



NDHSAA BULLETIN

North Dakota High School Activities Association
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September 2011

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Pictured Above: NDHSAA/US Bank 2011/12 Distinguished Students

NDHSAA Premier Partner:



NDHSAA Supporting Sponsor:



Three Board Members Join NDHSAA



Steve Brannan
Superintendent Garrison

Steve Brannan is a ND native, growing up in Minot and graduating from Minot State College in 1972. He started his teaching and coaching career in Devils Lake after getting out of active duty with the ND Army National Guard. He taught business subjects and coached GBB, FB, BBB, and Track at Devil's Lake St. Mary's. In 1976 he moved to Bismarck with his family to teach and coach at St. Mary's Central HS. He added Cross Country duties to his coaching assignment of assisting in the FB, BBB, and track programs and taught seven periods of Business classes.

A Masters in Educational Administration was completed from Northern State College of Aberdeen in 1981 and the Brannan's moved to Dickinson where Steve began his administrative career as Principal and later Superintendent of Trinity HS (7-12). Steve has 28 years of administrative experience along with 10 years of teaching and coaching. In these past eight years, Steve has been with the Garrison Public School system as Superintendent along with various duties in transportation, maintenance, food service and substitute teaching. Always a strong supporter of student activities, Steve thoroughly enjoys the challenges of public education and is committed to the education of the 'whole person' promoting a strong academic program with student recognition programs, as well as a balanced activity program of clubs/organizations, athletics, and fine arts/music opportunities.

Steve holds active memberships in many professional and civic groups and sits on the governing boards of several educational related organizations. His wife Nancy is an addiction counselor at the ND State Penitentiary and they have six adult children and twelve grandchildren.



Steve Hall
Superintendent Kindred

Steve Hall is a North Dakota native and graduated in 1980 from Berthold High School. While in high school he participated in football, basketball, and track. He attended Dickinson State University and received a Bachelor of Science in Mathematics in 1985. While at Dickinson State he participated in football, basketball, and baseball. Steve was inducted into the Dickinson State Hall of Fame in 1998. In 1991, he earned his Master of Education degree in Educational Administration from North Dakota State University.

Steve began his teaching career at Tioga Public School District in 1985. At Tioga, he taught mathematics and computer science for five years. He was assistant football coach for one year, head football coach for four years, coached junior high boys basketball, and was assistant basketball coach. Steve also coached Legion baseball.

In the fall of 1991 he became high school principal at Kindred High School and remained principal for eleven years. While high school principal he was a member of NDCEL, NDASSP and NASSP. Steve served as SE Region NDASSP Director from 1995-97 and served as State President of NDASSP in 1999-2000.

In 2002 Steve became Superintendent of Kindred Public School and is currently in his tenth year. He is a member of NDCEL, NDASA, and AASA. He served as SE NDASA Region Director from 2006-2008. He was selected SE Superintendent of The Year in 2007-08 and 2008-09. He is currently serving as a North Dakota representative on the AASA Governing Board.

Steve has been chairman of District 2 Volleyball and Basketball, served as tournament manager of a number of District Tournaments and chaired Region 2 music, speech and drama. For the past five years Steve has served as Chairperson for the Rural Cass County Special Education Unit.

Steve is married to Pam, who works as a Technology Integration Specialist for the West Fargo Public Schools, and they have four children, Eric(23), Matthew(18), Rachel(15), and Michael(11).

New Board Members Continued on Page 3

Mandatory Administrator Meetings

Mandatory administrator meetings were held throughout North Dakota in August. The presentation has been uploaded to the MVP site for member school convenience. The presentation is available on the MVP Help tab accessible from the main NDHSAA webpage.

Three Board Members Join NDHSAA (Continued)



Shane Martin
Athletic Administrator Turtle Mountain

Shane Martin is a graduate of Jamestown High School. He went on to earn a Bachelors degree in Secondary Education and Political Science from Jamestown College. He worked at the Dakota Boys Ranch in Minot, ND for five years as an Administrator and Wellness Director. While in Minot he added a coaching and physical education minor through Minot State University. He later took a job as an Athletic Director for the Dunseith Public School System. While there, he started work towards his Masters Degree through the University of Mary. He completed his Masters Degree in 2001 through the University of Mary. In 2002, Shane started working for Turtle Mountain Community College as an instructor of Physical Education and the Head of the USDA Anishinabe Wellness and Cultural Interpretive Center.

In 2002 Shane also received his Certified Strength and Conditioning Specialist Distinction through the National Strength and Conditioning Association. In 2007 Shane accepted a position directing the activities and athletic programs at Turtle Mountain Community Schools.

Shane and wife Crystal, a Registered Nurse for Quentin Burdick Memorial Health Care Facility, have four children Dillan (9 yrs.), Dawson (8 yrs.), Devan (4 yrs.) and Arianna (4 months).

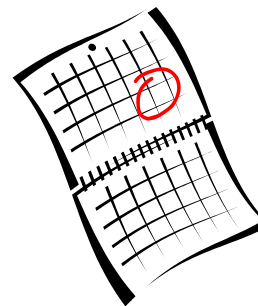
Shane has been an advocate for coaching education. He has taught the Fundamentals of Coaching Class to coaches within the Turtle Mountain Community School System and community members interested in coaching through the Turtle Mountain Community College for the past four years. He continues to teach strength and conditioning courses during the summer as well as administer a National Youth Sports Program (NYSP) for less fortunate youth. Shane started the NYSP program in 2004 for Turtle Mountain Community Youth through a grant from the National Youth Sports Corporation. Each summer the NYSP camp has over 160 kids for four weeks during the month of June. The camp teaches sportsmanship, citizenship, drug and alcohol prevention, tobacco prevention, basic fundamentals of sports, swimming and diabetes education/prevention.

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

September - 13	Valley City
October - 19	Bismarck
October - 20	General Assembly Meeting, Bismarck
November - 18	Minot (District Chair and Board meeting)
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



2011 Yearbook Online

The Official NDHSAA 2011 Yearbook is posted on the NDHSAA website under Publications.

NFHS Coach Education Sportsmanship Course Now Available

“Sportsmanship,” the online course for coaches, players, parents, fans and officials, is now available. It is free, takes 15 minutes to complete and should be required of every person connected to interscholastic sports. This course presents what sportsmanship is, why it is important in the interscholastic environment and explains each stakeholder’s role in promoting positive behavior.

Outlines and informational flyers on all courses can be printed from the “Locker Room” at www.nfhslearn.com. Click on “More Great Stuff” or “Documents.”

Region Fine Arts Fees Grid

Fine arts directors and coaches may access region fees, sites, and contacts at: http://www.ndhsaa.org/files/Fine_Arts_Sites_Dates_and_Contacts.pdf. Region chairs and treasurers are asked to review this link and submit information if necessary.

A Message from the President

By Dr. Steve Swiontek, President - NDHSAA Board of Directors

As an educator I have always had the expectation that to stay relevant in my field, whether it be in the classroom as a teacher, on the field or court as a coach, or as a principal or superintendent I needed to read, enroll and complete additional course work and participate in professional development opportunities. I believe we had this understanding when we decided to become an educator and/or coach. People in the private sector have the same expectation. All professionals, I believe, have a desire for growth in their field and want to become better employees and therefore want and need educational opportunities. This is why I believe we need coach's certification in our state. A coach's certification program for the state would provide excellent educational growth opportunities for our coaches and advisors and most importantly a better learning environment for our students. North Dakota is one of the few states that do not require any type of coach's certification. I believe the North Dakota High School Activities Association needs to make coach's certification a requirement for all coaches who work with students in grades seven through twelve soon. If we do not, I also believe that the legislature may step in to make the requirement for us with little or limited input from North Dakota educators. As everyone will recall this is how we have the concussion management program. Legislators felt the need to take action to make sure that K-12 schools adopted a concussion management program that included education for coaches, parents, and students. If we do not take action ourselves we will have someone else telling us that North Dakota middle school, junior and senior high school coaches must be certified and what the requirements of that certification program will be. It is entirely possible that such certification could be turned over to another agency and to receive that certification a registration fee might be added, just like a teaching license.



This past spring the Devils Lake Public School Board adopted a policy requiring all 7-12 coaches to complete coaching certification to include: Fundamentals of Coaching, First Aid with CPR, and Concussion in Sports. In addition the school board voted to pay for all required courses and provide a \$50 stipend to the coach for completing the program. We estimated that the total investment for over 45 coaches would be less than \$7000 to implement. This past spring DLPS had two attorneys on the school board and both stated that \$7000 was a very inexpensive insurance policy when dealing with potential future litigation involving student activities. The policy passed unanimously and our coaches for the most part were very supportive of coach's certification. I know of several other districts in ND that have done the same.

Therefore, I believe this is the year we, as North Dakota educators, need to be pro-active and require all of our coaches who work with our students in grades seven through twelve to be certified to coach. When we take this step it will benefit our students and the professional development of our coaches. If we don't move forward with coach's certification it is very possible someone else will.

NDHSAA 2011/12 Board of Directors

The NDHSAA Board of Directors is comprised of representatives from member schools representing different factions of our membership. Directors are elected by the membership to a four-year term. They may only hold a board position for one term in their lifetime. The Board sets the policies that govern NDHSAA. The Board meets on a monthly basis. All Board information is available on our website

President: Dr. Steve Swiontek ~ Vice President: Scott Ulland

Class A At Large Representative

Dr. Steve Swiontek - Devils Lake

Class A East Representative

Todd Olson - Grand Forks

Principals' Association Representative

Scott Ulland - May-Port CG

Class A West Representative

Shane Martin - Turtle Mountain Community High School

ND School Boards Association

Ben Auch - Mott

Class B NE Representative

Kirk Ham - Park River

Department of Public Instruction

Dr. Wayne Sanstead - Bismarck

Class B NW Representative

Steve Brannan - Garrison

Athletic Administrators Representative

Pete Moe - Washburn

Class B SE Representative

Steve Hall - Kindred

Class B SW Representative

Larry Helvik - Beach

NDHSAA Staff Contacts

NDHSAA staff members are assigned specific duties as listed below. You may either call our office at (701) 845-3953 or email staff members as needed.

Sherm Sylling: Sherm.Sylling@sendit.nodak.edu

Executive Secretary. Eligibility Cases, Interpretations of Constitution and By-Laws, Protests Against Schools, Administration of Track & Field

Sheryl Solberg: Sheryl.Solberg@sendit.nodak.edu

Assistant to Exec. Sec., Girls' Sports, Swimming & Diving, Track & Field, Gymnastics, Cross-Country, Rules Book Interpretations

Brenda Schell: Brenda.Schell@sendit.nodak.edu

Assistant to Exec. Sec., Technology Coordinator, Web Design, Publications, Administration of Tennis

Brian Bubach: Brian.Bubach@sendit.nodak.edu

Assistant to Exec. Sec., Publications, Fine Arts Rules and Interpretations, Press Relations, Co-ops, Bulletin Editor

Matt Fetsch: matthew.j.fetsch@sendit.nodak.edu

Assistant to Exec. Sec., Publications, Game Rules Book Interpretations, Sanctions, Officials, Administration of Football, Golf, Hockey, Soccer, Wrestling, Basketball, and Baseball

Sue Carlsrud: Sue.Carlsrud@sendit.nodak.edu

Secretary to the Assistants to Exec. Sec., Orders for Supplies and Materials, Yearbook and Directory, Membership Applications, Dues

Patty Bass: Patty.Bass@sendit.nodak.edu

Secretary to the Assistants to Exec. Sec., Registration of Officials, Officials Records

Sharon Prosby: Sharon.Prosby@sendit.nodak.edu

Secretary to the Exec. Sec. /Bookkeeper, Membership Applications, Dues, Entry Forms and Payment Fees

NDHSAA Board of Directors Meeting – August Summary

Please go to http://www.ndhsaa.org/board_and_committees/board_and_committee_minutes for Board meeting dates, agendas, and minutes.

- There will be no immediate change to interpretive language in Article XIV, Section XII (tobacco, alcohol, controlled substance section).
- Flood transfer was reviewed, and cases will be handled on an individual basis.
- 2010-11 audit report was provided and approved.
- Basketball coaching box measurements were approved.
- Region Track sites were approved.
- Fine Arts Committee: 1-reviewed State Class B Play sites- no change, 2-reviewed invitation process for state fine arts events- continuation of current process, 3-reviewed EDC/WDA state instrumental music contest finance-no change.
- Concussion law and procedure were reviewed.
- 5 year calendar was approved.
- Apparel sales study was approved for volleyball, wrestling, and track & field.
- Change of logo was discussed and will be reviewed.
- Fall/Spring sports rules clinic structure was reviewed.
- State cross country and volleyball sites were discussed. No change for volleyball, cross country will be reviewed.

Coaches and Officials Mandatory Online Testing for 2011-12

Officials and head coaches of baseball, basketball, football, gymnastics, hockey, soccer, softball, swimming & diving, volleyball 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)

The test windows are as follows:

Volleyball, Swimming, Soccer & Football
September 6 - September 12, 2011

Baseball & Softball
April 10 - April 16, 2012

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

Fall MVP Website Requirements

Schools are required to have rosters/pictures/cutlines and schedules for all fall sports uploaded to MVP three weeks into each season. This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs.

Failure to upload required information will result in a \$50 late fee for each sport for the first season and \$100 for each sport for subsequent seasons. Schools have the ability to edit this information as rosters change throughout the season. Please refer to the MVP Help link on the NDHSAA website for complete information on uploading information to MVP and printing programs. For additional information on uploading team information to MVP, please contact Brenda Schell at the NDHSAA office.

Below are deadline dates:

Sport/Activity

Class A Girls' Golf - August 29, 2011	Football - August 31, 2011	Girls' Swimming - September 5, 2011
Boys' Soccer - August 29, 2011		Volleyball - September 5, 2011
Cross Country - August 29, 2011		
Boys' Tennis - August 29, 2011		

Award of Excellence Nominations

NDHSAA is requesting nominations for the Award of Excellence program any time during the upcoming activities seasons. This program honors those teams, individuals, coaches, administrators, or fans that show exemplary sportsmanship in competition.

Any administrator, game official, or coach may send a nomination to NDHSAA with the pertinent information including the date of the contest or activity, those specifically being nominated, circumstances that motivated nomination, and the name(s) of those proposing the nominations.

Nominations may be emailed to: Brian.Bubach@sendit.nodak.edu

2011-12 Tennis Regulation Changes

New for 2011/12

- #12: Wording change: tennis dresses and/or tops which have spaghetti straps.
- #17: New Regulation: Allow optional instead of mandatory 10-minute break between second and third sets of a match. Play may continue if both players are deemed ready.
- # 25: Add USTA Roving Official Guidelines/Expectations to regulations with the following changes (in bold):
 - f - i: When the official overrules a player's out call, that player loses the point. The roving umpire may overrule as a result of a player appeal.
 - g: Officials will always allow balls to be played that are played "in good faith."
 - h: Stay on a specific court a minimum of 1 game and maximum of 3 games unless asked by player/coach to stay longer. Exception: If there are enough officials to have one on every court, the official may stay longer than the maximum 3 games.

Complete tennis regulations may be found on the NDHSAA website under the Athletics tab and the Boys' or Girls' Tennis sub menus.

http://www.ndhsaa.org/athletics/tennis_boys/boys_tennis_regulations

http://www.ndhsaa.org/athletics/tennis_girls/girls_tennis_regulations

Boys' Regional & State Tennis Information

Boys' regional tennis tournaments will be held on September 22, 23, 24, 2011. The east region tournament will be held in Fargo with Ed Lockwood as manager and the west region tournament will be held in Bismarck with Jim Haussler serving as manager. Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by NOON September 14. The deadline for team play-in is September 19. Entry forms may be found on the Boys' Tennis page under Tennis Publications. Additional tournament information may be found on the Boys' Tennis page.

The 2011 Boys' State Tennis Tournament will be held in Grand Forks on September 29, 30, October 1, 2011 with Todd Olson serving as the tournament manager. All regulations for state and regional tournament play may be found on the Boys' Tennis page of the NDHSAA website. http://www.ndhsaa.org/athletics/tennis_boys/boys_tennis_regulations

West Region-Bismarck

September 22-24

Jim Haussler, Manager

East Region-Fargo

September 22-24

Ed Lockwood, Manager

State-Grand Forks

September 29, 30, October 1

Todd Olson, Manager

2011-12 NDHSAA/US Bank Distinguished Students

Ashley Barnhart, a Junior at Kenmare High School, was named the 2011-2012 North Dakota High School Activities Association/US Bank Distinguished Student at interviews held for the six finalists in Valley City May 6th.



Matthew Martin of Ellendale High School was chosen first runner-up. The other finalists are Jake Germundson of Williston High School, Ashlyn Nelson of Lakota High School, Brooke Wolf of Bismarck St. Mary's High School and Kaitlin Lindsey, Midway High School (Inkster). The six finalists were selected from the original seventy-eight applications sent in by high school principals around the state.



US Bank is the supporting partner in this program and funds \$5000 worth of scholarships provided the six finalists. Ashley Barnhart received a \$2000 scholarship for being named the NDHSAA/US Bank Distinguished Student and the first runner-up, Matthew Martin, received a \$1000 scholarship. The other four finalists each received a \$500 scholarship.

The goal for the Distinguished Student Award program is to recognize deserving high school juniors who are the "backbone" of interscholastic activities. Each nominee may not be the "super star" in any specific activity, but they have demonstrated their leadership.



Ashley Barnhart, Kenmare High School

Ashley Barnhart is a leader at Kenmare High School. She participates in band, choir, volleyball, basketball, golf, track, FFA and FBLA. In addition to serving her school, she serves the Kenmare community by coordinating Vacation Bible School, managing work days at Pioneer Village and plays piano at the Baptist Home and Hospital for the residents. Ashley writes, "The interscholastic activities I have participated in at Kenmare High made me realize that all I can do is be my best. Not anyone else's best, and not 'the best of the best', but my best."

Matthew Martin, Ellendale High School

Matthew participates in basketball, football, Acalympics and AMC Math. He is active helping in his school with running score clock and selling tickets at home events. Matthew volunteers in his community by helping as an assistant youth baseball coach and helping with field maintenance. Matthew has helped with little league and elementary basketball camps. He states, "Interscholastic activities teach people obvious things like teamwork and discipline. They also teach less obvious things like coping with hardships that become invaluable when you are older. ...being part of a team means supporting each other on and off the field."



Jake Germundson, Williston High School

Jake has been active in football, swimming, track, Fellowship of Christian Athletes, science bowl, science club, SADD and National Honor Society. Outside the classroom and off the field Jake participates in many church events and serves as a committee member for the annual Chokeycherry Festival. Jake says, "The skills I have acquired from sports are not obtainable from any other place than a team activity."

Kaitlin Lindsey, Midway High School

Kaitlin represents Midway in pep band, volleyball, basketball, track, Skills USA, and National Honor Society. Kaitlin also takes part in church youth group activities. She has helped with benefits, and has given presentations to elementary students about nutrition and exercise. Kaitlin writes, "I give the credit of my personal growth to the people around me who are associated with my interscholastic activities. These people are my coaches, teachers, advisors, and fellow students. These people have supported me and pushed me to become the well rounded person I am today."



NDHSAA/US Bank Distinguished Students Continued on Page 7

2011-12 NDHSAA/US Bank Distinguished Students (Continued)



Ashlyn Nelson, Lakota High School

Ashlyn is involved in one act play, choir, band, volleyball, basketball, golf, FFA and FBLA. Ashlyn has been involved with the NDSU Horizons Leadership Program, Vacation Bible School and serves as a lifeguard and swimming instructor at the Lakota City Pool. Ashlyn says, "I would not be the person I am today if it wasn't for the opportunities I have been given by participating in sports, interscholastic activities, and other community events. They are great ways to learn about hard work, dedication, respect, gratitude, self confidence, and many more. With these values we can all start a tidal wave of good and make the world a better place in the game of life."

Brooke Wolf, St. Mary's Central High School

Brooke participates in steel drum band, concert band, flute choir, basketball, volleyball, softball and National Honor Society at St. Mary's. Brooke serves her community by helping with Knights of Columbus fund raisers, actively participating in church and working the Sam McQuade Charity Softball Tournament. Brooke states, "Through interscholastic activities, I have learned to persevere, to be coachable, selfless, respectful, and appreciative. Being a part of different groups has taught me to respect others and their opinions."



Annual October Membership Meeting

The Annual Meeting of the NDHSAA membership will be Thursday, October 20th, 4:30 p.m. at the Bismarck Ramkota. Agenda items will include but not be limited to the approval of the October 2010 and January 2011 minutes and Nominating Committee Reports. The terms for three Board positions will expire in 2012. Dr. Steve Swiontek, who represents A At Large, Pete Moe, who represents NDIAAA, and Steve Hall, who was elected to finish the final year of the Class B Southeast term vacated by Rick Jacobsen. Nominating committees representing the A At Large, NDIAAA and B Southeast Administrators will be called upon to nominate two individuals for the next four year term. Letters to the various administrative groups requesting involvement in the nomination selection will be forthcoming.

Amendments to the Constitution and/or By-Laws must be presented thirty days prior to voting. Article X of the Constitution and By-Laws explains the amendment process and may be found on Part One, page 6 at: http://www.ndhsaa.org/files/Constitution_and_ByLaws.pdf. Please contact the Executive Secretary concerning timeline for submission. If change is proposed and schools are unable to attend, electronic voting will be utilized. School representatives are reminded electronic votes will be counted in un-amended action only. If agenda items are amended, motion passage or failure will be determined by present representative votes. Updated information will be published in the October Bulletin and on the NDHSAA website.

Award of Excellence

Lakota vs. Midkota baseball May 6, team, coach and fan exemplary sportsmanship. Official's nomination.

Kindred-Richland vs. Central Cass baseball May 24. During this championship series, the Kindred-Richland Coach called time-out to address a potential sportsmanship concern with a spectator. Official's nomination for coach taking charge.

New Rockford-Sheyenne, Rugby, and Midkota baseball teams and coaches for exemplary sportsmanship on May 1st, 2011 baseball games. Official's nomination.

Student Congress, Play, Music, Debate, and Speech Clinics Online

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.

Play - Online

September 12 - October 3

Music - Online

November 7 - November 28

Speech - Online

November 7 - November 28

Student Congress - Online

September 12 - October 3

Debate - Online

November 7 - November 28

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.

Distinguished Service Nominations

Please submit your nominations for the Distinguished Service Award to Brian Bubach at Brian.Bubach@sendit.nodak.edu. Criteria and Submission forms can be found under the Publications tab on the website, or, you can go to http://www.ndhsaa.org/files/Dist_Serv_Criteria.pdf and http://www.ndhsaa.org/files/Dist_Service_Award_App.pdf directly. Awards may be granted to nominees whose accomplishments have been worthy of statewide recognition.

Constitution & By-Laws

A copy of the 2011-12 NDHSAA Constitution and By-Laws was mailed to B Superintendents and A Athletic Directors in August.

Complete Constitution and By-Laws are available on our website under the Publications tab at: http://www.ndhsaa.org/files/Constitution_and_ByLaws.pdf.

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 Contact Information

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Valley City, North Dakota 58072-0817**

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Brenda Schell: brenda.schell@sendit.nodak.edu

Matt Fetsch: matthew.j.fetsch@sendit.nodak.edu



Co-op Application Deadline Reminder

Requests for a cooperative agreement between schools with existing programs must be submitted to NDHSAA prior to the end of the preceding season in that activity with the exception of football. Completed football cooperative agreements must be received by September 15th of the preceding year to be considered by the Board of Directors. If a coop application is submitted following the end of the preceding season, a \$500 late fee must be paid. No coop applications will be considered by the NDHSAA Board of Directors via conference call nor after the following dates:

Fall Sports..... June 1st, prior to start of season
Winter Sports..... September 1st, prior to start of season
Spring Sports..... January 1st, prior to start of season.

In the case of emergency coop requests, the Executive Board Committee, upon hearing the reasons, may recommend the application be considered by the Board of Directors. Requests for cooperative agreements involving one or more schools that do not have an existing program must be submitted in accordance to the deadlines as stated above.

Co-op Application Renewal Policy

The co-op renewal policy reads, "Following the initial three years of an approved cooperative agreement, it will remain in force until dissolved. To dissolve a coop after the initial three-year period, a school in said coop must submit a written dissolution request to the NDHSAA Board of Directors for approval. To be considered, the request must be made in a timely manner." Part Two, Article III, Section XI, p.10 of the Constitution and By-Laws

2011 Student Congress

Student Congress is a competition based on a mock legislation format. Resolutions and Bills from the 2010 are brought forward to the 2011 season. Through East and West Congress sessions, these resolutions and others are prepared, debated, and brought forth to the State Student Congress event. This year's 2011 Student Congress events are:

West Congress, Mandan Seven Seas:	September 23-24
East Congress, Fargo Doublewood:	October 14-15
State Congress, Change to Mandan Seven Seas:	November 3-4

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

September 10, 2011
October 22, 2011
December 10, 2011
February 11, 2012
April 14, 2012
June 9, 2012

SAT National Test Dates

October 1, 2011
November 5, 2011
December 3, 2011
January 28, 2012
March 10, 2012
May 5, 2012
June 2, 2012

Speech and Theatre Convention September 15-17

The Speech and Theatre Convention sponsored by C STAND (Communication, Speech, and Theatre Association of North Dakota) will hold their annual convention starting the evening of September 15. The convention will be held at the Seven Seas Inn and Convention Center in Mandan. Attendees are encouraged to call (701) 773-7401 to reserve a room under the C STAND Convention rate. This convention offers educational sessions for new and experienced speech, congress, debate coaches and theatre directors. Please go to www.cstand.org for registration forms, schedules, and newsletters.

NDOA Board Meetings

The North Dakota Officials' Association holds two meetings annually. This year the September 11, 2011 meeting will be held at the NDHSAA office in Valley City. The March 25, 2012 meeting will be held via conference call. Please email matthew.j.fetsch@sendit.nodak.edu with possible agenda items.

Team Scholar Recipients

NDHSAA recognized teams that have met a cumulative 3.20 Grade Point Average as Team Scholars. Congratulations to the following teams:

Vocal Music

Devils Lake-3.42, Garrison 3.56, Oak Grove-3.57, Grand Forks Red River-3.46, Shanley-3.52

Instrumental Music

Garrison-3.60, Oak Grove-3.62, Grand Forks Red River-3.75, Kenmare-3.56, Shanley-3.39

Strings Music

Grand Forks Red River-3.90

Speech

Bowman County-3.36, Oak Grove-3.67, Milnor-3.37, Rolette-3.58, Burke County-3.25, Bismarck Century-3.55, Bismarck St. Mary's-3.73, Shanley-3.66

Boys' Basketball

May-Port CG-3.28, Shanley-3.80, Valley City-3.25

Girls' Basketball

May-Port CG-3.75, Shanley-3.57

Debate

Shanley-3.66

Girls' Tennis

Wahpeton-3.67, Davies-3.59, Dickinson-3.98, Bismarck Century-3.39, West Fargo-3.81, Grand Forks Red River-3.90, Fargo South-3.29, Fargo North-3.68, Valley City-3.61, Bismarck St. Mary's-3.88, Shanley/Oak Grove-3.53, Mandan-3.25, Minot-3.82

Volleyball

Max-3.69

Boys' Cross Country

Garrison-3.56

Girls' Cross Country

Garrison-3.67

Girls' Basketball

Garrison-3.50, Burke County-3.47

Boys' Basketball

Oakes-3.23, Burke County-3.29

Girls' Golf

Harvey-3.85, Trinity Christian-3.31, Milnor/Wyndmere-3.43, Rugby-3.70, Bowman County-3.72, Lisbon-3.80, Hazen-3.70, Kenmare-3.80, Kindred-3.73

Boys' Golf

Trinity Christian-3.31, Lisbon-3.40, Hazen-3.32, Kenmare-3.21, Kindred-3.27

Baseball

Wahpeton-3.53, Devils Lake-3.27, Trenton/Trinity Christian-3.41, Bismarck Century-3.25, Shiloh/Linton/Strasburg-3.50, West Fargo-3.28, Fargo North-3.27, Fargo South-3.35, Kenmare-3.33, Dickinson-3.42, Kindred-Richland-3.37, Shanley/Oak Grove-3.43, Mandan-3.36, Minot-3.28

Boys' Golf

Devils Lake-3.30, Bismarck Century-3.53, Grand Forks Red River-3.52, Valley City-3.20, Bismarck St. Mary's-3.35, Shanley-3.53, Minot-3.55

Fastpitch Softball

Devils Lake-3.23, Bismarck Century-3.73, West Fargo-3.69, Grand Forks Red River-3.85, Fargo South-3.36, Kenmare/MLS/Bowbells-3.58, Fargo North-3.37, Valley City/Griggs County-3.46, Dickinson-3.40, Shanley/Oak Grove-3.22, Minot-3.46



Girls' Soccer

Devils Lake-3.40, Davies-3.78, Bismarck Century-3.68, West Fargo-3.46, Grand Forks Red River-3.62, Fargo South-3.48, Fargo North-3.50, Bismarck St. Mary's-3.50, Shanley/Oak Grove-3.66, Mandan-3.33, Minot-3.44

Girls' Track and Field

Devils Lake-3.37, Garrison/Max-3.71, Milnor/Wyndmere/Lidgerwood-3.58, Davies-3.34, Bowman County-3.38, Dickinson-3.39, Bismarck Century-3.53, West Fargo-3.81, Grand Forks Red River-3.65, Fargo South-3.30, Fargo North-3.46, Hazen-3.47, Valley City-3.62, Bismarck St. Mary's-3.66, Shanley-3.50, Minot-3.50, Mandan-3.36

Boys' Track & Field

Garrison/Max-3.42, Bowman County-3.25, Bismarck Century-3.47, West Fargo-3.27, Grand Forks Red River-3.37, Fargo North-3.37, Kindred-3.40, Valley City-3.25, Bismarck St. Mary's-3.49, Shanley-3.50

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 if they successfully complete the online rules clinic.

If you have questions regarding music certification, please contact Brian Bubach at Brian.Bubach@sendit.nodak.edu.



Concussions in Sports

In order to increase focus on minimizing the risk of concussions in high school athletes, the National Federation has placed the following language in all sports rule books beginning in 2010-11: “An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play [that day] until cleared by an appropriate health-care professional”.

At its August 5th meeting, the NDHSAA Board of Directors discussed concussion policy development and time line. The Board has requested that the Medical Advisory Committee meet to provide a recommended policy statement defining health-care professionals authorized to allow athletes to return to play. Transfer of Care provisions may be a factor in this recommendation. Once this policy recommendation has been developed, it will be considered by the NDHSAA Board either by conference call or at the September meeting. Member schools will be notified of the policy upon approval. A 17 minute concussion information video can be accessed at <http://www.nfhslearn.com> by students, parents, coaches, and administrators and is free of charge. Coaches and AD's are encouraged to make this presentation a part of their season start-up meetings.

Re-Transfer Eligibility Rule

At the 2009 January membership meeting, NDHSAA member schools approved the elimination of the re-transfer option for students who leave home, transfer to another school and want to move back and be immediately eligible for varsity competition. For 2011-12, re-transfer is available only to seniors who transferred to or attended another school under open enrollment prior to the 2009-10 school year.

Please see the following flow chart so you can counsel students who are contemplating a transfer without a corresponding move of the parents.

School Year	Grade					
2008/09	7	8	9	10	11	12
2009/10	7	8	9	10	11	12
2010/11	7	8	9	10	11	12
2011/12	7	8	9	10	11	12
2012/13	7	8	9	10	11	12
White Boxes - Eligible for Re-transfer						
Grey Boxes- NOT Eligible for Re-transfer						

NDHSAA Website Login Information

The NDHSAA website includes a public portion for public viewing and a password protected portion for school and NDHSAA administration of sports and activities. The password protected portion of our website is referred to as MVP. All administrators attending the administrative summer meetings received MVP training in August. All coaches and advisors must create an MVP account in order to input their rosters, pictures, cutlines, schedules, tournament entrants and results.

To create an MVP account, go to our website <http://www.ndhsaa.com> and locate the MVP login section on the left side of the page. Click on the “Create an Account” link. You must enter your account information then request a role at your school. To request a role, select your role (coach, activity advisor/coach, staff, etc.), highlight the school you are affiliated with, choose your sport or activity and Click the “Select Role” button. Repeat the role selection process until you have requested all of your roles in your school. Then click the blue “Request Role” button below your request. After submission, the main user at your school will approve your role and you will be able to enter information concerning your sport or activity.

Regional Play Dates, Sites, & Managers

2011 B Play Region information is listed below. Two plays from each region qualify for the State Contest in Grand Forks November 21-22. Please register through MVP by entering a roster of participants and play information. The registration deadline is 2 weeks prior to the event and is listed in MVP as a 12:00 a.m. date. Directors will need to register prior to 12:00 a.m. on the listed MVP deadline date to avoid a late penalty. 2011/12 rules are listed on our website under Plays>Publications>Drama Regulations. Regions are urged to submit dates to NDHSAA once set.

Region	First Name	Last Name	Email	Site	Date
Region 1	Norma	Kjos		Lisbon	11/9/2011
Region 2	Courtney	Henkel		VCSU	11/10/2011
Region 3	Patti	Aanenson	patti.aanenson@sendit.nodak.edu	Larimore	11/3/2011
Region 4	Bonita	Lindseth	bonita.lindseth@sendit.nodak.edu	Cando/Maddock	11/3/2011
Region 6	Rick	Diegel	rick.diegel@sendit.nodak.edu	Edgeley	11/3/2011
Region 7	Erika	Dyk	Erika.J.Dyk@sendit.nodak.edu	Hazen	11/10/2011
Region 10	Sue	Anderson	susan.l.anderson@sendit.nodak.edu	DSU	11/9/2011

NDHSAA 2011/12 Calendar

Event	Approved 2011-12
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“A” Girls’ Golf

Season Begins	August 8
First Contest	August 12
Deadline For Regional	September 26
State	October 3,4

Boys’ Soccer

Season Begins	August8
First Contest	August 19
Deadline For Regular Season	October 8
State	October 13,14,15

Cross Country

Season Begins	August 8
First Contest	August 19
State	October 22

Football

Opening Date	August 10
First Contest	August 23
End 9-Man Regular Season	October 15
End Div. A Regular Season	October 15
First Round 9-Man Playoffs	October 22
First Round Div. A Playoffs	October 22
End Div. AA Regular Season	October 22
End Div. AAA Regular Season	October 22
Quarter-Final Playoffs All Divisions	October 29
Semi-Final Playoffs All Divisions	November 5
Finals--Dakota Bowl	November 11

Girls’ Swimming

Opening Date	August 15
First Contest	August 26
State	November 11,12

Boys’ Tennis

Opening Date	August 8
First Contest	August 19
Deadline Team Play-In	September 19
Region Tournament	September 22,23,24
State	September 29,30, October 1

Volleyball

Opening Date	August 15
First Contest	August 26
Deadline For “B” Districts	November 5
“B” Regionals	November 7,8,10
“A” Regionals East	
“A” Regionals West	November 8,11,12
November 10,11,12	
State	November 17,18,19

Hockey

Opening Date (Boys And Girls)	November 7
First Contest (Boys And Girls)	November 21
Deadline For Boys Regional Play-In Game	February 14
Region Tournament (Boys Only)	
East	
West	
February 14,17,18	
February 16,17,18	
State (Boys And Girls)	February 23,24,25

NDHSAA 2011/12 Calendar

Wrestling

Opening Date	November 7
First Contest	November 18
Regionals "A" & "B"	February 11
State	February 16,17,18

Gymnastics

Opening Date	November 14
First Contest	November 28
State	February 24,25

"B" Boys' Basketball

Opening Date	November 14
First Contest	November 25
Deadline For District Tournaments	February 14
Regional Tournament	February 20,21,23
State	March 1,2,3

"A" Boys' & Girls' Basketball

Opening Date	November 21
First Contest	December 2
Deadline For Play-Ins	February 25
Regional Tournament	
East	
West	
February 28, March 2, 3	
March 1, 2, 3,	
State	March 8,9,10

"B" Girls' Basketball

Opening Date	November 28
First Contest	December 9
Deadline For District Tournaments	February 28
Regional Tournament	March 5,6,8
State	March 15,16,17

Boys' Swimming

Opening Date	November 28
First Contest	December 9
State	March 2,3

Track

Opening Date	February 27
"A" & "B" Regionals	May 19
State	May 25,26

Girls' Soccer

Opening Date	March 26
First Contest	April 6
Deadline For Regular Season	May 26
State	May 31, June 1,2

"A" Baseball

Opening Date	March 19
First Contest	March 30
Deadline For Regionals	May 26
State	May 31, June 1,2

"B" Baseball

Opening Date	March 19
First Contest	March 30
Deadline For Regionals	May 26
State	May 31, June 1,2

NDHSAA 2011/12 Calendar

Girls' Softball

Opening Date	March 19
First Contest	March 30
Deadline For Regionals	May 26
State	May 31, June 1,2

Girls' Tennis

Opening Date	April 2
First Contest	April 13
Deadline Team Play-In	May 14
Region Tournament	May 17,18,19
State	May 24,25,26

"A" Boys' Golf

Opening Date	April 9
First Contest	April 13
Deadline For Regional	May 30
State	June 5,6

"B" Boys' And "B" Girls' Golf

Opening Date	March 26
First Contest	March 30
Deadline For Regional	May 19
State	May 29,30

Student Congress

1st Competition Date	September 1
State	November 3,4

"B" Plays--State

November 21,22

Debate

1st Competition Date	November 11
State	February 3,4

"A" Plays---State

April 2,3

"A" Speech

1st Competition Date	January 7
Region	April 14
State	April 21

"A" Music--State Vocal

April 27

"B" Speech

1st Competition Date	January 7
State	April 28

"B" Music--State

May 5

State Student Congress Rooming Rates

AmericInn Lodge & Suites Rate: \$75.30 plus tax
Phone: 701-250-1000

Expressway Inn Rate: \$69.30 plus tax
Phone: 701-222-2900

Best Western Doublewood Inn Rate: \$69.30 plus tax
Phone: 701-258-7000

Expressway Suites Rate: \$89.95 plus tax
Phone: 701-222-3311

Best Western Ramkota Hotel Rate: \$89.00 plus tax
Phone: 701-258-7700

LaQuinta Inn & Suites Rate: \$89.00 plus tax
Phone: 701-751-3313

Best Western Seven Seas Rate: \$79.30 plus tax
Phone: 701-663-7401

Radisson Hotel Rate: \$93.00 plus tax
Phone: 701-255-6000

Country Suites Rate: \$109.00 plus tax
Phone: 701-258-4200

Ramada Limited Suites Rate: \$85.00 plus tax
Phone: 701-221-3030

Days Inn Rate: \$70.00 plus tax
Phone: 701-223-9151

Select Inn Rate: \$63.00 plus tax
Phone: 701-223-8060

2011 Soccer Regulations

Regular Season:

1. The season is determined by the NDHSAA Board of Directors and shall be no longer than 12 weeks.
2. Each team must offer practice a minimum of nine days prior to the first game and individuals must participate in nine daily practices (only one practice per day can be counted).
3. One pre-season scrimmage is allowed. Interscholastic scrimmages after the allowable date of the first game shall be counted as games.
4. A team may play 19 games. No games may be played after the state finals.
5. A team can play a maximum of two games in one day and an individual can play a maximum of four halves.
6. A team can play a maximum of four games in any seven-day period and an individual can play a maximum of eight halves (The penalty for violation is; forfeit the game in which the violation occurred and the student who violated must sit out the next scheduled day/night of competition).
7. A suspended game as per NFHS 7-1-3, if less than one half has been played, the game shall continue from the point of interruption.

Tests:

Online tests will be available and must be completed.

* Watch the website <http://www.ndhsaa.com/> for details and updates.

** Penalty for not completing the test within this time is: Coaches \$25 which must be paid before any post season play and Officials will drop one classification.

Games:

All games will be played according to National Federation Rules.

Regular season games that are tied at the end of regulation play will end as ties. Suspended games will be administered as per rule 7-1-3. First half suspensions may be continued from the point of interruption or rescheduled. Second half suspensions are ended as official games.

“Running Clock” - If during the second half of a regular season game, the goal differential is 5 or more, the clock will run through goals, penalties etc.

Tournament games: When teams tie, they shall return to their respective team areas. There will be five minutes during which both teams may confer with their coaches and the referee will inform teams of the overtime procedure.

** There shall be no more than two ten-minute “golden goal” overtime periods.

1. A coin toss shall be held as in Rule 5-2-2e-2.
2. If tied following the first overtime, there will be a 2-minute interval, teams will change ends and another 10-minute sudden victory overtime period will be played.
3. If a tie remains, coaches, officials and team captains shall assemble at the halfway line to review the procedure below.
 - a. The referee shall choose the goal at which all kicks shall be made from the penalty mark.
 - b. Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified), to take the shots.
 - c. A coin toss shall be held. The team winning the toss shall have the choice of kicking first or second.
 - d. Teams will alternate kickers.
 - e. There is no follow-up on the kick.
 - f. The defending team may change the goalkeeper prior to each penalty kick.
 - g. Following five kicks for each team, the team scoring on the greater number of these kicks shall be declared the winner.
 - h. Add one goal to the winning team score and credit the team with a victory.
 - i. An asterisk may be placed by the team that advances and that said advancement was the result of a tie-breaking system.
5. If the score remains tied after each team has had five penalty kicks:
 - a. Each coach will select five different players than the first five who have already kicked to take the shots from the penalty mark in a sudden victory format. If a team scores and the other team does not score, the game is ended without further kicks.
 - b. If the score remains tied, continue the sudden victory shots from the penalty mark with the coach selecting any five players for the next set of alternative penalty kicks.

State Tournament Qualification:

Each region will determine its representatives to the state tournament through the regular season play described below or through a region tournament.

Region Tournament: If a region tournament format is used, games played in the tournament are counted towards the regular season maximum.

Regular Season Play: Each team must play all other teams in its region twice with the top four teams from each region qualifying for the State Tournament. Two points for a win, one point for a tie and no points for a loss will determine standings within each region.

2011 Soccer Regulations (Continued)

Region Standing Tie-Breaking Procedure (when a step breaks the tie, go no further):

If teams have earned an equal number of points at the end of the regular season, regional position shall be determined by:

1. Most wins in head to head competition.
2. Most goals scored head to head competition.
3. Most wins against the highest ranked team in the region.
(Next team below if teams are tied for first)
4. Most favorable differential in points versus a region team beginning with the highest ranked team. If still tied, the 2nd place team, etc. down the rankings until the tie is broken.
5. Most favorable differential in goals versus a region team beginning with the highest ranked team. If still tied, the 2nd place team, etc. down the rankings until the tie is broken.
6. Coin Flip by NDHSAA representative.

State Tournament:

Boys' play an 8-team single elimination tournament with a consolation round playing to 5th place.

The bracket is as follows:

1W vs. 4E

2E vs. 3W

1E vs. 4W

2W vs. 3E

In the tournament play, if the score is tied at the end of regulation play, there shall be a maximum of two, ten-minute, "golden goal" overtime periods. If tied, a shootout will be used to determine the winning team.

Roster:

Teams may roster and dress a maximum of 22 players for the State Tournament.

Passes:

Up to thirty-four passes per school may be 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 tickets will be deducted from the school's team payment.

Officials:

The NDHSAA will select and contract officials for State Tournaments.

State Awards:

Key rings will be awarded to all participants except members of championship and runner-up teams who will receive individual plaques (23 per team, extras may be purchased). Team trophies will be awarded to teams placing first through fourth.

Cheerleaders: A maximum of 8 cheerleaders or 7 and a mascot are allowed.

Boys' Soccer General Regulations can be found at: http://www.ndhsaa.org/athletics/soccer_boys/boys_soccer_regulations

State Boys' Soccer Tournament Schedule

The NDHSAA Boys' State Soccer Tournament will be played October 13-15 at Dakota Centennial Park in Mandan with Lorell Jungling as manager. The tournament is an 8-team single elimination tournament with a consolation round playing to 5th place.

The bracket and games Thursday are:

W-1 vs. E-4 @ 1:00 pm

E-2 vs. W-3 @ 3:00 pm

E-1 vs. W-4 @ 5:00 pm

W-2 vs. E-3 @ 7:00 pm

Friday Games:

Consolation Game #5 - 1:00 pm

Consolation Game #6 - 3:00 pm

Semifinal Game #7 - 5:00 pm

Semifinal Game #8 - 7:00 pm

Saturday Games:

5th Place @ 11:00 am

3rd Place @ 1:00 pm

Championship @ 3:00 pm

Admission: Tourney Daily

Adult \$20.00 \$8.00

Student \$10.00 \$4.00

For other soccer information see: http://www.ndhsaa.org/athletics/soccer_boys

A Girls' Golf Region & State Info

Complete regulations may be found at http://www.ndhsaa.org/athletics/golf_girls/girls_golf_regulations

No new recommendations were adopted by the NDHSAA Board for 2011 season:

2011 CLASS A GIRLS' GOLF REGULATIONS

1. The beginning date of the season is set by the Board and concludes with the State Tournament.
2. Practice sessions shall start at least 4 days prior to the first competition and there shall be at least 4 daily sessions. Individuals must have participated in 4 daily practice sessions before being permitted to participate in an interscholastic contest.
3. Teams shall consist of 6 players with the four low scores from each day counting for team scores. The fifth best score from each day will be used to break ties. If still tied, the sixth remaining score from each day will be used to break the tie. NOTE: Should there be a team that does not have a fifth/sixth score, the other tied team will win the tie breaker provided they have a fifth/sixth score.
4. Summer rules will be in effect.
5. The State Tournament will be a 36 hole, 2 day tournament.
6. Golfers participating in any summer tournaments/competitions may advance and continue to play in any Junior Golf events including state, sectionals, regionals, nationals, even if these events take place after the start of and/or during the high school season. Participating in these events will not be a violation of the NDHSAA rules. Participants will not lose eligibility for high school meets, nor will it prohibit the participants from playing in high school events.
7. Collared shirts are required for competitors.
8. All Class A schools are eligible to enter the regional as assigned.
9. Region registration shall be handled individually by each regional tournament manager. Coaches are requested to submit each participant in order (#1, #2, etc.) as an aid to the manager in arranging the foursomes. Schools may enter a maximum of six players, with the four lowest scores from each day counting as the team score. The fifth score will be used to break ties. If still tied, the sixth score will be used to break ties. Note: A team may not substitute a player on the second day of the tournament.
10. Competitors in each assigned group are required to exchange score cards. At the conclusion of the round, each competitor must check before signing (attesting) the score card of the competitor they marked as well as checking before signing their own score card received from their marker.
11. State Qualifiers: Team qualification for the state tournament will be determined by advancing the top two-thirds of the complete teams that participate and post a team score at each of the regional tournaments. If 2/3 of the teams in a given region is an uneven number, the higher number of teams will advance. Example: 2/3 of 11 teams is 7.33, therefore 8 teams would advance. Also, individuals may qualify for state by one of the following:
 - a. Top ten individuals (ties included) from regional play will advance to state plus any individual that scores 15 strokes above medalist or fifteen strokes above par, whichever is higher.
 - b. The top ten all-conference selections from regular season play in their respective regions.
 - c. Each regional site will designate one invitational tournament that will allow individuals to qualify for state. Qualifying mark will be 15 strokes above medalist or fifteen above par, whichever is higher.Note: The maximum number of strokes that a player must take on a hole will be 10. Picking up will cause ineligibility for "all-state" awards, but player is still eligible to contribute toward team score.
12. The State Class A Girls' Golf Tournament will be held at Fargo October 3, 4, 2011. The tournament will be a two-day, 36-hole event.
13. After the first day of play, groups will be reassigned according to the first day score. Care will be made to not have more than one athlete from a school in a group.
14. AS OF 2011 SEASON: Class A golf coaches may coach "through the green" as per below:
 - a. Each team shall designate TWO COACHES (head & assistant) who will be able to offer advice at any point during a round. A coach is defined as a person that is a paid or non-paid employee designated as a golf coach by the school's coaching staff.
 - b. Coaches will not be allowed on the green or in the bunker during play of a hole.
 - c. The coach does not give advice to or ask for advice from another team's player or coaches.
 - d. The advice is given in a private manner that does not disrupt or slow down play.
 - e. Players receiving advice during a hole will still be bound by the 40-second time limit to play a shot.
 - f. Each tournament shall have a tournament manager who has the authority to enforce the slow play rule and oversee the coaching rule.
 - g. Coaches will be allowed contact with players following play of a hole between the green and the next tee box.
 - h. Coaches using carts – 90 degree rule, no carts on fairways, carts 30 yards from all players
 - i. Penalties
 - By a coach—two-stroke penalty with a maximum of four-stroke penalty to a team, followed by a team disqualification.
 - By a player—two-stroke penalty with a maximum of four-stroke penalty to a player with final disqualification.The tournament committee/manager is responsible for assessing the penalties.

A Girls' Golf Region & State Info (Continued)

- Practice rounds may be played prior to the tournament provided it is held on a day where none of the team's schools are in session. There will be no practice on the course prior to the starting time on the days of the tournament.
- Players shall exchange score cards.
- USGA official cards with the perforated card will be used for the state meet.
- A player is to be assessed a 2-stroke penalty for using a cell phone or other electronic communication device during any round of play.

2011 REGION SITES (deadline for region play is September 26, 2011):

East Region – Fargo, Troy Cody, Manager

West Region – Bismarck, Jim Haussler, Manager

2011 STATE SITE:

Fargo, Troy Cody, Manager

2011 New Football Regulations

New:

- Junior High quarter limitations
- Dakota Bowl running clock
- Pre-game coin flip/sportsmanship meeting time



GENERAL REGULATIONS

- The season is determined by the NDHSAA Board of Directors
- High school teams may schedule 9 games and one pre-season scrimmage.
- JrHi school teams may schedule 8 games and one pre-season scrimmage
- Nine daily practices (counting only one per day) are required for teams and individuals prior to the first interscholastic competition. The first three days for each individual are for conditioning and while shoulder pads and helmets can be worn, there shall be no inter-player contact.
 - Up to three non-contact conditioning practices may be excused if an individual misses those days of practice due to attending basic military training. Six days of conventional practice in pads are required before inter-scholastic competition.
- No more than 2 games may be played by a team in any seven day period or more than 8 quarters by an individual. Junior high individuals may play no more than 6 quarters in one day. (The penalty for violation is forfeit the game in which the violation occurred and the student who violated must sit out the next scheduled day/night of competition).
- Overtimes are to be played at the varsity level only. 11-man overtimes are played as per NFHS "Resolving Tied Games" procedure.
- 9-Man overtime ONLY: The NCAA tiebreaker system will be used when a game is tied after four periods with the following exceptions:
 - Immediately after the conclusion of the fourth quarter, officials will instruct both teams to retire to their respective team areas. The officials will assemble at the 50-yard line and review the tiebreaker procedures.
 - The officials will escort the captains (Rule 3-1-1) to the center of the field for the coin toss. The referee shall toss a coin at midfield in the presence of not more than four field captains from each team and another game official, first designating the field captain of the visiting team to call the coin toss. The winner of the toss shall choose one of the following options:
 - Offense or defense, with the offense at the opponent's 25-yard line to start the first series.
 - Which end of the field shall be used for both series of that overtime period

Note: The winner of the toss may not defer the choice.

 - The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even-numbered extra periods.
 - Extra periods: An extra period shall consist of two series with each team putting the ball in play by a snap on or between the inbounds lines on the designated 25-yard line, which becomes the opponent's 25-yard line. The snap shall be from midway between the inbounds lines on the 25-yard line, unless a different position on or between the inbounds lines is selected before the ready-for-play signal, the ball may be relocated after a charged team timeout, unless preceded by a Team A foul or offsetting penalties.
 - Team series: Each team retains the ball during a series until it scores or fails to make a first down. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first and 10 if it again possesses the ball after a change of team possession.
- Officials registered by the NDHSAA are required for high school games. High school juniors and seniors who are registered can officiate high school games below the JV level with a registered adult (for JrHi, it is recommended that the adult be a registered official).

2011 New Football Regulations (Continued)

9. No games may be played after the state finals.
10. NDHSAA will select dates, times and sites (normally the home field of the higher seeded team) for all play-off games. When non-school facilities are used, the maximum fee to be paid by the NDHSAA is \$500.
11. The higher seeded team will be designated as the home team. When like seeds play, the odd number region will be designated as the home team in odd numbered years and vice versa. When like seeds and regions play, the top line on the bracket is home in odd numbered years and the bottom line on the bracket is home in even numbered years.
12. A team that forfeits a game for reasons other than “acts of God” will be ineligible for play-offs. A team receiving a forfeit will receive a 17-point maximum in tie-breaking situations.
13. If a school chooses to play an independent schedule during the two-year plan, any varsity team that plays an independent team will be ineligible for play-offs
14. The NDHSAA will select all officials and assign jersey colors for play-off games.
15. For play-offs:
 - a. 9-Man teams may dress a maximum of 40 players; only 40 can wear team jerseys.
 - b. A teams may dress a maximum of 50 players; only 50 can wear team jerseys.
 - c. AA teams may dress a maximum of 55 players; only 55 can wear team jerseys.
 - d. AAA teams may dress a maximum of 60 players; only 60 can wear team jerseys.
16. There will be no scheduled practices the day before the Dakota Bowl unless it is a non-school day for all schools involved. When allowed, all arrangements for said practices are the responsibility of the individual schools. (NDHSAA Board 8/11/2000)
17. The order of games played the first day (9-man division & A Division) of the Dakota Bowl is to be alternated annually.
18. The NDHSAA will provide suitable team awards for first, second and teams defeated in semifinals.
19. Individual participation awards will be provided for all quarterfinal and defeated semifinal teams with champions and runners-up receiving plaques:
 - a. 9-Man teams will receive 41 with each school being billed for 7
 - b. A teams will receive 51 with each school being billed for 10
 - c. AA teams will receive 56 with each school being billed for 15
 - d. AAA teams will receive 61 with each school being billed for 20
 - e. Key fobs will be available for assistant coaches for which schools will be billed

*Each coach shall organize team personnel for recognition of each and remind players that their game jerseys need to be worn for said recognition.
20. Teams will furnish their own game balls unless the coaches agree to use the same ball.
21. Headphones may be used during play-offs if provided for both teams.
22. The football running time provision in rule 3-1-1 will be implemented as follows:

After the first half, whenever the point differential reaches 30 or more (including Dakota Bowl games), the clock will continue running when...

 - a. The ball goes out of bounds.
 - b. A forward pass is incomplete.
 - c. After a touchdown and during the try (unless it reduces the lead to less than 30 points).

The clock will be stopped on all other situations as specified in rule 3-4-4. Review official’s timeouts 3-5-7.
Note: The use of this rule does not preclude rule 3-1-3, which reads: “A period or periods may be shortened in any emergency by agreement by opposing coaches and the referee. By mutual agreement of the opposing coaches and the referee, any remaining period may be shortened at any time or the game terminated.”
23. By state association adoption, the pre-game sportsmanship meeting and coin toss shall be held with 5:00 remaining on the pre-game warm up clock.

PLAY-OFFS Passes:

- No season passes are honored for the play-offs.

Passes are for players, cheerleaders, statisticians, student managers, trainers, etc. 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.

 - o 9-Man teams can receive up to 52 passes
 - o A teams can receive up to 64 passes
 - o AA teams can receive up to 69 passes
 - o AAA teams can receive up to 74 passes
- A maximum of eight complimentary game passes shall be afforded each participating team in the pre-quarter through semi-final rounds
- Administrations of passes is the responsibility of game management
- The NDHSAA gold metal pass is the only other pass honored

2011 New Football Regulations (Continued)

Play-off Qualifying:

9-Man, A, AA, and AAA Divisions:

The top four teams in each region as determined by region record will qualify for the play-offs.

* If a tie occurs in any region, said region may use its own tiebreaker. Otherwise, the “optional tiebreaker” will be used.

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”.

9-MAN: (Maximum 27 Players & 3 Coaches)

11-MAN: (Maximum 33 Players & 5 Coaches)

Optional Tiebreaker:

Step 1. Among tied teams, the region record (*head-to-head competitions) determines placement.

*Head-to-head competitions are defined as an overall collective record among tied teams.

Step 2. If a tie still exists:

(A). The team with the highest point differential (17-point per game maximum) among those tied teams is first. Remove the first place team from the group.

(B). Repeat Step 2A until the region record between the remaining tied teams can be used.

CASE I: A five-team tie. Step 1, compare the point differentials among teams A, B, C, D and E. Team A has the highest point total.

RULING: Team A is first. Then, the region record among the remaining tied teams, B is 2-1, C is 2-1, D is 1-2 and E is 1-2. In this case B & C are 2nd & 3rd as determined by region record with B.

CASE II: When teams A, B, and C are tied:

(a) Team B defeated C and A.

RULING: Step 1 would determine B to be first and the region game between C and A would determine 2nd and 3rd.

(b) If A defeated B, B defeated C and C defeated A.

RULING: Step 2-A would be used to find the top team and step 2-B, the region game between the other two would determine 2nd and 3rd.

Step 3. If a tie in point differential exists after Step 2, the names of tied teams will be placed in a hat and drawn 1st, 2nd, etc. until steps 1 and 2 can be used among remaining tied teams. Head-to-head competition shall be used whenever possible.

RECOMMENDED VIDEO EXCHANGE:

- Teams involved in the first round are encouraged to exchange videos of the two previous games or suitable substitutes as determined by the coaches involved.
- Home teams involved in play-off games should video the games and distribute copies to the visiting team and to the opponent of the winning team for the next play-off game.

Team Areas

REMINDER – Visiting team shall be opposite home fans’ primary seating area

Tests:

Online tests will be available and must be completed.

* Watch the website <http://www.ndhsaa.com/> for details and updates.

** Penalty for not completing the test within this time is: Coaches \$25 which must be paid before any post season play and Officials will drop one classification.

SCHOOL RESPONSIBILITY

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

BANDS

The host school band or a high school band in the city where the tournament is held shall be designated as the official band. However, the manager may appoint bands from other schools if necessary.

* Only the appointed band is admitted free of charge for each session.

SPORTSMANSHIP

2011 New Football Regulations (Continued)

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, and profanity or carrying flags around the arena, will be removed”.

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 content 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. At State finals, 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.

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 Dakota Bowl Schedule

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 2011 Dakota Bowl will be held Friday, November 11, at the FARGODOME. This year's schedule:

- 9-Man 9:00 a.m.
- Division A 12:00 p.m. (approx.)
- Division AA 3:00 p.m. (approx.)
- Division AAA 6:30 p.m.



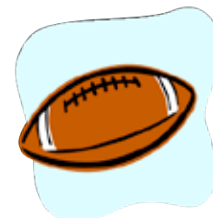
2011 Football Playoff Brackets

9-Man & A Divisions

Region 1 #1
Region 2 #4
Region 2 #2
Region 1 #3
Region 2 #1
Region 1 #4
Region 1 #2
Region 2 #3
Region 3 #1
Region 4 #4
Region 4 #2
Region 3 #3
Region 4 #1
Region 3 #4
Region 3 #2
Region 4 #3

AA & AAA Divisions

East #1
West #4
West #2
East #3
West #1
East #4
East #2
West #3



2011 Volleyball Regulations

Recommendations approved from fall, 2010 advisory for 2011 season:

1. Host school shall determine the use of line judge flags. (NF State adoption)
2. Class A shall be required to use the white ball for all regular and post season competition.

2011 Volleyball Regulations:

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 match. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
3. The season for each team is 16 regular season matches plus 2 tournaments or 14 matches plus 3 tournaments or 12 matches plus 4 tournaments. (No team or individual may play more than four regular season tournaments.)
4. Individuals shall not compete in more than 6 sets against one opponent school team on any one calendar day except in tournament play. Also the individual set limitation is six times the number of allowable matches plus tournament play.
5. Adopt the following warm-up procedure for varsity
 - a. Following the JV match, set clock at 25 minutes
 - b. Start the clock upon release of JV players from end line at end of match
 - c. Blow whistle to start the warm-up at 20 minutes (clock will not be stopped)
6. Deadline for regular season play will be the Saturday prior to the regional tournaments.
7. In the event a host team does not use the libero, the visiting team will be responsible to supply a tracker (by prior mutual agreement)
8. The libero player will be allowed to serve in one of the six rotation positions.
9. First place from each Class B region shall advance to the State Tournament.
10. All Regional and State play will be best-of-five-set matches with rally scoring.
11. 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. 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.
12. 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.
13. It is recommended that registered officials be used as line judges. The NDHSAA will attempt to contract local officials for the state tournament as no mileage or per diem may be paid. These officials will receive two tournament passes plus a per-match fee.
14. 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.
15. 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.
16. 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 video taping 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 game. Tournament managers will determine if individuals are causing any viewing problems.
17. Junior Varsity matches are best of 3 set matches. In the event a team wins the first two sets, the third set may be played by prior mutual agreement of the competing schools and the officials have been informed of this possibility in advance.
18. Junior Varsity warm-up shall be standardized.

JUNIOR HIGH REGULATIONS:

1. The junior high volleyball season shall be no longer than the high school season and each school may set their own starting time. Season must be completed by April 1.
2. Matches shall be 2 out of 3 set matches.
3. Teams shall play a maximum of 12 matches and no tournaments or 11 matches and 1 tournament or 10 matches and 2 tournaments or 8 matches and 3 tournaments.
4. Registered Association officials shall be provided in all cases possible. Non-registered high school students shall not be used as referees.
5. There shall be at least 9 daily practice sessions prior to the first match. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.

2011 Spring Sports Financial Report

TRACK & FIELD	2010	2010	2010	2011	2011	2011
"B" Track	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
Region 1	2,778.00	1,942.80	835.20	2,264.00	2,065.62	198.38
Region 2	1,936.00	1,899.66	36.34	1,537.00	1,593.23	-56.23
Region 3	1,244.00	1,870.80	-626.80	1,144.00	1,303.32	-159.32
Region 4	1,510.00	2136.8	-626.80	1,170.00	1,840.32	-670.32
Region 5	4,086.00	3,063.94	1,022.06	2,036.00	3,112.82	-1,076.82
Region 6	1,514.00	1,532.80	-18.80	1,022.00	1,578.32	-556.32
Region 7	1,586.00	1,990.67	-404.67	1,070.00	1,713.32	-643.32
Region 8	2,160.00	1,626.80	533.20	1,484.00	1,788.32	-304.32
TOTAL	16,814.00	16,064.27	749.73	11,727.00	14,995.27	-3,268.27
"A" Track						
East	3,229.00	3369.80	-140.80	5,472.00	4,036.32	1,435.68
West	4,086.00	3063.94	1,022.06	3,134.00	2,948.57	185.43
Total	7,315.00	6,433.74	881.26	8,606.00	6,984.89	1,621.11
Combined State	70,158.00	42,326.65	27,831.35	62,010.00	43,051.38	18,958.62
Track Total	94,287.00	64,824.66	29,462.34	70,616.00	50,036.27	17,311.46
"B" BASEBALL	2010	2010	2010	2011	2011	2011
	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
State	14,758.00	10,253.63	4,504.37	12,032.00	10,566.38	1,465.62
"A" BASEBALL	2010	2010	2010	2011	2011	2011
	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
State	15,856.00	9,282.82	6,573.18	9,774.00	8,686.70	1,087.30
SOFTBALL	2010	2010	2010	2011	2011	2011
	RECEIPTS	EXPENSES	PROFIT-LOSS	RECEIPTS	EXPENSES	PROFIT-LOSS
	7,014.00	9691.83	-2,677.83	7,768.00	10,624.67	-2,856.67
GIRLS' TENNIS	2010	2010	2010	2011	2011	2011
Region	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
East	0.00	4,705.86	-4,705.86	0.00	5,428.83	-5,428.83
West	0.00	3,942.98	-3,942.98	0.00	4,435.48	-4,435.48
TOTAL	0.00	8,648.84	-8,648.84	0.00		-9,864.31
State	0.00	6,743.40	-6,743.40	0.00		0.00
TENNIS TOTAL	0.00	15,392.24	-15,392.24	0.00	0.00	-9,864.31
GIRLS' SOCCER	2010	2010	2010	2011	2011	2011
	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
State	8,158.00	6571.53	1,586.47	14,432.00	9,687.26	4,744.74
GOLF	2010	2010	2010	2011	2011	2011
	ADMISSIONS	EXPENSES	BALANCE	RECEIPTS	EXPENSES	PROFIT-LOSS
"A" Boys	0.00	1,127.70	-1,127.70	0.00	1,138.20	-1,138.20
"B" Boys & Girls	0.00	4,738.60	-4,738.60	0.00	4,815.60	-4,815.60

Summary of Spring Activities

	2005-06	2006-07	2007-08	2008-09	2009-10	2010-11
Track & Field	44,184.89	30,173.85	30,435.20	25,424.82	29,462.34	17,311.46
A Baseball	2,384.65	1,910.05	4,161.90	465.67	6,573.18	1,087.30
B Baseball	8,635.25	4,779.75	5,678.30	4,623.03	4,504.37	1,465.62
Girls' Tennis	-9,717.78	-12,612.88	-14,887.11	-13,042.65	-15,392.24	
Girls' Soccer	-240.54	814.82	4,678.83	6,538.10	1,586.47	4,744.74
A Boys' Golf	-1,070.15	-1,095.50	-1,006.50	-1,117.20	-1,127.70	-1,138.20
B Golf	-4,327.25	-4,737.60	-4,790.55	-4,961.60	-4,738.60	-4,815.60
Softball				892.80	-2,677.83	-2,856.67
TOTAL	39,849.07	19,232.49	24,270.07	18,822.97	18,189.99	15,798.65

2005-06, was the year the new team payment plan went into effect. No t-shirts figured in revenue or exp.

2011 Cross Country Regulations

There were no new regulation for the 2011 season.

Cross Country Regulations:

1. The beginning date of the season is set by the Board.
2. The date for the first allowable meet is set by the Board.
3. There shall be at least 9 daily practice sessions prior to the first meet. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
4. The season ends with the State Cross Country Meet.
5. 5000 meter run for boys; 4000 meter run for girls.
6. Each individual participant is limited to competing in two cross country meets per calendar week.
7. Cross country participants cannot compete on two consecutive days.
8. 7th, 8th and 9th grade students involved in cross country may compete at either the junior high or senior high level the entire season but may not compete in more than two meets per week.

State Cross Country Meet on October 22, 2011

The 33rd Annual Girls' State Cross Country Meet and the 51st Annual Boys' State Cross Country Meet will be held on Saturday, October 22nd in Fargo at Rose Creek Golf Course, Ed Lockwood manager. Please note the venue was changed due to flooding in Valley City. Separate meets will be held for the Division A girls' and boys' teams as well as the Division B boys' and girls' teams.

SCHEDULE:

The Division A girls' event will begin at 12:00 p.m., the Division A boys' event will begin at 12:30 p.m. Awards will immediately follow the completion of the A Division. The Division B girls' event will start at 2:00 p.m. and the Division B boys' event will start at 2:45 p.m. with awards ceremony for the B Division immediately following the two races. The girls will run a 4000 meter course and boys will run a 5000 meter course. Provisions will be made to walk the course at 10:00 a.m. for those wishing to do so. There will be no practice on the course the day or evening prior to the competition. The meet is open to any Cross Country Division A or B school submitting an entry form which will be electronically provided to the school administration. Submit this registration form no later than Monday at 10:00 a.m. prior to the state event. Both the boys' team and the girls' team may be submitted on the same entry form. Entries submitted after deadline date up to 4:00 p.m. Monday prior to the State Meet must be accompanied by a \$25.00 late entry fee. **NO ENTRIES WILL BE ACCEPTED BEYOND THAT TIME.**

Through the use of the adjusted score procedure, those schools who enter or compete with fewer than 5 on a team will still post a team score. If fewer than five members of a team finish a race, the score of the remaining slots up to five will be a score of one more (plus two more, etc.) than the field that finishes.

Schools with more than five members finishing the race shall have their five highest finishers' scores count toward the team championship. Ties in team scoring shall be resolved by comparing the sixth runner's score from each team. Uniform rules as set by the National Federation shall be enforced at the State Meet.

Article 1...Each competitor's uniform shall consist of:

- a. Shoes;
 - b. Full-length cross country jersey and cross country shorts issued by the school;
1. Shorts may vary in length and style, but must be the same color for all team members.
 2. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls. The waistband must be worn above the hips.
 3. The jersey (singlet) and shorts may have school identification and the jersey may have the competitor's name.
 4. The jersey shall not be knotted or have a knot-like protrusion.
 5. Bare midriff tops are not allowed.
 6. A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of apparel.
 7. The American flag, not exceeding 2 x 3 inches, is permitted.
 8. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. The visible item under the jersey and the visible item worn under the shorts do not have to be the same color.
 9. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, abbreviated briefs (French or high cut) and similar apparel may be worn under the shorts, but not in lieu of shorts.
 10. Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform (religious medals) or in a visible area (medical medals).

PENALTY: (All articles) For illegal uniform, the competitor is disqualified from the event.

STARTING LINE: Each space recommended be a minimum of 2 meters wide. At the starting line, lanes will be left vacant when more lanes available than teams. Example: Lane spots available = 24 / Teams Competing = 20. Prior to drawing for team starting positions, the meet manager will pull out 4 positions such as lanes 4, 8, 12 and 16. Starting assignments would then be drawn and assigned in lanes 1-3

Cross Country Continued on Page 26

State Cross-Country Meet on October 23, 2011 (Continued)

(lane 4 open), 5-7 (lane 8 open), 9-11 (lane 12 open), 13-15 (lane 16 open), 17-20 USE OF GOLF CARTS, BICYCLES AND OTHER MEANS OF TRANSPORTATION AT THE COURSE shall be limited to officials and workers of the State Meet.

AWARDS: Trophies will be given to the top 5 teams in each of the four divisions. Individual plaques will be given to the top twenty runners in each of the four divisions plus individual plaques will be given to each member of the runner-up and championship team in each of the four divisions.

SCHOOL PAYMENTS: Participating schools will receive a payment based on the team payment formula. Checks will be sent to schools after the completion of the school year.

ADMISSION: Adults - \$6.00 / Students - \$4.00

NFHS Coach Education Health and Wellness - A Coach's Guide to Hydration Course

"Health and Wellness – A Coach's Guide to Hydration, Nutrition and Supplements" is available as of June 2011 at a cost of \$20. Everything a coach should know about these topics is presented in this online course. The NFHS Sports Medicine Advisory Committee approved the content for this course, which contains many valuable resources in PDF format that can be printed.

NFHS Now Offers Middle School Coach Education Course

INDIANAPOLIS, IN (April 28, 2011) — A new coach education course – Coaching Sports in Middle School – is now available online through the National Federation of State High School Associations (NFHS) at www.nfhslearn.com <<http://www.nfhslearn.com>> . This course is the newest addition to the NFHS Coach Education Program.

Coaching Sports in Middle School focuses on middle school issues and how to address them. All NFHS coaching education courses are applicable to the middle school/junior high level, but this one has been tailored to the unique characteristics of that level. It factors that middle school athletes aren't young adults yet and are at a different skill level.

NFHS Assistant Director Tim Flannery encourages all coaches to take the new course in order to make certain that middle school students receive the proper instruction.

"Every coach and administrator at the middle school level should be required to complete the online course Coaching Sports in Middle School to ensure the students who participate in athletics have an educational experience," Flannery said. "Some schools have been using middle school teams as feeder systems for their high school programs, but that is not how they are intended to be used. This course is a reminder that middle school activities should be fundamentally about participation."

Coaching Sports in Middle School takes approximately one hour to complete and costs \$20.

The NFHS Coach Education Program was started in 2007, and more than 160,000 coaches have taken the core course — Fundamentals of Coaching. Forty-five of the 51 NFHS member associations have adopted the course.

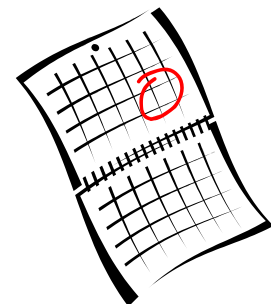
The NFHS offers coaches the ability to become certified as an Accredited Interscholastic Coach. In addition to the Fundamentals of Coaching course, coaches must complete NFHS First Aid for Coaches, or its equivalent, and one of the sport-specific courses or Teaching Sport Skills, and then can apply for certification online.

All NFHS coach education courses are available at www.nfhslearn.com <<http://www.nfhslearn.com>> .

NDHSAA Calendar Corrections

Please note the date corrections for the 2011-12 Calendar. Corrections are in bold:

- State A GIRLS' GOLF TOURNAMENT FARGO, OCT 3-4
- End Regular B 9-Man Football Season October 15
- Disregard First Round Football Play-offs 9-Man Oct. 15
- End Division A Football Season October 15
- End Division AA Football Season October 22
- First Round 9-Man Play-offs October 22
- Disregard Second Round Football Play-offs 9-Man Oct. 22
- Disregard First Round Div AAA Play-offs Oct. 29
- Football Finals, Fargo, November 11
- District Chairpersons Meeting, Bismarck, March 16



2011/12 Online Rules Clinic for Activity Advisors, Coaches and Officials

Official's renewal are due by July 1 without penalty. Renewals after July 1 will be accepted until the date of the last clinic in each sport, however a penalty will apply. New officials registrations are due the date of the last clinic for each sport.

Online exams must be taken each year by every football, volleyball, soccer, swimming, hockey, gymnastics, basketball, wrestling, softball, and baseball official and head coach. Testing windows for each sport along with the schedule for football, basketball, volleyball and softball officials' workshops are listed elsewhere in this BULLETIN. For organizational purposes a rules clinic schedule of all NDH-SAA sponsored sports appears below. Please note that with the exception of gymnastics, all rules clinics are online. Online rules clinic information will be provided at Regional Administrative meetings in August. Rules clinics attendance/completion is mandatory each year for all football, volleyball, soccer, tennis, cross country, softball, swimming, hockey, gymnastics, basketball, wrestling, baseball, track & field officials and head coaches.

Officials and coaches may also fulfill attendance requirements by attending any official rules clinic conducted by any of the state associations and having their attendance card sent to the NDHSAA office for credit. There are no make-up rules clinics. A coach/official must attend/complete one of the clinics or camps/workshops per sport listed in this schedule.

Penalty for failure to fulfill a mandatory clinic requirement shall result in a \$50 fine to the school for the first offense and a \$100 fine for each subsequent offense during same school year. Fines must be paid prior to being permitted to participate in NDHSAA post season activities to which the fine applies.

2011-12 NDHSAA Rules Clinics Dates and Sites are as follows: (check NDHSAA website for confirmation)

CROSS COUNTRY – ONLINE

August 8 - August 29

FOOTBALL– ONLINE

August 8 - August 29

VOLLEYBALL– ONLINE

August 8 - August 29

SOCCER - ONLINE

August 8 - August 29

SWIMMING - ONLINE

August 8 - August 29

TENNIS - ONLINE

August 8 - August 29

GYMNASTICS

October 29 - Bismarck

HOCKEY - ONLINE

November 7 - November 28

BASKETBALL - ONLINE

November 7 - November 28

WRESTLING - ONLINE

November 7 - November 28

TRACK - ONLINE

February 20 - March 12

BASEBALL - ONLINE

March 12 - April 2

GOLF - ONLINE

March 12 - April 2

SOFTBALL- ONLINE

March 12 - April 2

NOTE: LOCAL registration available in football, volleyball and basketball. Contact your local Athletic Director for information concerning LOCAL officials.

NFHS Coach Education Fundamentals of Coaching Track and Field Course Available

The Fundamentals of Coaching Track and Field course is now available. Dan O'Brien and Hyleas Fountain host the course, which trains coaches to teach running, jumping and throwing. USA Track and Field developed the content and videos for the course. If any state association staff would like a complimentary course, contact Barb Waldsmith at the NFHS at bwaldsmith@nfhs.org.

Coaches and Officials Mandatory Online Testing for 2011-12

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. Please note all clinics are available online only for the 2011/12 school year with the exception of gymnastics. Gymnastics is the only sport that will continue to have a live rules clinic/workshop. 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)

Fall Sports: August 8 - 29

Cross Country, Football, Soccer,
Swimming & Diving, Tennis, Volleyball

Winter Sports: November 7 - 28

Basketball, Hockey, Wrestling

Spring Sports: February 20 - March 12

Track & Field

Fall Fine Arts: September 12-October 3

Play, Student Congress

Winter Fine Arts: November 7 - 28

Debate, Music, Speech

Spring Sports: March 12 - April 2

Baseball, Golf, Softball

NDHSAA September Calendar

9/1/11	First Competiton--Student Congress
9/1/11	NDSHAA MEMBERSHIPS PAYABLE
9/5/11	Labor Day
9/5/11	Picture, Cutline, Roster, Schedule Due: Girls' Swimming
9/5/11	Picture, Cutline, Roster, Schedule Due: Volleyball
9/6-/12/11	Football, Soccer, Swimming & Volleyball Online Exams, Sept. 6 -Sept. 12
9/6-8/2011	NFHS Section 5 Meeting, Pierre, SD Sept. 6-8
9/10/11	ACT Test Date
9/11/11	NDOA Board of Directors Meeting, Valley City NDHSAA 12:00 Noon
9/12/11 - 10/3/11	Play Rules Clinic, Online Only, Sept. 12 - Oct. 3
9/12/11 - 10/3/11	Student Congress Rules Clinic, Online Only, Sept. 12 - Oct. 3
9/12/11	NDAAC Career Fair, WSC-Williston Futurepalooza
9/13/11	NDAAC Career Fair, MiSU-Minot 9:00 - 11:00 a.m.
9/13/11	NDHSAA Board of Directors Meeting, Valley City
9/14/11	Deadline to Submit Regional Boys' Tennis Registration, Noon
9/14/11	NDAAC Career Fair, DSU-Dickinson 1:00-3:00 p.m. ((MT)
9/14/11	NDAAC Career Fair, Beulah High School 9:30-10:30 a.m.
9/14/11	NDAAC Career Fair, Bismarck State College, 7:00 - 8:00 p.m.
9/15/11	NDAAC Career Fair, Bismarck State College, 9:00 - 11:00 a.m.
9/15-17/11	CSTAND Convention, Mandan Seven Seas, Sept. 15-17
9/17-19/11	NDIAAA Fall Workshop, Mandan Seven Seas
9/17/11	Cheerleader Mandatory Rules Clinic, Grand Forks, 2:30 p.m.
9/19-22/11	Speech Mtg. Indianapolis & NFHS Music Conf., Sept. 19-22
9/19/11	Deadline for Regional Boys' Tennis Team Play-in
9/19/11	NDAAC Career Fair, U.P. Center-Fargo 9:00 -11:00 a.m.
9/19/11	NDAAC Career Fair, U.P. Center-Fargo 6:00-8:00 p.m.
9/20/11	NDAAC Career Fair, NDSCS-Wahpeton 9:00 - 10:30 a.m.
9/20/11	NDAAC Career Fair, VCSU-Valley City 1:30 -2:30 p.m.
9/21/11	NDAAC Career Fair, Jamestown H.S. 9:15-10:30 a.m.
9/21/11	NDAAC Career Fair, Wishek Armory 1:30 -2:30 p.m.
9/22/11	NDAAC Career Fair, Oakes High School 9:00-10:00 a.m.
9/22-24/2011	Boys' Regional Tennis Tournaments
9/23-24/11	West Congress, Mandan Seven Seas
9/26/11	Deadline for Girls' A Regional Golf Tournaments
9/26/11	NDAAC Career Fair, MaSU-Mayville 9:00-11:00 a.m.
9/27/11	NDAAC Career Fair, LRSC-Devils Lake 1:00-2:30 p.m.
9/27/11	NDAAC Career Fair, Grafton H.S. 9:00 - 10:30 a.m.
9/28/11	NDAAC Career Fair, DSC-Bottineau 9:00-11:00 a.m.
9/29/11	Rosh Hashanah
9/29-10/1/2011	BOYS' STATE TENNIS TOURNAMENT, Grand Forks, Sept. 29 - Oct. 1



NDOA Officials' Volleyball Camp

Seven NDOA and reciprocity officials gathered for an officials' camp in Bismarck during the Prairie Rose State Games. Friday evening consisted of 2 hours of classroom presentations and group discussion. Saturday was a day filled with officiating the high school divisions. With the help of camp clinicians Dorothy Lick and Stephanie Smith, each official was evaluated via videotaped followed by a review in both the R1 and R2 positions. The officials indicated the camp was very successful and helpful.



Have a GREAT YEAR!!!