Alton Nygaard, Manager

District 11 - Team 1 vs. District 12 - Team 4  
District 12 - Team 2 vs. District 11 - Team 3  
District 12 - Team 1 vs. District 11 - Team 4  
District 11 - Team 2 vs. District 12 - Team 3

#### Region 7 - Dickinson Trinity, Rick Gordon, Manager

District 13 - Team 1 vs. District 14 - Team 4  
District 14 - Team 2 vs. District 13 - Team 3  
District 14 - Team 1 vs. District 13 - Team 4  
District 13 - Team 2 vs. District 14 - Team 3

#### Region 8 - Tioga, Brodie Odegaard, Manager

District 15 - Team 1 vs. District 16 - Team 4  
District 16 - Team 2 vs. District 15 - Team 3  
District 16 - Team 1 vs. District 15 - Team 4  
District 15 - Team 2 vs. District 16 - Team 3

First place from each region shall advance to the State Tournament.

### STATE TOURNAMENT

The State Volleyball Tournament will be held on November 17, 18, 19, 2011 in Fargo at the FargoDome. Ed Lockwood, athletic administrator of the Fargo Public Schools, Mgr.

### STATE TOURNAMENT PAIRINGS

#### State A

Team 1 West vs. Team 4 East  
Team 2 East vs. Team 3 West  
Team 1 East vs. Team 4 West  
Team 2 West vs. Team 3 East

#### State B

Region 5 vs. Region 8  
Region 2 vs. Region 4  
Region 3 vs. Region 6  
Region 1 vs. Region 7

### 2011 STATE VOLLEYBALL TOURNAMENT SCHEDULE

- NOTE, THE SCHEDULE WILL BE DOUBLE COURT FOR ALL BUT THE CHAMPIONSHIP MATCHES.

After first match of a session, the next match will begin 25 minutes after the completion of matches but not earlier than the scheduled time.

#### SESSION 1 Thursday, Nov. 17 (Double Court):

Time # A-Court B-Court

12:00 #1 #1 West vs #4 East / Region 5 vs. Region 8

2:00 P.M. #2 # East vs #3 West / Region 2 vs. Region 4

*Volleyball Tournament Continued on Page 10*

## 2011 Regional/State Volleyball Information (Continued)

### **SESSION 2 Thursday, Nov. 17 (Double Court)**

6:00 P.M. #3 #1 East vs #4 West / Region 3 vs. Region 6

8:00 P.M. #4 #2 West VS #3 East / Region 1 vs. Region 7

### **SESSION 3 Friday, Nov. 18 (Double Court):**

CONSOLATION PLAY

12:00 P.M. #5 Consolation Semi-Final (Upper Bracket)

2:00 P.M. #6 Consolation Semi-Final (Lower Bracket)

### **SESSION 4 Friday, Nov. 18 (Double Court):**

CHAMPIONSHIP SEMI-FINALS

6:00 P.M. #8A Championship Semi-Final Matches (Upper Bracket)

8:00 P.M. #8B Championship Semi-Final Matches (Lower Bracket)

### **SESSION 5 Saturday, Nov. 19 (Double Court):**

10:00 A.M. #9 7th Place Matches

12:00 P.M. #10 Consolation Championships

2:00 P.M. #11 Third Place Matches

### **SESSION 6 Saturday, Nov. 19 (Single Court):**

6:00 P.M. #12 B Championship (corrected from October Bulletin)

8:00 P.M. #12 A Championship

All State Tournament matches must be played to conclusion. Matches will be played on double court or main court as indicated in the schedule. Only the championship matches will go on main court.

### **MATCHES**

All Regional and State play will be best-of-five-set matches with rally scoring.

### **COACHES**

Coaches with teams entered in the State Tournament will meet with the tournament manager and the attending NDHSAA official on Thursday prior to their scheduled pre-match to go over any questions they might have and for a briefing on the operation of the tournament.

### **OFFICIALS**

Officials will be contracted by the NDHSAA. Assignment of officials for regional matches may be made by the NDHSAA or the tournament manager.

Officials working the State A Tournament will be the top three selections from each region. Officials working the State B Tournament will be the top selection state-wide from Regions 2, 4, 6, and 8 plus two at-large officials. The sit-out rule is in effect.

Assignments of these officials for State Tournament matches are made by the NDHSAA office one week prior to the tournament and officials will then be notified of their specific assignments. Only NDOA and reciprocity officials are eligible to work regional tournaments and only NDOA officials are eligible to work the state tournament.

A floor captain, statisticians, desk officials, ball return workers, ticket takers and sellers, ushers, etc., are to be obtained by the tournament manager. Desk officials are required to wear distinguishing uniforms so they can be readily identified.

It is recommended registered officials be used as line judges. The NDHSAA will attempt to contract local officials as no mileage or per diem may be paid. These officials will receive two tournament passes plus a per-match fee.

### **PRACTICE SESSIONS**

Regional and State Tournament

No practice will be allowed at the Regional Tournament site on the day prior to the start of the tournament or any time once the tournament has begun.

### **WARM-UP**

The scheduled 20-minute warm-up period on the playing court will be provided prior to each Regional and State match. While using double court, warm-up on court may begin immediately following the previous match. Warm-up shall consist of 4 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team's time on the court, they may choose the option of serving practice.

### **BALLS**

#### **Practice Balls**

Each participating team will furnish its own practice balls at regional sites. Practice balls will be furnished by the management at the state tournament site.

#### **Game Balls**

Game balls are furnished through the NDHSAA office and sent to all A and B regional and state tournament managers: upon completion of the tournament, balls may be awarded to the schools at no cost (one per school) with first chance going to the first place team, second to the second place team, etc.

## 2011 Regional/State Volleyball Information (Continued)

### PLAYERS IN UNIFORM

In Regional and State Tournaments, schools may have a 15 player roster and the maximum number of players dressed for a match is also 15.

If disciplinary action of a player is taken by a coach removing a player because of violation of any Association rules, a player may be replaced by someone else for the tournament. If disciplinary action is taken by the coach for reasons other than NDHSAA rules and regulations, a player may not be replaced. Any changes in the roster must be cleared with the tournament manager beforehand. It is not necessary to use the same players in Regional and State Tournaments.

### PASSES

A maximum of twenty-eight passes shall be given to competing schools in regional and state tournaments, plus cheerleader passes (maximum of 8 which includes the mascot). Schools are to notify the tournament manager as to the number of passes needed. Each player, student manager, coach and school official must present a pass or ticket for admission to any and all sessions. Additional passes must be requested from the tournament manager.

### SCHOOL RESPONSIBILITY

PART TWO, SECTION V of the NDHSAA Constitution & By-Laws states: "Contesting schools shall each have present an authorized faculty representative who shall be responsible to his/her school for the conduct of its participants and students throughout the contest and the visiting team's stay away from home."

The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: "An appropriate shirt is required at all NDHSAA sponsored district, region and state events". An appropriate shirt is to be determined as per local school policy. Also, there shall be no body paint. Face paint is allowed.

### TEAM ALLOWANCE

Regional Tournament and State Tournaments

Team payments will be distributed at the end of the school year.

### HOUSING

State Tournament managers will make motel arrangements for the out-of-town schools.

### PROTESTS

Protests as to eligibility status of individual contestants will be considered by the Board of Directors prior to or after the completion of a tournament, but not while said tournament is in progress.

### SOLICITATIONS

No solicitations for any purpose shall be permitted at any Association-sponsored tournament regardless of the merit of such a venture. CONCESSIONS, PROGRAMS, HOSPITALITY WILL BE THE HOST CITY RESPONSIBILITIES

### TROPHIES AND AWARDS

Regional

Team awards are provided for 1st and 2nd, place winners for A and 1st, 2nd, 3rd and 4th place winners for B.

State

Team awards are provided for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and participation. Only trophies provided by the NDHSAA or an approved affiliated organization will be presented at the tournaments.

Individual awards are also provided for the State Tournament. Eighteen individual plaques will be provided for each 1st and 2nd place team members. Places 3 through 8 shall each be provided with 18 participation medals.

### VIDEO TAPING OR FILMING

Regulations prohibit the use of video equipment by schools except for the match they are playing. This does not prohibit stations that have contracted for the televising of tournaments from videotaping or filming for delayed telecasts.

Private individuals may use video recorders at NDHSAA-sponsored events provided they do not interfere with other people's view of the match. Tournament managers will determine if individuals are causing any viewing problems.

### INSURANCE

Each tournament will be protected by a Master Personal Liability and Property Damage Insurance Policy.

All tournaments will be protected against Inside Robbery and Outside Messenger Service and Burglary Insurance to a maximum of \$2,000 for each tournament.

All Regional Tournament managers are bonded with a \$10,000 Fidelity Bond and State Managers with a \$75,000 bond.

### ADMISSION PRICES

Regional - Adult Student

Season Ticket (3 day) Adult- \$16.00 / Student - \$10.00  
Each Individual Session Adult - \$6.00 / Student - \$4.00

A Pre-Quarters

Adult - \$6.00 / Student - \$4.00

State

Season Ticket

Adult: \$30 + venue charge Student: \$15 + venue charge

Daily Pass

Adult: \$12.00 + venue charge

Student: \$6.00 + venue charge

Note: All regional and state tickets are unreserved.

## Shirt Policy

The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: "An appropriate shirt is required at all NDHSAA sponsored district, region and state events". An appropriate shirt is to be determined as per local school policy. Also, there shall be no body paint. Face paint is allowed..

## Award of Excellence

NDHSAA is honoring the recipients of the National Federation Award of Excellence for displays of great sportsmanship.

Those teams, individuals, coaches, fans, and administrators that have shown exemplary sportsmanship in the midst of competition may be nominated by emailing Matt Fetsch or Brian Bubach. A nominator may be a game official, parent fan, coach, or school administrator.



Those receiving the award this past month are:

Shanley vs. Wahpeton Football-September 23. Coaching staff and players displayed outstanding sportsmanship. Official's nomination.

Parshall vs. Trenton Volleyball-September 24. Kuersten Lee (Trenton) called officials' attention to a spiked ball that she touched and asked for the point to be reversed. Official's nomination.

## Winter Season MVP Requirements

Winter sport rosters/pictures/cutlines and schedules are soon due. Schools are required to have this information for all winter sports uploaded to MVP three weeks into each season. Failure to upload required information will result in a \$50 late fee for the first season and \$100 for subsequent seasons. Schools have the ability to edit this information as rosters change throughout the season.

NDHSAA member schools are required to upload a team picture, cutline which identifies the lineup on the team photo, team roster and schedule/record for all sports. This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs. The MVP system will accept photos up to 5 MB in size. For additional information on uploading team information to MVP, please contact Brenda Schell at the NDHSAA office.

### Deadline for Picture, Cutline, Roster, Schedule

#### November 28

Boys' Hockey  
Girls' Hockey  
Wrestling

#### December 5

B Boys' Basketball  
Gymnastics

#### December 12

A Boys' & Girls' Basketball

#### December 19

Boys' Swimming & Diving  
B Girls' Basketball



## State B Play Contest

Ten regional qualifiers will participate at the University of North Dakota and ten qualifiers will participate at Grand Forks Empire Theatre on Monday, November 21. The top 4 plays from each preliminary site will advance to the Finals at UND on Tuesday, November 22.

### Preliminaries on Monday, November 21

Time	UND Burtness Theatre	Empire Theatre
8:00a	Region 5, #1	Region 7, #1
8:45a	Region 2, #1	Region 6, #1
9:30a	Region 7, #2	Region 4, #2
10:15a	Region 8, #1	Region 9, #1
11:00a	Region 10, #2	Region 8, #2
11:45a	Lunch	Lunch
12:30p	Region 4, #1	Region 10, #1
1:15p	Region 6, #2	Region 5, #2
2:00p	Region 3, #1	Region 1, #1
2:45p	Region 9, #2	Region 2, #2
3:30p	Region 1, #2	Region 3, #2
4:30p	Awards	Awards

### Finals on Tuesday, November 22

Time	UND Burtness Theatre
8:30a	4th Place from Empire
9:15a	4th Place from Burtness
10:00a	3rd Place from Empire
10:45a	3rd Place from Burtness
11:35a	Lunch
12:30p	2nd Place from Empire
1:15p	2nd Place from Burtness
2:00p	1st Place from Empire
2:45p	1st Place from Burtness
3:45p	Awards

## 2011-2012 Basketball Regulations

Regulations as approved by the NDHSAA Board of Directors

1. Develop a coaching box for basketball – The dimensions for forming a coaching box may be found on the NDHSAA website. Rules and regulations on the use of the coaching box may be found in the National Federation Basketball Rulebook (approved June, 2011).
2. Recommend shot clock for Class B basketball. 30 sec. girls, 35 sec boys (approved June, 2010 for a 2011-2012 implementation).

### **Basketball (Girls' & Boys')**

1. Season begins on the date set by the Board and concludes with the State Tournament.
2. There shall be at least 9 daily practice sessions prior to the first game. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
3. One scrimmage with other schools may be held prior to the date of the first regularly scheduled game of the season. Scrimmages held after the first scheduled game of the season count as contests.
4. Jamborees, or inter-school scrimmages, must be counted as games with the exception of #3.
5. Class A schools will play two 18-minute halves and Class B schools will play four 8-minute quarters per game.
6. Total games played by any team shall not exceed nineteen regular season games. Any Class A player may not participate in more than 57 halves in a regular season of competition or more than 3 halves in one day. Any Class B player may not participate in more than 114 quarters in a regular season of competition or more than 6 quarters in one day.
7. An individual may not participate in more than 3 halves (Class A) 6 quarters (Class B) in any one evening in regular season play. (NOTE: PENALTY FOR VIOLATION: Forfeit of game in which violation occurred plus student in violation must sit out next scheduled game at that level.)
8. A team or an individual may participate in two games on the same day in a tournament providing there is a lapse of at least one hour between the conclusion of their first game and the start of their next game.
9. A team may play no more than two games per week on nights followed by school days.

### **Junior High:**

The junior high basketball season shall be no longer than the high school season and each school may set its own starting time.

#### **Team Regulations:**

1. No more than fifteen games shall be played by a junior high school team during a season (tournament games included). Any interscholastic game, interscholastic scrimmage, practice game, tournament game or jamboree count as one of the fifteen games. (This section does not apply in a school or cooperative sponsorship with a total enrollment which does not exceed 50 students.)  
Note: The total enrollment count must take place at the beginning of each season in which this rule is applied.
2. No more than two games per week are permitted except three games during a week provided at least one game is scheduled on a Saturday. (This section does not apply in a school or cooperative sponsorship with a total enrollment which does not exceed 50 students.)
3. Teams shall have at least nine (9) daily practice sessions, counting one per day, prior to the first date of competition.
4. No overnight trips are permitted for junior high teams.
5. It is recommended travel for junior high teams be confined to a radius of 60 miles when reasonable.

#### **Individual Regulations:**

1. A junior high individual may not participate in more than 75 quarters (Class B) or 30 halves (Class A) and no more than 5 quarters (Class B) or 2 halves (Class A) in any one day.
2. In the event a junior high team schedules two regular season games on one day, individuals may participate in two games and eight quarters (Class B) or four halves (Class A) provided there is at least one hour between the conclusion of their first game and the start of their next game. No further participation is allowed on that day.
3. Junior high students may compete on both the junior and senior high teams providing they conform to the regulations in 6, 7, and 8. However, once a junior high student in a school with a 7th and 8th grade enrollment of 50 or more competes on a high school team, he/she no longer is eligible for the junior high team. Note: The exception to this rule is in the sports of track, cross-country and wrestling for all schools as well as in all sports for schools with a combined enrollment of less than 50 in the 7th and 8th grade.

Individual participants are limited to a total of 75 quarters (Class B) or 30 halves (Class A).

#### **Tournaments:**

1. No district, regional or state tournaments for junior high schools will be organized by the Board of Directors. Any sub-varsity "post-season" tournaments must be included in the regular season game limitation.
2. Each junior high school team is permitted to participate in fifteen regular season games, tournament games included in the fifteen games maximum.

**Play Periods:** The National Federation rules which provide playing periods of 6 minute quarters for seventh and eighth grade teams shall be followed. There is no regulation addressing the length of halves (Class A).

**Officials:** NDOA registered officials shall be provided in all cases possible. High school students (junior and senior grades) may be used as referees if registered through the NDOA high school program.

## 2011-2012 Basketball Tournament Regulations

### Regional Tournament Regulations

Class A Girls' and Boys' Regional Tournaments will be held at the following sites (Play-in game by February 25 at home sites of upper-seeded team):

East: February 28 at the site of the upper seeded team and March, 2, 3 at Fargo, Ed Lockwood, Athletic Administrator of the Fargo Public Schools, Manager

West: March, 1, 2, 3 at Bismarck Civic Center, Jim Haussler, Athletic Administrator of Bismarck Public Schools, Manager  
The top four Class A teams in each of the East and West Regions advance to the State Class A Tournament.

### CLASS B BOYS REGIONAL PAIRINGS (February 20, 21, 23)

The top four teams from each of the sixteen Class B Districts will advance to their respective Regional Tournament. First round matches at each Class B Region will be in one session beginning at 3:00 p.m. Each subsequent game will begin 20 minutes after completion of the previous game. Pairings for both Region Tournaments are:

#### Region 1 – Fargo Civic Center, Kent Packer, Manager

District 1 - Team 1 vs. District 2 - Team 4

District 2 - Team 2 vs. District 1 - Team 3

District 2 - Team 1 vs. District 1 - Team 4

District 1 – Team 2 vs. District 2 - Team 3

#### Region 2 – Grand Forks Betty Engelstad Sioux Center, John Hutchison, Manager

District 3 - Team 1 vs. District 4 - Team 4

District 4 - Team 2 vs. District 3 - Team 3

District 4 - Team 1 vs. District 3 - Team 4

District 3 - Team 2 vs. District 4 - Team 3

#### Region 3 – Jamestown Civic Center, Jim Roaldson, Manager

District 5 - Team 1 vs. District 6 - Team 4

District 6 - Team 2 vs. District 5 - Team 3

District 6 - Team 1 vs. District 5 - Team 4

District 5 - Team 2 vs. District 6 - Team 3

#### Region 4 – Devils Lake, Jason Wiberg, Manager

District 7 - Team 1 vs. District 8 - Team 4

District 8 - Team 2 vs. District 7 - Team 3

District 8 - Team 1 vs. District 7 - Team 4

District 7 - Team 2 vs. District 8 - Team 3

First place from each region shall advance to the State Tournament.

### STATE TOURNAMENT

The State Basketball Tournament will be held on March 1, 2, 3, 2012 at the Grand Forks Alerus, Todd Olson, Athletic Administrator of the Grand Forks Public Schools, Mgr.

Class B Girls' Regional games will be held on March 5, 6, 8, 2012 at the following sites:

Region 1 – Lisbon, Pat Adair, Manager

Region 2 – Grand Forks (Betty Engelstad Sioux Center), John Hutchison, Manager

Region 3 – Napoleon, Elroy Burkle, Manager

Region 4 - Devils Lake Sports Center, Jason Wiberg, Manager

Region 5 – Mandan, Lorell Jungling, Manager

Region 6 - Minot Auditorium, Alton Nygaard, Manager

Region 7 – Dickinson Trinity, Rick Gordon, Manager

Region 8 – New Town, Chuck Hunter, Manager

### STATE TOURNAMENT

The State Basketball Tournament will be held on March 15, 16, 17, 2012 at the Bismarck Civic Center, Jim Haussler, Athletic Administrator of the Bismarck Public Schools, Mgr.

All regional tournament games are to be played to conclusion. In Class B, the only consolation game to be played is the game for third and fourth place. First round games are to be played beginning Monday afternoon with the semi-finals scheduled Tuesday evening, and the finals and third place game on Thursday evening. Monday will be one session. Starting time on Monday (quarterfinals) will be 3:00 p.m. and each following game will be 20 minutes after the conclusion of the previous game. The semifinal and championship sessions will be 6:00 p.m. and 20 minutes after the conclusion of previous game for each evening.

### Regional Tournament Regulations

The Class A West & East Region will have play-in games to reduce each region to 8 teams. These games are to be completed by February 25 and the pairings are as follows: Team # 9 at Team # 8, etc. If a lower ranked team defeats a higher ranked team they will take that position in the tournament pairings.

## ***2011-2012 Basketball Tournament Regulations (Continued)***

The Class A East and West Region starting times are determined by the individual regions:

Regional and State Tournament managers will assign ends of the court prior to warm-up for each game.

### **2012 PAIRINGS FOR CLASS A REGIONALS**

The position of teams in the Class A regionals is to be determined by a point system, allowing one point for games won against teams who play each other twice and two points for a win against teams playing each other once.

### **REGIONAL AWARDS**

Class A Team: 1st and 2nd; Class B Team: 1st, 2nd, 3rd & 4th.

### **OFFICIALS**

Three whistle crews will be assigned to all region and state tournament games. After selection by coaches' ballot, the assignment of officials for regional games shall be made by the tournament manager. Said assignments are to be made by the manager one week prior to the tournament and officials are to be notified of their specific assignments immediately thereafter. Management is requested to provide two passes for each working game official.

### **2012 STATE A TOURNAMENT PAIRINGS**

Beginning with the 2011 state tournament schedule, the girls' and boys' semifinals games and championship games are to be scheduled girl/boy/girl/boy.

### **2012 STATE TOURNAMENT PAIRINGS**

#### **State A**

Team 1 West vs. Team 4 East

Team 2 East vs. Team 3 West

Team 1 East vs. Team 4 West

Team 2 West vs. Team 3 East

#### **State B**

Region 5 vs. Region 8

Region 2 vs. Region 4

Region 3 vs. Region 6

Region 1 vs. Region 7

### **2012 CLASS A & B STATE SITES:**

Class B Boys' – Grand Forks Alerus, March 1, 2, 3, Todd Olson, Mgr.

Class A Boys' & Girls – FargoDome, March 8, 9, 10, Ed Lockwood, Mgr.

Class B Girls' – Bismarck Civic Center, March 15, 16, 17, Jim Haussler, Mgr.

A consolation series will be played in each state final tournament and any team refusing to play in this series forfeits its rights to team payments from that tournament.

### **GAME TIMES FOR STATE TOURNAMENTS**

Game schedules for the State Tournaments will be published in a future publication.

### **STATE TOURNAMENT REGULATIONS**

#### **TEAM ALLOWANCE FOR CLASS A REGIONAL AND STATE TOURNAMENTS**

Team payments will be made using the approved formula at the end of the fiscal year. Prior to June 30th, team payments will be sent to the schools from the association office.

#### **MOTEL ROOMS AT STATE TOURNAMENT**

Motel rooms have been reserved for schools qualifying for the state tournaments by the respective tournament managers. More information on same will be forthcoming. Any team that refuses to stay at the assigned motel will forfeit their per diem allowance.

#### **PLAYERS IN UNIFORM**

In all Class A or B district, region or state tournaments, schools may have a 15 player roster and dress 15 each game.

Roster substitutions are permitted for players who may become ill or injured. If a player is removed from the roster because of a violation of Association rules, that player may be replaced. If disciplinary action is taken by the coach for other reasons, that player may not be replaced. Any changes in the roster must be cleared with the tournament manager. It is not necessary to use the same players in regional and state tournaments.

#### **PLAYER SEATING**

It is recommended that managers reserve a section for players during the sessions in which they are not playing.

#### **UNIFORMS**

The top team listed in the bracket is the home team and shall wear white jerseys. The other team shall be the visiting team and wear dark jerseys.

#### **PRACTICE SESSIONS**

No Class B team is permitted to practice on the regional tournament floor after the seeding of district teams and no Class A team will be allowed to practice at their Class A regional site after the seeding of the tournament. No Class A or B teams will be allowed to practice on their respective state tournament floor following the conclusion of the regional tournament.

## ***2011-2012 Basketball Tournament Regulations (Continued)***

### **PROTESTS**

Protests as to eligibility status of individual contestants will be considered by the Board of Directors prior to or after the completion of a tournament, but not while said tournament is in progress.

### **PASSES**

Schools – A maximum of twenty-seven passes shall be given to competing schools in regional and state tournaments, plus cheerleader passes (maximum of 8 which includes the mascot). Schools are to notify the tournament manager as to the number of passes needed. Each player, student manager, coach and school official must present a pass or ticket for admission to any and all sessions. Additional passes must be requested from the tournament manager. The cost of these additional passes will be deducted from the team payment at the rate of an adult tournament pass.

Officials - Two passes shall be provided for each referee working the tournament.

Radio – Must contact NDHSAA for Passes/radio rights. Note: Must contact site for radio hook-up. Two passes to each station for each session broadcast.

Media- (All Media must contact the NDHSAA.) Two passes for writers and one for photographer to each daily paper represented. Two passes for each weekly paper represented. The NDHSAA will send State Managers names of media attending the tournament.

Television –Two passes are available to each television station.

### **TICKET PURCHASES**

See Administrator/Coach BB Ticket Notice article which was published in the January BULLETIN.

### **SCHOOL RESPONSIBILITY**

PART TWO, SECTION V of the NDHSAA Constitution & By-Laws states: “Contesting schools shall each have present an authorized faculty representative who shall be responsible to his/her school for the conduct of its participants and students throughout the contest and the visiting team’s stay away from home.”

The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: “An appropriate shirt is required at all NDHSAA sponsored district, region and state events”. An appropriate shirt is to be determined as per local school policy. Also, there shall be no body paint. Face paint is allowed.

### **TOURNAMENT BANDS**

Managers should provide passes to band members/directors only for games/sessions at which they perform. Managers should consult the band director on the size of the band and provide an adequate performance area or limit the number to fit the area. Consideration must be given to adequate sound projection.

#### **Regional Tournament Bands**

The host school band or a school band in the tournament site area shall be designated as the official tournament band. Regional managers are allowed to pay a stipend to tournament bands of \$100 per session (no less than 2 games). Managers should provide passes for band members for the sessions at which they perform.

#### **State Tournament Bands**

Schools are requested to contact the state manager as soon as possible if they wish their band to perform at the State Tournament. (There will be no reserved assignments held for bands of state qualifying teams.) An honorarium may be paid at state tournaments to the host school for their band, but no payments are to be made for out-of-town bands.

### **SPORTSMANSHIP**

The following statement shall appear in regional and state tournament programs: Good sportsmanship is conduct which imposes a type of self-control involving honest rivalry, courteous relations and graceful acceptance of results. School spirit is a reflection of those attitudes and behavior. Spectator etiquette requires that we refrain from displaying any action to taunt opponent’s fan section such as carrying flags around the court and stopping to taunt the opponent’s fan section. This may lead to competition among observers which is mistakenly under the guise of good sportsmanship. Spectators are asked to remain in their designated fan section. Approaching the opponent’s fan section for the purpose of taunting and baiting will not be tolerated. Also, carrying of flags around the court will NOT be allowed! The use of profanity at ANY TIME will NOT be tolerated.

Good sportsmanship shall be defined as those qualities of behavior which are characterized by respect and genuine concern for others. Awareness is expected concerning the impact of an individual’s influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

### **NOISEMAKERS & CONFETTI**

The Board of Directors has banned the use of artificial noisemakers at all Association sponsored tournaments, including horns, bells, clapboards and drums used for such purposes. Confetti has also been banned because of the potential fire hazard and excessive clean-up work involved between sessions. Tournament managers are instructed to confiscate such articles at the door.

### **GUIDELINES FOR HALF-TIME ENTERTAINMENT AT STATE TOURNAMENTS**

The local half-time entertainment committee may select pompon groups, dance teams, marching bands or other groups or individuals on the basis of variety and audience appeal. The performance time for each half-time is limited to ONE group - not to exceed seven minutes. Tournament managers will attempt to secure Class A performers for Class A tournaments and Class B performers for Class B tournaments.

## ***2011-2012 Basketball Tournament Regulations (Continued)***

### **CHEERLEADERS**

Only bona-fide high school students are permitted as cheerleaders and allowed on the floor. Each school is responsible for the conduct of their cheerleaders. Cheerleaders should not be on the playing floor while the game is in progress, as this not only might interfere with the play of the game, but could result in accidental injury to cheerleaders or players alike. An area off the playing court should be provided for cheerleaders, and they should be restricted from going on to the court except during the intermission and 60 second time-out periods. There is a limit of EIGHT cheerleaders or SEVEN cheerleaders and ONE mascot at all regional and state tournaments. When pompons are used by cheerleaders or half-time entertainment, loose strings on the floor should be immediately removed by the group performing, as these can be the cause of serious injury to players.

### **SOLICITATIONS**

No solicitations for any purpose shall be permitted at any Association sponsored tournament regardless of the merit of such a venture.

### **CONCESSIONS**

Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to types normally available at basketball games during the regular season, such as soft drinks, popcorn, candy, coffee, etc. The NDHSAA and management controls what can be sold in the tournament building and the area adjacent to it such as parking lots, Enterprises which might tend to exploit students are prohibited.

Concession privileges may be awarded to school organizations, service clubs, or similar organizations by the management, but not to private individuals or companies.

### **PROGRAMS (Regional and State)**

Program rights for regional and state tournaments are awarded to host schools, who may in turn assign such rights to a service club or similar organization in the community. However, in the case of such assignment, the host school shall be responsible for approving the contents of the program booklets.

Tournament booklets shall include information supplied by the NDHSAA office which includes Farmers Union Insurance and the National Guard.

Use of advertising in programs is optional with the host school. However, such advertising shall be in good taste, with no advertisements pertaining to gambling, alcohol, drugs or tobacco. Advertising shall not take precedence over tournament, NDHSAA or school information.

The host school shall keep any profit realized from programs and is responsible for any deficit that might occur.

### **HOST CITY RESPONSIBILITIES**

Items which should not be charged to tournament expense include such items as program booklets, hospitality rooms, half-time entertainment and cheerleader supervision. These items are the responsibility of the host city or the participating group.

### **TROPHIES AND AWARDS**

State Class B team awards are provided for 1st, 2nd, 3rd, 4th, 5th, 6th and 7th place winners. Additionally, a State Tournament Participant award will be given to the Class B 8th place team. State Class A team awards are given for places 1st through 6th. Eighteen individual participation awards are provided for coaches and players from each of the participating teams. Schools may purchase additional awards by contacting the NDHSAA office. A maximum of 8 participation awards will be given to the cheerleaders/mascot plus 1 for the cheer coach. Also at the Class B tournaments, a spirit trophy will be awarded to the school displaying the best sportsmanship/spirit and cheering section at each tournament. Only trophies provided or approved by the NDHSAA and presented by an NDHSAA representative will be given.

### **BALLS**

Balls are provided free-of-charge for all region and state basketball tournaments by Spalding. Upon completion of the tournament, one ball should be presented to each one of the top four teams.

### **BASKETBALL NETS**

The following policy shall be applied to regional and state tournaments:

“Because of the danger of breaking glass backboards, nets are not to be cut or removed at the conclusion of the tournament by the winning team. If the nets are desired as a trophy, the tournament manager should be paid the price of a new set of nets. If nets are secured by the winning school in this manner, they shall be removed by the management following the tournament and not during the time the act will be witnessed by students and adult spectators.”

Tournament managers are requested to advise coaches of the regulation prior to the start of the tournament.

### **INSURANCE**

Each tournament will be protected by a Master Property Damage Liability policy. All tournaments will be protected against robbery inside and outside the premises.

### **TELEVISION**

Exclusive television rights have been sold to NBC North Dakota Sports for the State Class A & B Tournaments.

### **VIDEO TAPING AND FILMING**

Regulations prohibit the use of video equipment by schools except for the game(s) they are playing. This does not prohibit stations that have contracted for the televising of tournaments from videotaping or filming for delayed broadcasts.

Private individuals may use video recorders at NDHSAA sponsored events provided they do not interfere with another person's view

## 2011-2012 Basketball Tournament Regulations

of the game. Tournament managers will determine if individuals are causing any viewing problems.

### OFFICIALS

Assignments of officials for state tournament games are made by the NDHSAA office one week prior to the tournament and officials will be notified of their specific assignments. Management is requested to provide two passes to each working game official.

Desk officials, ticket takers and sellers, ushers, etc., are to be obtained by the tournament manager. The desk official acting as score-keeper is required to wear a distinguishing uniform so he/she can be readily identified.

### COACHES

The eight coaches with teams in the state tournament are to meet with the tournament manager and an NDHSAA staff member at a designated time prior to the start of the tournament to go over any questions they might have and for a briefing of the operation of the tournament.

## 2011-12 Hockey Regulations

### NEW

- Regular season shootouts (See Regulation 10)
- End-of-period procedure (See Regulation 11)
- Post-season overtime regulations – three minute rest prior to post-season overtimes (See OVERTIME GAME REGULATIONS #1 under BOYS' & GIRLS TOURNAMENT INFORMATION.

### Regulations

1. Practice begins on the date set by the NDHSAA Board and concludes with the state tournament.
2. Individuals must have participated in at least 9 daily practices (counting only one per day) before competing in an interscholastic contest.
3. One pre-season inter-squad scrimmage can be held prior to the first allowable game. Scrimmages must conform to the definition as found in the Constitution and By-Laws Q&A Part Two, Art XIV, Sec III, Q & A #10. Scrimmages held after your first game count as one of the maximum number of games.
4. High school teams may schedule 21 games. Girls' teams may schedule 23 games unless a region tournament is established, at which time schedules will revert to 21 games.
5. Individual players are permitted to participate in a maximum of 5 periods in one day. Violation will result in forfeiture of the contest(s) in which the violation(s) occurred and the participant will sit out the next regular scheduled contest at that level. Individual players are permitted to participate in 80 periods in a season, 76 periods plus an invitational tournament, or 76 periods plus no more than 4 periods of an invitational tournament and one tournament of a lower level not including NDHSAA sponsored tournaments.
6. When the goal differential in the 3rd period is 6 or more, the running time rule shall be invoked.
7. Game disqualification and game misconduct penalties shall follow PART TWO, ARTICLE XIV, Section XIII of the NDHSAA Constitution & By-Laws.  
EXCEPTION: If a player is removed from a game for committing five penalties and none include unsportsmanlike conduct, he/she does not have to sit out the next game. If any of the five penalties are unsportsmanlike, he/she must adhere to #7 above.
8. NDHSAA varsity hockey will play 17-minute periods.
9. All NDHSAA tournament games will resolve tied games according to NFHS Rule 6-39.
10. NEW - During regular-season games, if the game remains tied at the end of the eight (8) minute overtime period, the teams will proceed to a shootout. The rules governing the shootout shall be the same as those listed under NFHS Rule 4, Section 7 - Penalty Shot.

The teams will not change ends for the shootout. The home team shall have the choice of shooting first or second. The teams shall alternate shots.

Three (3) players from each team shall participate in the shootout and they shall proceed in such order as the Head Coach selects. All players are eligible to participate in the shootout unless they are serving a ten-minute misconduct or have been assessed a game misconduct or a game disqualification.

Once the shootout begins, the goalkeeper cannot be replaced unless he/she is injured. No warm up shall be permitted for a substitute goalkeeper.

Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden death" format. No player may shoot twice until everyone who is eligible has shot. If, however, one team has fewer players eligible for the shootout than its opponent, both teams may select from among the players who have already shot. This procedure would continue until the team with fewer players has again used all eligible shooters.

## 2011-12 Hockey Regulations

Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.

The losing goalkeeper will not be charged with the extra goal against. The player scoring the game-winning goal in the shootout will not be credited with a goal scored in his/her personal statistics.

If a team declines to participate in the shootout procedure, the game will be declared as a shootout loss for that team. If a team declines to take a shot it will be declared as "no goal."

11. NEW - At the conclusion of a period, teams must remain at their bench area until the referee signals the players to proceed directly to their dressing rooms. PENALTY: MINOR (captain's choice of players). This is in accordance with Rule 2-3-4 of the NFHS Rule Book.
12. Allow ALL players (not just the starters) to skate on the ice prior to the start of the 2nd and 3rd periods. This is in accordance with Rule 2-4-2 of the NFHS Rule Book.

### **GIRLS' Information:**

TEAMS: Bismarck, Devils Lake, Dickinson, Fargo North, Fargo South, Grand Forks, Jamestown, Mandan, Minot, West Fargo and Williston

### **GIRLS' STATE TOURNAMENT QUALIFYING:**

Regular season standings will be used to determine seeding for the state tournament. If ties occur, the tie-breaking format below can be used.

If teams are tied at the end of regular season play, their state position shall be determined by:

- A. Most wins in head to head (region record among tied teams) competition

If still tied,

- B. Most goals scored head to head (region record among tied teams) competition

If still tied,

- C. Most wins against highest ranked teams in the region (Next team below if teams are tied for first place)

If still tied,

- D. Greatest differential in goals for/goals against top-ranked team in region  
(Next team below if the teams are tied for first place)

If still tied,

- E. Coin flip by a NDHSAA representative

### **BOYS' Information:**

East Region - Devils Lake, Fargo Davies, Fargo North, Fargo South/Shanley, Grafton/Park River, Grand Forks Central, Grand Forks Red River, and West Fargo

West Region - Bismarck, Bismarck Century, Bottineau, Dickinson, Hazen/Beulah, Jamestown, Mandan, Minot and Williston

Regular season regional standings will be used to determine seeding for regional tournaments. The regional standings will be determined by using the following system:

1. Teams in each region must play other teams in their region at least once.
2. Games will have point values: 4 points for win if playing once or 2 points for win if playing twice.

\*When a game is determined in overtime or a shootout, the losing team will be awarded points equivalent to one-half the value of the contest.

If teams are tied at the end of regular season play, their regional position shall be determined by:

- A. Most wins in head to head (region record among tied teams) competition

If still tied,

- B. Most goals scored head to head (region record among tied teams) competition

If still tied,

- C. Most wins against highest ranked team in the region (Next team below if teams are tied for first place)

If still tied,

- D. Greatest differential in goals for/goals against top-ranked team in region  
(Next team below if the teams are tied for first place)

If still tied,

- E. Coin flip by a NDHSAA representative

### **BOYS' REGIONAL TOURNAMENTS**

East and West Regional Tournaments will be held at the conclusion of the regular season to determine which teams will qualify for the State Tournament.

1. The top four teams from each regional tournament will qualify for the state tournament.
2. The East Region tournaments will be played February 14, 17, and 18 in Grand Forks. Quarterfinals will take place on February

## 2011-12 Hockey Regulations

14 at home sites. The West Region will be played in Minot on February 16-18.

### Regional Pairings:

1 vs 8  
4 vs 5  
2 vs 7  
3 vs 6

NOTE: The 8th place team in the West Region will host the 9th place team by Tuesday, Feb. 14th.

Officials will be assigned by the NDHSAA.

Trophies will be provided to the top two teams

### STATE TOURNAMENTS:

Boys' and Girls' in Grand Forks' Purpur Arena and Ralph Engelstad Arena Feb. 23-25, Todd Olson, Mgr.

Pairings & Format:

The tournament will be played in a "straight bracket" with a consolation bracket;

#### Girls':

1 vs 8  
4 vs 5  
2 vs 7  
3 vs 6

#### Boys':

1 West vs. 4 East  
2 East vs. 3 West  
1 East vs. 4 West  
2 West vs. 3 East

The higher team in the final division standings will be the home team in each State Tournament game. In case teams' final rankings are the same, head-to-head competition will be used; if still tied, total goals in head-to-head competition will be used; and if still tied, a coin flip will determine home team.

### BOYS' & GIRLS' TOURNAMENT INFORMATION:

#### TOURNAMENT EXPENSE ALLOWANCE:

Team payments will be made at the end of each fiscal year using the approved formula found on the NDHSAA home page, "Team Payment Plan".

#### AWARDS:

First, second, third, fourth and fifth place team trophies will be provided. Participation awards will be awarded as follows; 20 players, 8 cheerleaders and 4 coaches to each team. The coaching staff shall organize team personnel for recognition of each and remind players that jerseys need to be worn for recognition.

#### PLAYERS IN UNIFORM

"A maximum of 20 players, including goalkeepers may dress and play in a game" (NFHS rule 2-3a). A team may have up to 20 players rostered for region and state tournaments. If a coach removes a player for violating association rules or a verified illness/injury, said player may be replaced on the roster. If the coach removes a player for other disciplinary reasons, said player may not be replaced. Any changes in the roster must be cleared with the tournament manager beforehand.

#### PASSES

No passes other than those issued by the tournament manager and the metal lifetime passes issued by the NDHSAA are to be honored. Up to thirty-four passes per school maybe issued. All players, student managers, coaches, cheerleaders and school officials must present passes or tickets for admission to any and all sessions. The cost for extra passes will be deducted from the school's team payment.

Radio and TV: Two passes to each station for each session broadcast.

Press: Two passes for writers and one for a photographer to each daily newspaper represented. Two passes for each weekly newspaper represented.

## *2011-12 Hockey Regulations*

### **PROTESTS**

Protests as to the eligibility of a contestant will be considered prior to the tournament or after the tournament, but not while said tournament is in progress.

### **SCHOOL RESPONSIBILITY**

Each school is responsible for players and students attending tournaments. Suitable chaperones should accompany each delegation.

### **SHIRTS**

An appropriate shirt is required at all NDHSAA sponsored region and state events. An appropriate shirt is to be determined as per local school policy.

### **BANDS**

The host school band or a high school band in the city where the tournament is held shall be designated as the official tournament band. However, the manager may secure bands from out-of-town if necessary. Bands are to be admitted free of charge only to sessions at which they play and only one band is permitted at each session.

### **CHEERLEADERS**

A maximum of 8 cheerleaders or 7 and a mascot are allowed. Cheerleaders are allowed on the ice during intermissions only.

### **NOISEMAKERS AND CONFETTI**

The following are not allowed at any indoor regular season or NDHSAA sponsored events.

**\*\*On page 17 of the Spirit Rules book, Rule 2, Section 1, Article 11, it states: "artificial noisemakers must not be used at indoor athletic contests except during pre-game or halftime performances, when doing so does not violate state association rules.**

Exception: megaphones appropriately used by spirit participants on the sideline, floor or court are permitted." What this means is only cheerleaders can use megaphones, and only to amplify their voices--not pound them on the ground, etc.

Confetti has also been banned because of safety and excessive clean-up work. Tournament managers are instructed to confiscate such articles at the door.

### **SPORTSMANSHIP**

Please prominently place the following statement in tournament programs. "Good sportsmanship is displaying a commitment to fair play, ethics and integrity. Please display good sportsmanship throughout the tournament. THANK YOU. Spectators displaying any unsportsmanlike conduct such as, but not limited to taunting, baiting or carrying flags around the arena, will be removed".

### **OVERTIME GAME REGULATIONS (No changing of ends in overtime)**

1. NEW - Teams remain in bench area for a three-minute rest before playing an eight-minute overtime.
2. Before a second overtime period, teams will leave the ice and there will be a 10-minute rest period to allow sufficient time for cleaning and flooding the ice before playing a 15-minute sudden victory overtime.
3. If still tied, teams remain in bench area for a five-minute rest before playing an eight-minute overtime.
4. If still tied, repeat steps two and three until a winning team is determined.

### **PROGRAMS**

1. Program rights are awarded to the tournament manager who may sub-contract to other organizations.
2. If sub-contracted, the tournament manager shall be responsible for approving the contents of the program. Materials in the program should be primarily information relative to the tournament, the participating teams, tournament history, NDHSAA history, etc.
3. Program advertising shall be in good taste with no ads pertaining to gambling, alcohol, drugs or tobacco. Ads shall not take precedence over tournament or NDHSAA information.
4. Tournament programs shall include information supplied by the NDHSAA office.
5. The tournament manager keeps any profit realized from programs and is responsible for any deficit.

### **CONCESSIONS**

Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to soft drinks, popcorn, candy, coffee, etc. Enterprises tending to exploit students are prohibited. The NDHSAA will provide T-shirts for sale. No other merchandise of this type is allowed.

### **HOST CITY RESPONSIBILITY**

If provided, hospitality rooms, intermission entertainment, cheerleader supervision and outside bands are the responsibility of the host city.

## 2011-12 Hockey Regulations

### PRACTICE SESSIONS

Teams may not practice at the tournament site following the seeding of said tournament and teams may not practice at the tournament facility once a tournament has begun.

### TELEVISION

No television rights have been sold for the regional tournaments. NBC North Dakota Sports has purchased TV rights for the state tournaments.

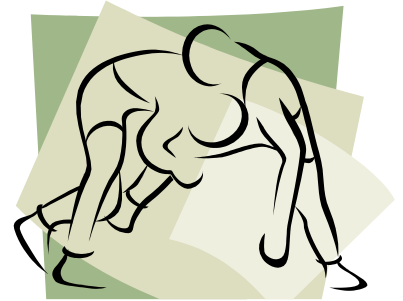
### INSURANCE

Region and state tournaments are protected by master liability, property damage, hold-up and burglary insurance. This policy does not cover damage to the premises.

## 2011/12 Wrestling Regulations

### NEW:

- Ø NEW – Match limitation (See #3)
- Ø NEW – Growth allowance date (See #7)
- Ø NEW – Class B seeding meeting representatives (see State Wrestling Tournament – Seeding)
- Ø NEW – NFHS Weight Classes (See #15)



### Regular Season Regulations:

1. The season begins on the date set by the NDHSAA Board and ends the last day of the state tournament. Please see the NDHSAA calendar for specific dates.
2. Individuals must have participated in at least 9 daily practices (counting only one per day) before competing in an interscholastic contest.
3. NEW - Each high school wrestler is allowed a maximum of 45 regular season matches prior to the individual regional tournament. Defaults and forfeits on the wrestler's record count toward the 45. Violation results in ineligibility of said wrestler for the remainder of the year. Each team is permitted a maximum of sixteen (16) competition events prior to the individual region tournament. There are no restrictions on how many schools may compete in any of the 16 events as long as NFHS rules regarding the number of times each wrestler can compete in one day are not violated. A two-day tournament counts as one event, even though wrestlers must weigh-in each day of the tournament.  
Note: The event limitation pertains to individuals, as well as teams. (Example: A school may have 16 varsity events and 16 JV events. An individual wrestler can only compete in a total of 16 events during the regular season.)
4. Artificial noisemakers are not allowed at any indoor regular season or tournament event.
5. An appropriate shirt is required at all NDHSAA sponsored district, region and state events. An appropriate shirt is to be determined as per local school policy.
6. A wrestler may represent his/her school in only the varsity or the sub-varsity meet, not both in the same dual meet.
7. NEW - A 2-pound growth is allowed on December 25.
8. All high school level weigh-ins are as per National Federation Rule 4-5. Weigh-in forms are available at [www.nwcaonline.org](http://www.nwcaonline.org), but your "pop-up blocker" must be turned off.
9. It is required that an assessor who must be a Doctor of Medicine or Osteopathy, Family Nurse Practitioner, Physician's Assistant, Physical Therapist or a certified athletic trainer determine the SAFEST weight class in which an individual wrestler may compete. Establishing a minimum wrestling weight (7% body fat for males and 12% for females) is mandatory for all high school wrestlers. The NDHSAA does not advocate that a wrestler's established minimum weight (7% for boys or 12% for girls) is the athlete's SAFEST weight, but simply the minimum weight at which the athlete will be allowed to compete.
10. The use of skin-fold measurements or a bio-impedance appliance (The approved appliances are the Tanita TBF-300WA and The BodyMetrix by Intelemetrix) in accordance with National Federation rule 1-3-1&2 to determine a wrestler's SAFEST weight is required. No high school wrestler may compete until said wrestler has had a minimum weight determined.
11. The 3rd Wednesday in October is the earliest body fat assessments (BFA) may be conducted.
12. BFA Assessment

Triceps Measurement

The triceps skin-fold is measured on the midline of the posterior aspect of the upper arm, over the triceps muscle.

The fold is measured midway between the posterior-lateral aspect of the acromion process of the scapula and the olecranon process of the ulna.

The elbow should be flexed to 90 degrees to locate these landmarks. Use a tape measure and mark the location.

The arm should then be extended and fully relaxed at the side to lift the skin-fold.

## 2011/12 Wrestling Regulations

### Sub scapular Measurement

- The sub scapular fold is raised on a diagonal one centimeter below the inferior angle of the scapula.
- With the arms comfortably at their side palpate the vertebral border with the fingers until the inferior angle is identified. The inferior angle is the lowest point of the scapula.
- To aid identification of the site in a well-muscled athlete, place the arm behind his/her back. The vertebral border and inferior angle of the scapula should become more evident. In most instances, a natural hollowing of the skin when the arm is placed behind the back identifies the location. Return the arms to their side and be sure the shoulders are level and relaxed while raising the skin-fold.

### Abdominal Measurement

- The skin- fold is raised vertically on the right side of the subject's abdomen three centimeters from the midpoint of the umbilicus. The athlete should stand with the weight equally distributed on each leg. Encourage the subject to breathe normally and relax the abdominal wall.

The Lohman Equation for calculating body density (BD) is the formula to be used for calculating minimum wrestling weight using skin-fold (SF) measurements.

$$\text{SUM (SF)} = \text{TRICEPS SF} + \text{SUBSCAPULAR SF} + \text{ABDOMINAL SF}$$

$$\text{BD} = [1.0973 - (\text{SUM SF} \times .000815)] + [(\text{SUM SF})^2 \times .00000084]$$

The Brozek Equation is to be used for calculating % of body fat (BF).

$$\% \text{ BF} = (4.57/\text{BD} - 4.142) \times 100$$

To calculate minimum weight:

$$\text{WEIGHT AT } 7\% \text{ BF} = \frac{[1 - (\% \text{ BF}/100)] \times \text{CURRENT WEIGHT}}{.93}$$

### 13. BFA Appeal Process:

- a. In order to utilize the results of an appeal the school must receive notification from the NDHSAA office prior to allowing the appealing athlete to compete.
- b. Any athlete may appeal his/her assessment results one time by reassessment unless the athlete is assessed less than 7% (males) or 12% (females).
- c. The steps of the appeal process are as follows:
  - The athlete shall repeat the body fat assessment as described in the regulation using any method (Calipers, the Bod Pod, the Tanita TBF-300, or the Body Metrix implement by Intelmetrix) approved by the NDHSAA.
  - The reassessment shall occur within 14 calendar days of the initial assessment date unless a written extension is granted by the NDHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. The wrestler is allowed to follow his/her weight loss plan each day of the appeal process, but may not exceed the weight loss plan established by his/her initial BFA.
  - Failure to meet these conditions or timelines is cause for denial of the appeal
  - Data shall be recorded in the NWCA OPC by the assessor
  - Reassessment includes Hydration Assessment
  - Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further or revert to the prior assessment.
- d. COSTS

All costs incurred for initial assessment, appeal process, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.

### 14. All schools must register with the NWCA for passwords etc. ([www.nwcaonline.org](http://www.nwcaonline.org))

- A. BFA data must then be entered by the assessor into the NWCA Optimum Performance Calculator (OPC) before competing.
- B. An Alpha Master Form weigh-in sheet will be generated by the OPC for the coaches' use and shall be carried to confirm the wrestlers' weights.
- C. Hydration reading – specific gravity can be no greater than 1.025 and is to be determined with a NDHSAA color chart, dip stick or refractometer. If a student fails the hydration test with specific gravity being greater than 1.025 she/he must wait 24 hours before retesting.
- D. If a wrestler's body fat assessment is lower than 7% (boys) or 12% (girls), a doctor's letter and signature is required to compete and that weight shall be his/her minimum. There are no other options.
- E. Each time a high school wrestler competes (varsity and sub-varsity)
  - i. The wrestler's actual weight is to be entered into the OPC for accurate monitoring and re-establishing the descent.
  - ii. \*\* Each varsity wrestler's MATCH RESULTS from duals and tournaments must be entered online at the NWCA OPC

## 2011/12 Wrestling Regulations

site.

\*\* Note: Schools are to be fined \$250 if all results are not recorded in the NWCA OPC by the Monday prior to the individual region tournament. Results then must be recorded by the Wednesday prior to the individual region tournament or students from that school are not eligible for the tournament.

F. When a wrestler's weight is within one-half pound of his/her monitored descent plan on the day of a meet, his/her weight can be rounded down to the nearest one-half pound.

Case:

A wrestler's weight on his/her descent plan indicates his/her weight for that day to be 132 - 132.5 lbs; he/she may wrestle at 132.

G. When a wrestler is in compliance with his/her descent plan and receives weight allowance for consecutive days of competition he/she shall revert to the weight on the descent plan of the first day's weigh-in

Case:

A wrestler, whose descent plan allows him/her to wrestle 106, weighs-in Thursday at 106, Friday at 107 and Saturday at 108 (ALL weigh-ins are to be entered in the NWCA OPC). Would he/she be allowed to weigh-in Tuesday at 106?

Ruling: Yes, because he/she would revert to descent plan as it was Thursday.

Note: The case above is directly related to the wrestler's descent plan. If a wrestler's descent plan allows him to be 138.2 on Thursday, he/she can weigh-in at 139.2 on Friday and 140.2 on Saturday without the OPC recalculating. If he weighs-in at a greater weight than indicated, the OPC will recalculate.

I. Wrestlers have until the Individual Region Tournament to reach his/her safest weight

The lowest weight class at which a wrestler may compete shall be determined as follows:

- (1) If the predicted weight, at 7% fat, is exactly that of one of the weight classes that shall be the wrestler's minimum weight class.
- (2) If the predicted weight, at 7% body fat, falls between two weight classes, she/he must wrestle at the higher weight class.
- (3) With the parental permission form, a wrestler may wrestle at the weight class in which his 7% predicted weight; less 2% of that weight (not 2% body fat) places him. The figures for the 2% form are to be calculated to the tenth of a pound. \*\* ONLY use this form when permission is requested.

15. NEW - NFHS Weight Classes

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, and 285.

### **B Regions:**

#### **REGION I – LaMoire, Joel Bickford, manager**

Ellendale/Edgeley/Kulm, Kindred, LaMoire, Linton/HMB/Strasburg, Lisbon, Napoleon, Oakes, South Border

#### **REGION II – Central Cass, Justin Fletschock, manager**

Carrington, Central Cass, Grafton/St.Thomas/Minto, Harvey/Wells County, Hillsboro, Larimore, Mayville-Portland CG, North Border/Cavalier/Langdon/Valley-Edinburg

#### **REGION III – New Town, Chuck Hunter, manager**

Bishop Ryan, Des Lacs-Burlington, Kenmare/Bowbells, New Town, Rolla/St. John/Rolette Rugby, Stanley/Powers Lake/Tioga/Ray, Velva/Max

#### **REGION IV – Killdeer, Larry Walker, manager**

Beach, Beulah/Hazen, Bowman County, Hettinger/Richardton-Taylor/Hebron/Scranton, Killdeer, New Salem-Almont, SRCGS, Watford City

### **A Regions:**

#### **EAST REGION – Devils Lake, Jason Wiberg, manager**

Devils Lake, Fargo Davies, Fargo North, Fargo South, Grand Forks Central, Grand Forks Red River, Valley City, Wahpeton, West Fargo

#### **WEST REGION – Jamestown, Jim Roaldson, manager**

Bismarck, Bismarck Century, Bismarck St. Mary's, Dickinson, Jamestown, Mandan, Minot, TMCHS, Williston

### **Number of Entrants for Region Tournaments:**

B schools may enter one contestant in each of the fourteen weight classes.

A schools may enter one contestant in each of the fourteen weight classes and each school may enter a maximum of three alternates to compete in different weight classes. Unattached wrestlers would not earn team points at the region or state tournaments.

## 2011/12 Wrestling Regulations

### Procedures:

Regional managers will advise each school in the region concerning the time schedule and any other details about the tournament. MANAGERS ARE TO E-MAIL THE STATE QUALIFIERS TO THE NDHSAA [matthew.j.fetsch@sendit.nodak.edu] Regional managers should schedule a seeding meeting prior to the start of the tournament. When seeding, consideration should be given to out-of-state matches as well as those in state.

Regional Wrestle-Backs: All consolation matches are 5-minute matches. Cross bracketing will be used. If either wrestler has wrestled the maximum number of matches for the day, the wrestle-back will end (the state seeding committee shall name the better of these two wrestlers) and the team points will be halved.

Regional Team Scoring will be in accordance with the current National Federation Wrestling Rules Book.

Uniforms will be worn as described in the current National Federation Wrestling Rules Book for all regular season matches and all tournaments. NOTE: No biker tights, thigh huggers or the like may extend below the singlet.

NOTE: Wrestlers and coaches are not to wear caps or bandannas when representing their school in the Parade of Athletes, the awards ceremonies or anytime in the wrestling area. Only school issued uniforms or warm-ups are acceptable apparel for the awards stand.

Awards will be presented only to wrestlers in compliance.

Awards: The top three B teams and the top two A teams will receive plaques at the regional level. Individual awards are provided for placing 1-4 in B and 1-6 in A.

Concessions: Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to soft drinks, popcorn, candy, coffee, etc. Enterprises tending to exploit students are prohibited. No T-shirts or other merchandise of this type is allowed.

Cheerleaders: A maximum of 8 cheerleaders or 7 and a mascot are allowed. If more than two mats are being utilized, regular or post season, no stunting is allowed and a maximum of four cheerleaders/mascots are allowed to be mat side.

State Tournament Qualifiers: The top four wrestlers in each weight class from each of the four B Regions will qualify for the B division of the State Tournament. The top eight wrestlers in each weight class from the two A Regions will qualify for the A division of the State Tournament.

As determined by each region, the top two dual teams in each B region and the top four teams in each A region qualify for the dual team championships.

### STATE WRESTLING TOURNAMENT:

(Schedule will be published in January)

Seeding: A seeding meeting will be held at 10:00 a.m. on the Sunday prior to the state tournament at the NDHSAA office in Valley City. ONE representative from each B Region will seed the top eight "B" wrestlers in each weight class (with a second representative allowed to attend and assist the region representative, with no reimbursements) and two representatives from each of the two A Regions will seed the top eight "A" wrestlers in each weight class. When seeding is completed for the state tournament and the meeting is closed on Sunday, the seeds are final.

\* Each A and B Region shall choose a coach to be its representative(s) at the seeding meeting. Each region shall determine the method of selection. PLEASE e-mail the representative's name to matthew.j.fetsch@sendit.nodak.edu at the NDHSAA office by the Thursday prior to the region tournament.

Substitutions at State Tournament: Substitutions for qualifiers who are unable to compete because of injury, illness, disciplinary action, or other legitimate reason will be allowed until the first weigh-in.

Replacing a wrestler in the bracket:

- a. When a non-seeded wrestler is replaced – place & no re-draw
- b. When a seeded wrestler is replaced – move seeds & # 9 wrestler up, fill #9's spot with the alternate & no re-draw

### STATE DUAL MEET TOURNAMENT:

Line-ups:

1. Line-ups shall be presented to the official scorer prior to the dual
2. Odd/even rotation - the weight class beginning the dual is #1
3. Alternates are declared at the first weigh-in and may not be changed unless there is an injury documented by medical personnel and the change is approved by tournament management

### Forfeiture in NDHSAA Tournament

Competition:

1. Region Tournaments:
  - A. Team and individual competition conducted as separate competitions on separate days will be considered to be separate tournaments.
    - i. A weight class forfeiture that occurs in the individual competition will only affect the individual tournament

## 2011/12 Wrestling Regulations

- ii. A weight class forfeiture that occurs in the team tournament will only affect the team tournament, however
  - iii. A weight class forfeiture in team competition will result in a forfeiture of that weight, or the one immediately above or immediately below, throughout the State Tournament.
- B. If the team/individual competition is conducted as a single tournament on the same day, teams and individuals must compete in each weight class for which a wrestler has been certified and/or qualified.
2. State Tournament:
- A. In the NDHSAA state tournament series, both teams and individuals must compete in each weight class for which a wrestler has been certified and/or qualified.
  - B. The only exception to this rule would be for illness or injury certified by the tournament physician.
3. Penalty:
- A. Forfeiture of this weight class or the one immediately above or immediately below, in all succeeding matches in team and individual competition.

### **Rosters:**

The maximum dual team roster is 14, plus 3 alternates.

### **State Tournament Awards:**

- Four individual team and four dual team trophies will be awarded in A.
- Five individual team and five dual team trophies will be awarded in B.
- Eight individual awards per weight class will be presented.
- Individual awards for members of the champion and runner-up dual teams will be mailed after the tournament.

### **Tournament Expense Allowance:**

Team payments will be made at the end of each fiscal year using the approved formula found on the NDHSAA home page, "Team Payment Plan".

### **Passes:**

In addition to the qualifying wrestlers, participating schools at the state tournament with 1-5 contestants will be allowed 5 passes and 2 coaches' badges. Teams with 6 or more contestants will receive 7 passes and 2 coaches' badges. Each participating wrestler and cheerleader in uniform (maximum of 8 including mascot of which only a total of FOUR may be on a mat at any one time) will be stamped daily. The passes will be in the team packet and are to be picked up at the weigh-in. If a school requests extra passes, such request will be granted and the cost of an adult season ticket for each pass will be deducted from the school's team payment. Schools not having an entrant in the State Tournament do not receive any passes.

### **Tournament Physician:**

The management will attempt to have medical personnel on duty for all sessions of the Tournament. Medical personnel will check for communicable diseases at the weigh-in. As per NFHS Wrestling Rule 8-2-5, "if a physician/medical staff determines an injured wrestler should not continue, even though consciousness is not involved, they shall not be overruled."

### **Programs:**

Program rights are awarded to the tournament manager who may sub-contract to other organizations. If sub-contracted, the tournament manager shall be responsible for approving the contents of the program. Materials in the program should be primarily information relative to the tournament, the participating teams, tournament history, NDHSAA history, etc. Tournament programs shall include information supplied by the NDHSAA office. Program advertising shall be in good taste with no ads pertaining to gambling, alcohol, drugs or tobacco. Ads shall not take precedence over tournament or NDHSAA information. The tournament manager keeps any profit realized from programs and is responsible for any deficit.

### **Concessions:**

Concession rights are awarded to the host school or building management. Concession merchandise shall be limited to soft drinks, popcorn, candy, coffee, etc. Enterprises tending to exploit students are prohibited. The NDHSAA will provide T-shirts for sale. No other merchandise of this type is allowed.

### **Host City Responsibility:**

If provided, hospitality rooms, intermission entertainment, cheerleader supervision and outside bands are the responsibility of the host city.

### **Pre-tournament Practice:**

Teams may not practice at the tournament site following the regional tournaments and teams may not practice at the tournament facility once the state tournament has started.

### **Artificial Noisemakers:**

Artificial noisemakers must not be used in indoor athletic contests except during pre-game or halftime performances. Exception: megaphones appropriately used by spirit participants on the sideline, floor or court are permitted. What this means is only cheerleaders can use megaphones, and only to amplify their voices--not pound them on the ground, etc.

### **Junior High Regulations:**

## 2011/12 Wrestling Regulations

1. Each school may set its own date for beginning the season. The season for teams and individuals shall not have more weeks than the high school season and said weeks must be consecutive.
2. Practice sessions shall start at least 9 days prior to the first meet and there shall be at least 9 daily sessions. Individuals must have participated in at least 9 daily practices before competing in an interscholastic contest.
3. Each junior high school wrestler is allowed a maximum of TWENTY-FIVE regular season matches. Violation results in ineligibility of said wrestler for the remainder of the year.
4. Junior high matches shall be 1 minute for the first period and 1 1/2 minutes each for the second and third periods. Ties at the end of regulation will be broken as per the National Federation Wrestling Rules Book.
5. The low weight for each wrestler will be established when he/she weighs in for his/her first inter-scholastic match or exhibition. A copy of that weigh-in sheet should be sent to all schools remaining on the school's schedule. Wrestlers may not go to a lower weight. Junior high wrestlers need not be "certified" unless they wrestle on a high school team.
6. Junior high wrestlers will be allowed to wrestle junior high and high school all season (may go back and forth) but are allowed no more than two appearances per week. If a third appearance is made, he/she must remain at the varsity level.
7. No wrestler may wrestle in a total number of weeks in excess of the number of consecutive weeks established for the high school season.
8. No growth allowance.
9. No district, region or state meet will be organized by the Board of directors. All competitions shall count toward the season limitations.

## 2011 Fall Tournament Ticket Prices

### 2011 Fall Tournament Ticket Prices

#### State Cross Country- Fargo

Adults	\$6.00
Students	\$4.00

#### Regional Volleyball

Play-in Games	
Adults	\$6.00
Students	\$4.00

#### East Region - Nov. 8, 11, 12, 2011

Nov. 8th games played at higher seeded team			
Adults	\$7.00	Students	\$5.00

#### West Region Volleyball - Daily

Adults	\$6.00
Students	\$4.00

#### West Region 3-Day Tournament Pass

Adults	\$16.00
Students	\$10.00

#### State Volleyball- FargoDome

Daily Pass	
Adults	\$12.00 + 1.00 venue charge = \$13.00
Students	\$6.00 + 1.00 venue charge = \$7.00

#### Season Ticket (3 Days)

Adults	\$30.00 + \$3.00 venue charge = \$33.00
Students	\$15.00 + \$3.00 venue charge = \$18.00

#### State Soccer- Mandan

Daily Pass	
Adults	\$8.00
Students	\$4.00
Tournament Pass	
Adults	\$20.00
Students	\$10.00

#### Football

Pre-Quarter, Quarter & Semifinals			
Adults	\$6.00	Student	\$4.00

#### Dakota Bowl - FargoDome

Adults	\$12.00 + 1.00 venue charge = \$13.00
Students	\$6.00 + 1.00 venue charge = \$7.00

#### State Swimming-Grand Forks

Daily Pass			
Adults	\$10.00	Students	\$5.00
Tournament Pass (2 Days)			
Adults	\$18.00	Students	\$8.00



**~ Celebrate American Education Week ~  
November 13 - 19, 2011**

## NDHSAA November Calendar

11/1/11	NDHSAA MEMBERSHIPS DUE
11/3/11	Region 3 Plays, Larimore
11/3/11	Region 4 Plays, Maddock
11/3/11	Region 6 Plays, Edgeley
11/3-4/11	STATE STUDENT CONGRESS, MANDAN, NOV. 3-4
11/5/11	Deadline Date for B Volleyball Districts
11/5/11	Football Semi-Finals
11/5/11	SAT National Test Date
11/7-28/11	Hockey, Gymnasics, Basketball, Debate, Music, Speech, Wrestling Rules Clinic, Online Only, Nov. 7 - 28
11/7, 8, 10/11	B Regional Volleyball Tournaments, Nov. 7, 8, 10, 2011
11/7/11	Practice Begins for Hockey, Wrestling
11/7/11	Deadline for Submitting Girls' Swimming/Diving Entries, 10:00 a.m.
11/8/11	Election Day
11/8, 11/12/11	EDC Volleyball Regionals, Nov. 8, 11-12
11/9/11	Region 10 Plays, DSU
11/9/11	Region 1 Plays, Lisbon Opera House
11/10/11	Region 7 Plays, Hazen
11/10/11	Region 2 Plays, VCSU
11/10-12/11	WDA Volleyball Regionals, Nov.10-12
11/11/11	FOOTBALL FINALS, FARGO, Nov. 11
11/11/11	Veteran's Day
11/11/11	First Competition Date-Debate
11/11-12/11	GIRLS' STATE SWIMMING MEET, GRAND FORKS, Nov.11-12
11/12/11	Last Date for B Play Regions
11/13-19/11	American Education Week
11/14/11	First Authorized Boys' B Basketball Practice
11/14/11	First Authorized Gymnastics Practice
11/17-19/11	STATE A & B VOLLEYBALL TOURNAMENT, FARGO Nov. 17-19
11/18/11	District Chairpersons Meeting, Fargo
11/18/11	First Authorized Wrestling Meet
11/18/11	NDHSAA Board of Directors Meeting, Fargo
11/21/11	First Authorized Hockey Game
11/21/11	Practice Begins for Class A Girls'/Boys' Basketball
11/21-22/11	STATE B PLAY CONTEST, UND Nov. 21-22
11/24/11	Thanksgiving Day
11/25/11	First Authorized B Boys' Basketball Game
11/28/11	First Authorized B Girls' Basketball Practice
11/28/11	First Authorized Boys' Swimming Practice
11/28/11	First Authorized Gymnastics Meet
11/28/11	Picture, Cutline, Roster, Schedule Due: Hockey & Wrestling



*Happy Thanksgiving*