



# NDHSAA

# BULLETIN

**North Dakota High School Activities Association**  
**350 2nd St. NW • PO Box 817 • Valley City • ND**  
**Phone (701)845-3953 • Fax (701)845-4935**

## Inside This Issue

## NOVEMBER 2016

NDHSAA/Farmers Union Insurance Distinguished Student	2
NDHSAA Accounts and Roles	2
NDHSAA Website Login Information	2
Changing Email Addresses in NDHSAA Account	3
Annual October Membership Meeting	3
NDHSAA Minimal Behavior Expectations	4
School Music Trips	4
National Anthem Flag Decorum	4
Class B Boys Basketball Hotel Information	4
ACT-SAT National Test Dates	5
Tournament Information Links	5
Coaches and Officials Mandatory Online Testing	5
2016/17 Online Rules Clinics for Activity Advisors, Coaches and Officials	5
Winter Season NDHSAA Website Requirements & Deadlines	6
Participants Must Be Accompanied	6
NDHSAA Contact Information	6
NDHSAAANOW.com Website	6
NDHSAA Coaches Education-Permit Submission Form	7
NDHSAA Local (Sub-Varsity) Official Certification	7
Charitable Contest Guidelines	7
Debate and Speech Clinics Online	8
Certified Speech and Debate Judges	8
State B Play Contest	8
Music Judge Certification	8
2016 State Student Congress	8
NDHSAA Help – Printing Team Flyers/Programs	8
Shirt Policy	9
2016 Fall Tournament Ticket Prices	9
NFHS Rules Publications Available as E-Books	9
NDHSAA HELP (FAQ)	9
Team Scholar Recipients	9
Dakota Bowl November 11, 2016	10
Dakota Bowl Television Coverage	10
2016/17 NDHSAA Board Meeting Dates	10
NDHSAA Board of Directors Meeting – October	10
2016 State Girls Swimming & Diving Meet	11
2016 State Girls Swimming & Diving Meet	12
NDHSAA Information - Find Officials' Information	12
NDHSAA Post-Season Video Broadcasting	12
2016 Regional/State Volleyball Information	13
2016 Regional/State Volleyball Information	14
2016 Regional/State Volleyball Information	15
2016 Regional/State Volleyball Information	16
NFHS Network Programming	16
NFHS Spirit of Sport and Heart of the Arts	17
Region and State Photographs Invited	17
2016-17 Gymnastics Regulations	17
2016-17 Wrestling Regulations	17
2016-17 Hockey Regulations	17
2016-17 Basketball Regulations	18
eKnowledge SAT & ACT Prep Courses	18
NFHS Network Consumer Help	18
For Sale!	18
Award of Excellence Nominations	18
NDHSAA November Calendar	19



*Pictured Above:*  
**Members of Richland High School's football team hold their 2015 NDHSAA 9-man state championship trophy. Photo by David Samson / The Forum**

## NDHSAA Premier Partner:



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## NDHSAA/Farmers Union Insurance Distinguished Student



**Editorial note:** We will be publishing a series of articles on getting to know this year's distinguished student finalists.

Congratulations to the NDHSAA/Farmer Union Insurance distinguished student for the 2016-17 school year, Mya Steinwehr. Mya hales from Hankinson N.D. and is the daughter of Erik and Linda Steinwehr.

She is a middle child having an older brother Dre and younger sister Jada. At Hankinson Public School, Mya is active in volleyball, basketball, track, student council, drama, newspaper and speech. At the age of 17, she is very active in her community volunteering for Cares for Cancer, Hankinson Teens for Life, blood and food drives as well as mission trips to Flint, MI.

Mya excels in all her subjects but she enjoys math the most, stating "I like the difficulty of finding the one correct answer unlike other subjects." In her spare time Mya enjoys hanging out with friends and family, playing the piano, rollerblading, listening to music and gardening with grandpa. After high school, college is in store for Mya as she plans on attending UND or NDSU to major in nursing with a goal of becoming a neonatal nurse practitioner.

Her life dream is to be living in Minneapolis and working at her dream job. Mya believes the most important characteristic of today's leaders should be respectability, and she states if she were in charge of the country her first task would be to "eliminate out of state tuitions. I don't think cost should ever limit a student from attending his/her dream university or one that may offer a better education." Mya admires her grandfather because "he has shown me where hard work and dedication can get a person. He is the most kind and loving person I have ever met." Mya's perfect getaway would be to attend the summer Olympics and she stated she could not go a day without music. Her biggest pet peeve would be "when people don't show common courtesies like saying thank you when the door is held open for them." We asked Mya if she could have dinner with four people of her choice, she chose Albert Einstein, Martin Luther King Jr., Stephen Hawking, and Marcus Friskop (her late science fair instructor.)

Mya's favorite holiday is the 4th of July because "I love going to the parade, swimming in the lake, and watching fireworks". However, her favorite family tradition is going to grandmas every Christmas. Mya would like Melissa McCarthy to play her in a movie about her life as she "is absolutely hilarious." Finally, the one thing on Mya's bucket list is to finish a marathon. Good Luck. Once again congratulations goes out to Mya Steinwehr the NDHSAA 2016/17 distinguished student.

## NDHSAA Accounts and Roles

REMINDER TO SCHOOL ADMINISTRATORS: New coaches should create NDHSAA accounts and request appropriate roles at your school as your coaching staff changes. Testing and online rules clinics are tied to NDHSAA accounts therefore all users must have appropriate roles at your school. If you need a role removed from your school or have any comments, questions or concerns regarding our website, please contact Brenda Schell. [brenda.schell@ndhsaa.org](mailto:brenda.schell@ndhsaa.org)



## NDHSAA Website Login Information

The NDHSAA website includes a public portion for public viewing and a password protected portion for schools and NDHSAA administration of sports and activities. All coaches and advisors must create NDHSAA accounts in order to input their rosters, pictures, cutlines, schedules, tournament entrants and results.

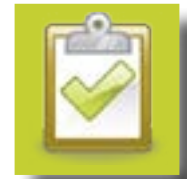
To create an NDHSAA account, go to our website <http://www.ndhsaa.com> and locate the Sign In section on the top right side of the page. Click on the "Create an Account" link. You must enter your account information then request a role at your school. To request a role, select your role ie: coach (sports), activity advisor/coach ( fine arts), staff, etc. and click the blue "Request Role" button. Then select the school you are affiliated with from the drop down menu, choose your sport or activity from the drop down menu and Click the "Request Role" button. Repeat the role selection process until you have requested all of your roles in your school. After submission, the main user at your school will approve your role(s) and you will be able to enter information concerning your sport or activity.

Any comments, questions or concerns regarding our website, please contact Brenda Schell at the NDHSAA office. [brenda.schell@ndhsaa.org](mailto:brenda.schell@ndhsaa.org)

**Visit NDHSAA NOW for tournament updates: [www.ndhsaanow.com](http://www.ndhsaanow.com)**

## Changing Email Addresses in NDHSAA Account

As schools transition to new email addresses, users are reminded they must edit email addresses in the NDHSAA system. Editing accounts will allow user history and all existing roles to remain connected to NDHSAA accounts. Users should not create new accounts, they should edit their existing accounts.



### To edit your NDHSAA email address/login:

- 1) Log in to your NDHSAA account
- 2) Click on “My Profile” on the bottom left portion of the page
- 3) Click the Edit Button on the Profile page
- 4) Click the “Account” tab on the grey menu bar that goes across the page
- 5) Enter your new email address
- 6) Confirm your new email address
- 7) Click the blue SAVE button

This is also where you would change your password, if you so desire. Editing your email address on your NDHSAA account assures you receive the proper information from the NDHSAA office.

## Annual October Membership Meeting

The Annual NDHSAA General Assembly meeting was held at the Ramkota Inn in Bismarck on October 20. At the meeting, the following individuals were nominated for Board positions beginning the 2017-18 school term:

### Class B Southwest:

Travis Jordan, Superintendent, Beulah  
Tyler Senn, Principal/Activities Director, Bowman County  
Kelly Koppinger, Superintendent, New England

### NDASSP:

Warren Strand, Principal, Fessenden-Bowdon Public School  
Adam Hill, Principal, Mott Regent Public School

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

Mya Steinwehr, 2016-17 NDHSAA Distinguished Student, spoke to the membership about her experiences with school activities.

The Awards By-Law Amendment passed with 106 voting in favor and 6 voting against. Starting July 1, 2017 the following change will be implemented:

### Part II, Article IX: Awards

**SECTION I:** A student activities participant may not accept monetary compensation in recognition of activities ability, participation and/or achievement.

**SECTION II:** A student may accept non-monetary compensation or items of value solely in recognition of activities ability, participation and/or achievement if the total monetary compensation or items of value, including the actual value of any gift certificates (so long as they are not convertible to cash), discounts, coupons, etc., does not exceed the amount set by the NDHSAA Board of Directors during the Association year (July 1-June 30).

**SECTION III:** Non-monetary compensation or items of value does not include customary awards of symbolic nature without resale value such as the school’s athletic letter, medals, ribbons, certificates, plaques, trophies and other emblems, provided the cost of the award does not exceed the amount set by the NDHSAA Board of Directors.

**NOTE:** This rule does not regulate or prohibit compensation received by a student for ability, participation and/or achievement in a non-NDHSAA sponsored sport or activity, nor does this rule prohibit the acceptance of college scholarships by students.

**SECTION IV:** A coach or director is responsible for reporting to the school’s athletic/activities director all compensation or items of value received by the students on that coach/director’s team within one month of the receipt of the compensation or items of value. School administration is responsible for verifying that the total sum of compensation or items of value received by each student participant at that school does not exceed the retail value amount set in SECTION II.

**SECTION V:** The NDHSAA Board of Directors shall have authority to designate, give and control medals and trophies to be awarded to schools or individuals on championship teams in any sport or activity, provided that these awards are kept within the bounds of Section III.

**SECTION VI:** Penalties for violations of the above rules may be suspension of the school and ineligibility of the individual who accepts the award.

Andy Dahlen, Football Committee Chair, presented the 2017-18 football plan with the membership and Executive Director Matt Fetsch reported on the NFHS ‘Why We Play’ initiative. **Minutes for the membership meeting are available on the NDHSAA website.**

## ***NDHSAA Minimal Behavior Expectations***

Passed by the NDHSAA Board of Directors in June for regular and postseason competitions and requires:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.

## ***School Music Trips***

Out of state music trips of 600 miles or more must have NDHSAA approval. Out of state trips should not exceed the loss of more than two school days. Groups shall also be limited to a maximum of two out of state trips in any one school year. Administrators must contact NDHSAA once planning begins for these trips, whether competition is involved or not. Requests for these trips should include information about dates, destination and administrative approval of the trip.

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

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



## ***Class B Boys Basketball Hotel Information***



Information on reserving hotel rooms for the State Class B Boys Basketball Tournament, March 16-18, 2017 in Minot can be found at <http://visitminot.org/> or by calling the Minot Convention & Visitor's Bureau at 701-857-8206. Please reserve your rooms early.

## ACT-SAT National Test Dates

Administrators, activities directors and coaches should remind their students of the following 2016-17 dates so they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.

### ACT National Test Dates

December 10, 2016  
February 11, 2017  
April 8, 2017  
June 10, 2017

### SAT National Test Dates

November 5, 2016  
December 3, 2016  
January 21, 2017  
March 11, 2017  
May 6, 2017  
June 3, 2017



## Tournament Information Links



Upcoming regional and state tournament information will be posted on the sport/activity specific pages on the NDHSAA NOW website <[www.ndhsaanow.com](http://www.ndhsaanow.com)> site under Tournament Information. Links to tournament information pages and sites will also be accessible from the main NDHSAA website during all tournament seasons.

[www.ndhsaanow.com](http://www.ndhsaanow.com)

## Coaches and Officials Mandatory Online Testing

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



The NDHSAA office will assess a penalty of \$25 for non-completion of any mandatory online exam by a head coach. Officials non completion of a mandatory online exam will result in a lower classification the following year. If an official is certified, they will drop to probationary for one year in that sport. If an official is probationary they will drop to ineligible for one year in that sport.

**Wrestling, Basketball, Gymnastics & Hockey Winter sports testing window:  
November 29 - December 6, 2016**

## 2016/17 Online Rules Clinics for Activity Advisors, Coaches and Officials

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 NDHSAA. You must have an NDHSAA account in order to complete the rules clinic. Please note all clinics are available online only for the 2016/17 school year.



**Following are the sports and activities online rules clinics for 2016/17 clinic windows:**

### Winter Sports:

**October 31 - November 21, 2016**

Basketball, Gymnastics, Hockey, Wrestling

### Winter Fine Arts:

**October 31 - November 21, 2016**

Debate, Speech

### Spring Sports:

**February 13 - March 6, 2017**

Track & Field

**March 6 - 27, 2017**

Baseball, Boys Golf & Class B Girls Golf,  
Softball

## Winter Season NDHSAA Website Requirements & Deadlines

Winter sport rosters/pictures/cutlines and schedules are soon due. (A cutline identifies the lineup on the team photo.) Schools are required to have this information for all winter sports uploaded to NDHSAA three weeks into each season. Failure to upload required information will result in a \$50 late fee. Schools have the ability to edit this information as rosters change throughout the season.

This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs. The NDHSAA system will accept photos up to 10 MB in size.

### DEADLINES

**November 28**

Boys Hockey  
Girls Hockey  
Wrestling

**December 5**

B Girls Basketball  
Gymnastics

**December 12**

A Boys & Girls Basketball

**December 19**

B Boys Basketball  
Boys Swimming & Diving



Instructions on uploading pictures and entering cutlines, rosters and schedules are available on the “Help Documentation” under the FAQ link on the NDHSAA website. <http://www.ndhsaa.com/faq/help>. If you have problems, please contact Brenda Schell at the NDHSAA office.

### 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 4, 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

**Street Address:**

350 2nd Street Northwest  
Valley City, North Dakota 58072-0817

**Mailing Address:**

PO Box 817  
Valley City, North Dakota 58072-0817

**Websites:** [www.ndhsaa.com](http://www.ndhsaa.com) - [www.ndhsaanow.com](http://www.ndhsaanow.com)

**Phone:** (701) 845-3953

**Fax:** (701) 845-4935



### NDHSAANOW.com Website



NDHSAA NOW is where you will find news and current information about NDHSAA and our member schools. This is the site where you will find current teams, districts and region placement, team schedules, pictures, and rosters. Football standings, human-interest stories, twitter feed and much more! This is also the site where you will access video from the NFHS Network and video streams from member schools.

Check it out NOW!!! <http://www.ndhsaanow.com>

## *NDHSAA Coaches Education - Permit Submission Form*

Beginning in the fall of 2013 all coaches who work with student athletes in grades 9-12 must be certified. To become certified a coach must complete the requirements for a NDHSAA Coaching Permit. Member schools submit their coaching rosters through the NDHSAA Coaching Permit Submission Form. The NDHSAA Coaching Permit Submission Form allows tracking of all coaches through member schools. This is the only form that will be accepted and it must be emailed electronically as an excel spreadsheet. If you would like to track more coach information than listed on this form, please feel free to add columns AFTER (to the right of column 10). Only columns 1-10 need be submitted to NDHSAA.



All coaches must be submitted each year. Only certified coaches not certified in a prior year will be mailed coaching permits. Coaching permits will be issued by the North Dakota High School Coaches Association. The due date for the Coaches Education Permit Submission form is April 1st each year.

This form has been emailed to main school contacts and is available on the NDHSAA website under Forms. Please contact NDHSAA for any questions concerning this form.

## *NDHSAA Local (Sub-Varsity) Official Certification Available*

NDHSAA has a process for certifying Local Sub-Varsity officials. Officials who complete all items needed to certify will be able to officiate at the sub-varsity level and below in the sport(s) in which they certify. This certification must be under the direction of an administrator of a NDHSAA member school.



### **Requirements for Local Official include:**

- 1) Completion of the NFHS Learn “Concussion in Sports - What you Need to Know” course. Users must create an account on the NFHSLearn site and purchase the course, although the course is free. Instructions are available on the NDHSAA website at the Concussion Management Information link on the main NDHSAA webpage.
- 2) Creation of NDHSAA Account. If prospective official has an existing NDHSAA account, requirements must be completed using the existing NDHSAA account and email address.
- 3) Completion of the online Local Officiating Rules Clinic, available on the “Clinic” tab when logged in to NDHSAA account.
- 4) Completion and submission of LOCAL Officials’ Registration Form, available at end of Local Officiating Clinic.
- 5) Submission of payment to LOCAL school administrator for submission to NDHSAA for processing.

ALL 5 items must be complete BEFORE LOCAL officials are eligible to officiate contests. LOCAL Officials are able to officiate contests at the JV level and below only.

Please contact the NDHSAA office with any questions concerning the certification of local sub-varsity officials through this program.

## *Charitable Contest Guidelines*

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

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

## Debate and Speech Clinics Online

2016/17 winter fine arts rules clinics will be offered online. Online clinic completion is mandatory for head speech and head debate coaches from each high school department.

**Below is the 2016/17 Winter Fine Arts clinic window:**

Debate & Speech

October 31 - November 21



## Certified Speech and Debate Judges

Certification tests for 2016-17 speech and debate judges will open October 31. Lists of certified judges are online at <http://www.ndhsaa.com/fine-arts-judges/speech> and <http://www.ndhsaa.com/fine-arts-judges/debate>. Lists will be updated automatically following judge test completion (please wait 2-3 minutes for verification to post). Judges must complete the online rules test to become certified. Contact Brian Bubach if you have questions. [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)

## State B Play Contest

Regional qualifiers will participate at Jamestown High School and the University of Jamestown on Monday, November 21. The top 4 plays from each preliminary site will advance to the Finals at the University of Jamestown on Tuesday, November 22. A complete schedule for State B Plays will be posted on the Play Tournament Information page when finalized. <http://www.ndhsaanow.com/tournaments/play>



## Music Judge Certification

College or high school personnel with a B.S. in Music Education and 5 years experience (recommended) may judge NDHSAA sponsored Music Festivals if they successfully complete the online rules test.

If you have questions regarding music certification, please contact Brian Bubach at: [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)



## 2016 State Student Congress

The 2016 State Student Congress will be held at the Bismarck State Capitol on Thursday and Friday, November 3 and 4. Sue Anderson, Richardton-Taylor, will serve as the Contest Manager.

### Thursday, November 3

11:30 - 12:30 - Registration  
12:45 - General Assembly  
1:00 - 3:00 - Session I  
3:00 - 3:20 - Break for All Chambers  
3:20 - 4:00 - Committees & Committee Reports  
4:00 - 6:00 - Session II  
6:00 - Adjournment  
8:00 PM - Coaches Meeting at Baymont Inn & Suites - Mandan

### Friday, November 4

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

## NDHSAA Help – Printing Team Flyers/Programs

The administrative portion of the NDHSAA website allows schools and tournament managers to download and print team flyers/programs. **Instructions appear below:**

- Log in to NDHSAA
- Click on Schools on the left side of the page
- Click “View” on a school from the list (type a few letters of the school name in the Search box)
- Click on a “Program” on the right side of the page
- Click the “Varsity” team tab
- Click “Print” or “Export” for the team program/flyer
- Click “Export” to export just the roster as a .csv file to be opened in Excel



## *Shirt Policy*

The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: "An appropriate shirt is required at all NDHSAA sponsored district, region and state events".

An appropriate shirt is determined per local school policy. There shall be no body paint--face paint is allowed.

## *2016 Fall Tournament Ticket Prices*

### **FOOTBALL**

**Pre-Quarterfinals, Quarterfinals and Semifinals**

**Adults: \$8.00          Students: \$5.00**

**Dakota Bowl at Fargodome**

**Adults: \$14 + .50 venue charge = \$14.50**

**Students: \$6 + .50 venue charge = \$6.50**



### **GIRLS SWIMMING & DIVING**

**State Meet at Bismarck, N.D.**

**Unreserved Daily Ticket  
(includes \$1 venue charge)**

**Adults: \$11.00          Students: \$6.00**

**Tournament (includes \$2 venue charge)**

**Adults (reserved): \$28.00**

**Students (unreserved): \$10.00**

### **VOLLEYBALL**

**Region Play-In Games**

**Adults: \$7.00          Students: \$5.00**

**Regional Play**

**Daily Ticket**

**Adults: \$8.00          Students: \$5.00**

**State Tournament at Fargodome**

**Daily Ticket (includes \$1 venue charge)**

**Adults: \$13.00          Students: \$7.00**

**Tournament (includes \$3 venue charge)**

**Adults: \$35.00          Students: \$18.00**

## *NFHS Rules Publications Available as E-Books*

Rules books and case books produced by the National Federation of State High School Associations (NFHS) are now available for purchase online in electronic-book format.

The NFHS, which has written and published playing rules for high school sports throughout most of its 95-year history, is offering its rules publications in e-book format through iTunes for Apple users. In addition, the Kindle version is being sold on Amazon.

NFHS playing rules are written specifically for varsity competition among student-athletes of high school age and are intended to maintain the sound traditions of the sport, preserve the balance between offense and defense, encourage sportsmanship and minimize the inherent risk of injury for participants.

## *NDHSAA HELP (FAQ)*

The NDHSAA website has a help link available. If you can't find the answer to your question on the FAQs, please contact NDHSAA. Brenda.schell@ndhsaa.org

**Phone:** (701)845-3953

## *Team Scholar Recipients*

Principals and coaches are reminded that Team Scholar Award applications may be submitted as soon as your school has reached the first grading period. Activities eligible this fall are Student Congress, Class B One-Act Plays, A Girls Golf, Boys and Girls Cross Country, Volleyball, Football, Boys Tennis, Boys Soccer, and Girls Swimming & Diving. Applications are accepted electronically through the NDHSAA website. If you have questions, please contact Brian Bubach at brian.bubach@ndhsaa.org or (701) 845-3953.

**Boys Tennis:** Williston-3.42, Jamestown-3.49

**Girls Golf (Class A):** Jamestown-3.77

## Dakota Bowl November 11, 2016

The 2016 Dakota Bowl will be held Friday, November 11 at the Fargodome with Todd Olson as manager.

### Friday, November 11, 2016

- Game 1 - 9:10 am – Division A
- Game 2 - 20 minutes after Game 1 – 9-Man
- Game 3 - 20 minutes after Game 2 – Division AA
- Game 4 - 6:40 pm – Division AAA

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

### TICKET PRICES (ALL Day)

Adults: \$14.00 + \$0.50 venue charge (\$14.50)  
Students: \$6.00 + \$0.50 venue charge (\$6.50)



Photo by Dave Wallis / Forum Communications

## Dakota Bowl Television Coverage



Dakota Bowl, coverage will be aired on the following television stations:

WDAY - Fargo Ch. 6      KBMY - Bismarck Ch. 17  
WDAZ - Grand Forks Ch. 8      KMCY - Minot Ch 14



## 2016/17 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. <http://www.ndhsaa.com/board/meetings>

**December 1 - Valley City**  
**January 18 - Athletic Review - Valley City**  
**January 19 - Valley City**  
**January 31 - Membership Meeting, Bismarck**  
**March 17 - District Chair & Board Meeting, Minot**  
**May 4 - Valley City**

**May 25 - Fine Arts Review, Bismarck**  
**June 7 - Athletic Review, Valley City**  
**June 12-13 - Valley City**  
**June 28-July 2 - NFHS Summer Meeting, Providence, RI**

## NDHSAA Board of Directors Meeting – October Summary

Please go to <http://www.ndhsaa.com/board/meetings> for Board meeting dates, agendas, and minutes.

- Andy Dahlen, Football Committee Chair, provided the Board with a report on the 2017-18 football plan with final division and region assignments. Football divisions have been set with 14 teams in Division AAA, 10 in Division AA, 32 teams in Division A, remaining in the 9-man division. Division AAA will be split into two regions. Division AA will be one region with a statewide schedule. Division A will be split into four regions. The 9-man division will be split into six regions. Motion to approve the 2017-18 NDHSAA Football Plan carried unanimously.
- The NDHSAA Board of Director's Tournament Committee, chaired by Board President Brad Rinas, provided the Board with a report on a site change for the Class B Region 5 Boys Basketball Tournament. Previously, the tournament was to be held at the Bismarck Events Center the first night and Bismarck Legacy High School the final two nights of the tournament. Report submitted indicated Bismarck Public Schools will host all three nights of the Class B Region 5 Boys Basketball Tournament at Legacy High School. Motion to approve the report carried unanimously.

## 2016 State Girls Swimming & Diving Meet

The 2016 Girls Swimming & Diving State Meet will be held in Bismarck, at the BSC Aquatics and Wellness Center, November 11-12, Dave Zittleman, Manager.

### SCHEDULE

#### Friday:

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

#### Saturday:

9:30 AM - Diving warm-ups  
10:30 AM - Diving semi-finals  
11:45 AM - Coaches and Officials Meeting  
12:15 PM - Swimming warm-ups  
1:15 PM - Clear pool  
1:30 PM - Parade of Athletes - All Finals  
Note: There will be a 5 minute break immediately following the Medley Relay

The meet finals will operate under the current National Federation Swimming and Diving Rules Order of events: Rule 5, Section 1, Article 1. Finals: Eight contestants will qualify for the finals and eight contestants will qualify for the consolation finals in individual swimming events. The twenty highest scoring divers through the preliminaries advance to the semi-final round. (Rule 9-4-3). The sixteen highest scoring divers, through the semi-finals will advance to the final round (Rule 9-4-4). There will be no preliminaries for relays. Finals will be seeded by their regular season time and will be held on Saturday.

#### Scoring for finals:

Individual events (16 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2. Each team shall be permitted a maximum of four entries in an individual event. Qualifying times are mandatory, using 105% of the 20th place cumulative time from the three previous State Meets.

#### The following 2016 standards are:

200 Free - 2:13.83	50 Free - 27.57
100 Free - 1:00.64	100 Back - 1:09.46
200 IM - 2:32.14	100 Fly - 1:09.96
500 Free - 6:04.02	100 Breast - 1:18.05

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

A competitor shall be permitted to enter a maximum of four events, no more than two of which shall be individual events. Being designated as a member of a relay team does not count as an entry unless the swimmer actually competes in a relay event. Heats will be drawn as prescribed in the current National Federation Swimming and Diving Rules Book in Rule 5 of Section 3 by using the swimmer's best time as reported during the season.

**Diving:** Diving will be conducted in accordance with Rule 9. Divers shall qualify for the state with a total of 275 points in eleven dives. This scoring must be during a regular season meet with a minimum of three judges scoring. In the event that there are less than 32 qualified divers, consideration divers will be added to fill the field of 32, using the 250 point-11 dive and 150 point-6 dive consideration divers in that order.

It is the responsibility of the coach to see that no competitor is entered in more than two individual events and that each athlete's full name, grade and seed time appears on the entry list.

The entry form is to be electronically commlinked using the HyTek program to the NDHSAA office (sue.carlsrud@ndhsaa.org) in Valley City, no later than 5:00 p.m. on Sunday, prior to the state meet. DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. SWIMMING AND DIVING ENTRIES SUBMITTED LATE WILL BE ACCEPTED ONLY IF ACCOMPANIED WITH A \$25 LATE ENTRY FEE. NO ENTRIES WILL BE ACCEPTED AFTER Sunday at 6:00 P.M. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL. Diving sheets must be e-mailed as an attachment. Following the deadline for state entries, the first communication with coaches is sending a PDF of their individual entries.

There will be a scratch meeting at 11:00 a.m. Friday, of the state meet and at 11:45 a.m. Saturday, of the state meet. No changes or additional entries are allowed at this time.

## 2016 State Girls Swimming & Diving Meet

**Diving Entry Sheets:** Double check the previously submitted diving sheets and return to the Diving Referee, before the deadline of 11:15 a.m. Friday, of the state meet. Changes shall be permitted until the specified time on Friday, prior to the start of the diving competition. Correction of errors noted by the diving referee shall be permitted until the start of the diving competition. Interscholastic Championships (Rule 9: Section 3, Article 4):

Number of Contestants: 1-32

Preliminaries: Any two required and three optional.

Semi-Finals: Two required and one optional.

Finals: One required and two optional

The 20 highest scoring divers through the prelims qualify for the semi-finals. The 16 highest scoring divers through the semi-finals qualify for the finals.

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



Eight lanes are to be used for preliminaries in the State Meet.

Electronic timing with touch pads and horn start will be used, along with a back-up timing system.

For safety purposes, the following will be enforced concerning activity at the conclusion of the State Meet:

A. The pool will be cleared immediately following the freestyle relay.

B. The entire pool area will be cleared of all swimmers and spectators immediately following the awards ceremony.

Three team trophies and eight individual plaques for each event will be awarded (except relays in which only the first, second, third and fourth place teams will receive individual plaques and places 5 through 8 will receive ribbons). Places 9 through 16 in each individual event will receive ribbons. Competing members of the first and second place teams will receive individual team plaques after the conclusion of the state meet. Coaches will be contacted by the NDHSAA to order individual team plaques.

### **Admission: (Prices include facility fees)**

One Day Tournament Ticket (unreserved) Adults - \$11.00, Students - \$6.00

Two Day Student Unreserved ticket - \$10.00

Reserved Tournament Tickets (2 days) - \$28.00

NOTE: Reserved seats will be utilized for this tournament. There is a very limited number of unreserved seating for this tournament venue. To guarantee a seat it is recommended that a reserved tournament ticket is purchased.

## NDHSAA Information - Find Officials' Information

Each month we post an NDHSAA Information article in our BULLETIN. This month the topic is finding officials' information. In order to find contact information for officials in NDHSAA you must have administrative privileges.

To view officials and their contact information:

- Log in to NDHSAA
- Click on the Officials tab on the left side of the page
- Click the Filter button on the right side of the page and choose a sport from the drop down menu
- You will see a list of all officials registered to officiate the sport you have selected for the current school year
- You may sort by clicking on the arrows on any column
- To show more than 10 officials on a page click a higher number than 10 from the Show Entries drop down menu
- You may view this information online or export to Excel by clicking on the Export icon on the top right side of the page.
- You may check for "LOCAL" (JV and below only) officials in the same manner.

## NDHSAA Post-Season Video Broadcasting

All post-season (play-off, district, regional and state) video rights have been sold to Forum Communications and the NFHS Network. Some post-season contests and tournaments are available for stream/broadcast as declined events with applicable rate card fee.

Any declined event stream/broadcast must have prior approval from NDHSAA or will be subject to twice the applicable fee. Please contact Tom Mix or Brian Bubach for further information at 701-845-3953 or [tom.mix@ndhsaa.org](mailto:tom.mix@ndhsaa.org) / [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)

## 2016 Regional/State Volleyball Information

### Regional Tournaments will be held at the following sites:

- **East Region** – November 8 at site of higher seeded team, rounds 2 and 3 at Wahpeton HS November 11 and 12, Mike McCall, Mgr.
- **West Region** – Minot HS, November 10, 11, 12, Mitch Lunde, Mgr.

First, second, third and fourth place winners advance to the state tournament. Third and fourth places will be determined using a cross-bracketing of semi-final losers to the consolation brackets semi-final round. All regional matches are to be played to conclusion. Failure to complete a match will cause a team to be ineligible for further competition. The West and East regions will set their own time and format for their regional tournaments.

Warm-up shall consist of 9 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team's time on the court, they may choose the option of serving practice.

### B REGIONAL PAIRINGS

#### November 7, 8, 10

First round matches on November 7 will be in one session beginning at 3:00 p.m. Each subsequent match will begin 25 minutes after completion of the previous match. Warm-up shall consist of 9 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team's time on the court, they may choose the option of serving practice. **Pairings are as follows:**

#### Region 1 – Lisbon, Pat Adair, Manager

- #1 seed vs. winner of #8 seed and #9 seed
- #2 seed vs. winner of #7 seed and #10 seed
- #3 seed vs. winner of #6 seed and #11 seed
- Winner of #4 seed and #13 seed vs. winner of #5 seed and #12 seed

#### Region 2 – Mayville, Mike Moore, Manager

- #1 seed vs. winner of #8 seed and #9 seed
- #2 seed vs. winner of #7 seed and #10 seed
- Winner #3 seed and #14 seed vs. winner of #6 seed and #11 seed
- Winner #4 seed and #13 seed vs. winner of #5 seed and #12 seed

#### Region 3 – Ellendale, Matt Herman, Manager

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

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

- #1 seed vs. winner of #8 seed and #9 seed
- #2 seed vs. winner of #7 seed and #10 seed
- #3 seed vs. winner of #6 seed and #11 seed
- #4 seed vs. winner of #5 seed and #12 seed

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

- #1 seed vs. winner of #8 and #9 seed
- #2 seed vs. winner of #7 seed and #10
- #3 seed vs. winner of #6 seed and #11
- #4 seed vs. #5 seed

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

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

#### Region 7 – Dickinson Trinity, Gregg Grinsteiner, Manager

- #1 seed vs. winner of #8 seed and #9 seed
- #2 seed vs. winner of #7 seed and #10 seed
- #3 seed vs. winner of #6 seed and #11 seed
- #4 seed vs. winner of #5 seed and #12 seed

#### Region 8 – Watford City, Randy Cranston, Manager

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

### STATE TOURNAMENT

The State Volleyball Tournament will be held on November 17-19, 2016 in Fargo at the Fargodome. Todd Olson, athletic administrator of the Fargo Public Schools will serve as tournament manager.

#### State B

The head coaches of the eight qualifying teams will use an electronic process to seed the top five teams for the state tournament. An NDHSAA-approved designee will randomly draw the opponents for the top five seeded teams.

#### The quarterfinal pairings are:

- #2 seed vs. Second Random Draw
- #3 seed vs. Third Random Draw
- #1 seed vs. First Random Draw
- #4 seed vs. #5 seed



## 2016 Regional/State Volleyball Information (Continued)

### 2016 STATE VOLLEYBALL TOURNAMENT SCHEDULE

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

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

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

A-Court

12:00 #1 West vs #4 East

2:00 #2 East vs #3 West

B-Court

12:00 #2 Seed vs. Random Draw

2:00 #3 Seed vs. Random Draw

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

A-Court

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

8:00 P.M. #2 West VS #3 East

B-Court

6:00 #1 Seed vs. Random Draw

8:00 #4 Seed vs. #5 Seed

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

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

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

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

##### **CHAMPIONSHIP SEMI-FINALS**

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

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

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

11:00 A.M. 7th Place Matches (**NOTE:** Time change)

1:00 P.M. Consolation Championships

3:00 P.M. Third Place Matches

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

6:00 P.M. A Championship

8:00 P.M. B Championship

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

### **MATCHES**

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

### **COACHES**

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

### **OFFICIALS**

- Officials will be contracted by the NDHSAA. Assignment of officials for regional matches may be made by the NDHSAA or the tournament manager. Officials for regional play will be selected via coaches survey and NDHSAA liaison input.
- 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 statewide from Regions 1, 3, 5, and 7 plus two at-large officials. The sit-out rule is in effect.
- Assignments of these officials for State Tournament matches are made by the NDHSAA office one week prior to the tournament and officials will then be notified of their specific assignments. Only NDOA and reciprocity officials are eligible to work regional tournaments and only NDOA officials are eligible to work the state tournament.
- A floor captain, statisticians, desk officials, ball return workers, ticket takers and sellers, ushers, etc., are to be obtained by the tournament manager. Desk officials are required to wear distinguishing uniforms so they can be readily identified.
- It is recommended registered officials be used as line judges. The NDHSAA will attempt to contract registered officials. If registered officials cannot be obtained, qualified line judges will be utilized. No mileage or per diem will be paid. These officials will receive two tournament passes plus a per-match fee.

### **PRACTICE SESSIONS - Regional and State Tournament**

- No practice will be allowed at the Regional site from the time the brackets are set to once the tournament has begun. Class A & B hit-arounds have been reinstated.

The schedule will be as follows:

- Session 1 Hit-a-round
  - 9:00-9:20 - Class A East #4 and Class B 12:00 Random Draw
  - 9:20-9:40 - Class A West #1 and Class B #2 Seed
  - 9:40-10:00 - Class A East # 2 and Class B 2:00 Random Draw
  - 10:00-10:20 - Class B West #3 and Class B #3 Seed
- Session 2 Hit-a-round
  - Immediately following Session 1 Volleyball action (20 Minute intervals)
  - Class A West #4 and Class B 6:00 Random Draw
  - Class A East #1 and Class B #1
  - Class A West #2 and Class B #5
  - Class A East #3 and Class B #4



## 2016 Regional/State Volleyball Information (Continued)

### WARM-UP

- A scheduled 25-minute warm-up period on the playing court will be provided prior to each Regional and State match. While using double court, warm-up on court may begin immediately following the previous match. Warm-up shall consist of 9 minutes teams share the court, no balls hit over the net. The remainder of the warm-up time will be: 4 minutes full court for the visitor team, 4 minutes full court for the home team, 4 minutes full court for the visitor team, and 4 minutes full court for the home team. During a team's time on the court, they may choose the option of serving practice.

### BALLS

- Practice Balls - Each participating team will furnish its own practice balls at regional sites unless otherwise stated by regional management. Practice balls will be furnished by the management at the state tournament site.
- Game Balls - Game balls are furnished through the NDHSAA office and sent to all A and B regional and state tournament managers. Upon completion of the tournament, balls may be awarded to the schools at no cost (one per school) with first chance going to the first place team, second to the second place team, etc.

### PLAYERS IN UNIFORM

- In Regional and State Tournaments, schools may have a 15 player roster and the maximum number of players dressed for a match is also 15. If disciplinary action of a player is taken by a coach removing a player because of violation of any Association rules, a player may be replaced by someone else for the tournament. If disciplinary action is taken by the coach for reasons other than NDHSAA rules and regulations, a player may not be replaced. Any changes in the roster must be cleared with the tournament manager beforehand. It is not necessary to use the same players in Regional and State Tournaments.

### PASSES

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

### SCHOOL RESPONSIBILITY

- PART TWO, SECTION V of the NDHSAA Constitution & By-Laws states: "Contesting schools shall each have present an authorized faculty representative who shall be responsible to his/her school for the conduct of its participants and students throughout the contest and the visiting team's stay away from home."
- The NDHSAA Board of Directors, in response to a recommendation of the District Chairpersons, adopted the following policy: "An appropriate shirt is required at all NDHSAA sponsored district, region and state events". An appropriate shirt is to be determined as per local school policy. Also, there shall be no body paint. Face paint is allowed.

### TEAM ALLOWANCE

- Regional Tournament and State Tournaments only.
- Team payments will be distributed at the end of the school year.

### HOUSING

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

### PROTESTS

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

### SOLICITATIONS

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

### CONCESSIONS, PROGRAMS, HOSPITALITY WILL BE THE HOST CITY'S RESPONSIBILITY.

### TROPHIES AND AWARDS

- **Regional:** Team awards are provided for 1st and 2nd, place winners for Class A and 1st, 2nd, 3rd and 4th place winners for Class B.
- **State:**
  - Team awards are provided for 1st, 2nd, 3rd, 4th, 5th, 6th, 7th and participation. Only trophies provided by the NDHSAA or an approved affiliated organization will be presented at the tournaments.
  - Individual awards are also provided for the State Tournament. Eighteen individual plaques will be provided for each 1st and 2nd place team members. Places 3 through 8 shall each be provided with 18 participation medals.
  - The NDHSAA will not be announcing all-state team at this year's state tournament.

### VIDEOTAPING OR FILMING

- Regulations prohibit the use of video equipment by schools except for the match they are playing. This does not prohibit stations that have contracted for the televising of tournaments from videotaping or filming for delayed telecasts.
- Private individuals may use video recorders at NDHSAA-sponsored events provided they do not interfere with other people's view of the match. Tournament managers will determine if individuals are causing any viewing problems. No webcasting is allowed for private individuals.

## 2016 Regional/State Volleyball Information (Continued)

### INSURANCE

- Each tournament will be protected by a Master Personal Liability and Property Damage Insurance Policy.
- All tournaments will be protected against Inside Robbery and Outside Messenger Service and Burglary Insurance to a maximum of \$2,000 for each tournament.
- All Regional Tournament managers are bonded with a \$10,000 Fidelity Bond and State Managers with a \$75,000 bond.

### ADMISSION PRICES

#### Regional:

Daily Individual Session Adult - \$8.00 / Student - \$5.00

#### A Pre-Quarters:

Adult - \$7.00 / Student - \$5.00

Note: All regional and state tickets are unreserved.

#### State Weekend Tournament Pass:

Adult: \$35 Student: \$18 (includes \$3 venue charge)

#### Daily Pass:

Adult: \$13.00 Student: \$7.00 (includes \$1 venue charge)



## NFHS Network Programming

The North Dakota High School Activities Association is pleased to announce that the 2016 NDHSAA Girls Swim & Dive Finals, and Volleyball State Tournament will be available LIVE on the NFHS Network.

The NFHS Network is an all-digital network dedicated to coverage of boys and girls high school sports, performing arts and activities from around the country. The NFHS Network is a joint venture between the NFHS, its member associations – including the NDHSAA and PlayOn! Sports. Fans can watch these events live online with a subscription at <http://www.nfhsnetwork.com/associations/ndhsaa>.

Subscribers can also watch on the go by downloading the NFHS Network app for iPhone and Android devices. NFHS Network subscription fees are: \$9.95 for the “NFHS All-Access Monthly Pass”, which provides subscribers unlimited monthly access from the date of purchase. Please Note: Monthly Subscriptions are automatically renewed unless subscriber cancels their subscription in account settings before that time.

### Live coverage of the events is as follows:

#### Girls Swim & Dive, Saturday November 12:

Finals starting at 1:30 p.m. CDT.

#### Volleyball, Thursday November 17 through Saturday November 19:

SESSION 1 – Thursday, November 17 (Double Court):

A Court

12:00 p.m. – #1 West vs. #4 East

2:00 p.m. – #2 East vs. #3 West

B Court

12:00 p.m. – #2 Seed vs. 2nd Random Draw

2:00 p.m. – #3 Seed vs. 3rd Random Draw

SESSION 2 – Thursday, November 17 (Double Court):

A Court

6:00 p.m. – #1 East vs. #4 West

8:00 p.m. – #2 West vs. #3 East

B Court

6:00 p.m. – #1 Seed vs. 1st Random Draw

8:00 p.m. – #4 Seed vs. #5 seed

SESSION 3 – Friday, November 18 (Double Court):

CONSOLATION SEMIFINALS

12:00 p.m. – Consolation Semifinal (Upper Bracket)

2:00 p.m. – Consolation Semifinal (Lower Bracket)

SESSION 4 – Friday, November 18 (Double Court):

CHAMPIONSHIP SEMIFINALS

6:00 p.m. – Championship Semifinal Matches (Upper Bracket)

8:00 p.m. – Championship Semifinal Matches (Lower Bracket)

SESSION 5 – Saturday, November 19 (Double Court):

11:00 a.m. – Seventh Place Matches

1:00 p.m. – Consolation Championships

3:00 p.m. – Third Place Matches

SESSION 6 – Saturday, November 19 (Single Court):

6:00 p.m. – Class A Championship

8:00 p.m. – Class B Championship

### About NFHS Network

The NFHS Network captures the passion, pride, and energy of the high school experience by delivering live high school sports and events to family members and fans whenever they want, wherever they are.

The NFHS Network celebrates and showcases the unique accomplishments of students, whether they are a student-athlete participating in the 27 different sports covered by the Network, or one of the student broadcasters from schools around the country that produce events through the School Broadcast Program. The NFHS Network also features state playoff and championship events for the 34 state members of the NFHS Network.



## NFHS Spirit of Sport and Heart of the Arts



Spirit of Sport and Heart of the Arts awards are National Federation programs to recognize students for exemplary actions. The Heart of the Arts award is similar to the Spirit of Sport and recognizes people involved in the performing arts. If you have something or someone worthy of recognition, please request a nomination form from the NDHSAA office.

Nomination forms must be submitted to the NDHSAA office before January 15, 2017. The NDHSAA nominee will be chosen and forwarded to Section 5 for selection of the Section 5 nominee to forward to the National Federation.

To receive a Spirit of Sport nomination form, email: [brenda.schell@ndhsaa.org](mailto:brenda.schell@ndhsaa.org)

To receive a Heart of the Arts nomination form, email: [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)

## Region and State Photographs Invited

NDHSAA invites member schools to submit photographs of Regional and State events. Photos may be emailed to Tom Mix ([tom.mix@ndhsaa.org](mailto:tom.mix@ndhsaa.org)) for possible placement in the Bulletin or NDHSAA Calendar. Please include names of the people in the shot (i.e. left to right), the event, date, and photographer.



## 2016-17 Gymnastics Regulations

There are no NEW gymnastics regulations for 2016-17.

Complete NDHSAA gymnastics regulations can be found at the following link:

<http://www.ndhsaa.com/regulations/gymnastics>



## 2016-17 Wrestling Regulations

### 2016-17 Wrestling Regulations

1. Starting weight for Saturday of the state tournament will be determined by random draw as is done on Thursday and Friday.
2. Class A state dual tournament will be wrestled to 5th place.
3. Eliminate the language regarding forfeiture in the state dual tournament. Language now reads "Forfeiture of this weight class or the one immediately above or immediately below in all succeeding matches in team **and individual** competition."



Complete NDHSAA wrestling regulations can be found at the following link: <http://www.ndhsaa.com/regulations/wrestling>

## 2016-17 Hockey Regulations

There are no NEW hockey regulations in 2016-17.

Complete NDHSAA boys and girls hockey regulations can be found at the following link:

<http://www.ndhsaa.com/regulations/icehockey-boys> or <http://www.ndhsaa.com/regulations/icehockey-girls>



Visit **NDHSAA NOW** for  
tournament updates  
[www.ndhsaanow.com](http://www.ndhsaanow.com)

## 2016-17 Basketball Regulations



### **New Regulations as approved by the NDHSAA Board of Directors for the 2016-17 year Class A and B:**

- Add a 4' restricted area arc for Class A and Class B beginning in 2016-17 (reminder, approved in 2015).

### **Class B:**

-Implement a mercy rule in Class B. Running clock in the 4th quarter when a lead is 30 points. There will be no return to regular timing, even if lead goes below 30. Clock stops only for timeout or injury.

-Seed teams 1-5 for the State Class B Tournament.

### **Complete regulations can be accessed at the following link:**

<http://www.ndhsaa.com/regulations/basketball-boys> or

<http://www.ndhsaa.com/regulations/basketball-girls>

## eKnowledge SAT & ACT Prep Courses

The eKnowledge project waives the complete \$350 course price for the SAT or ACT Test Prep Programs. So the student pays only the \$14.99 cost for streaming, student support, customer support, and materials.

For more information please go to <https://www.eknowledge.com/allAccessLandingPage.php?coupon=215255045A>

## NFHS Network Consumer Help

For all questions regarding difficulty viewing, inability to find a specific event link, technical issues within a broadcast, trouble subscribing, billing questions, etc., callers may contact [memberadmin@nfhsnetwork.com](mailto:memberadmin@nfhsnetwork.com) or 877-978-2311.

There are customer representatives standing by at all times to respond to issues and get fans set-up to view their events as quickly as possible. The NFHS Network is happy to issue refunds for accidental double subscribing as well as issues such as experiencing technical difficulties while viewing a game.



[www.nfhsnetwork.com/associations/ndhsaa](http://www.nfhsnetwork.com/associations/ndhsaa)

## For Sale!

TNT Kid's Fitness in Fargo is looking to sell (2) Physical Therapy (PT) Tables for \$250.00. Used very little. Contact Kim Pladson at [kim@tntkidsfitness.org](mailto:kim@tntkidsfitness.org).

## Award of Excellence Nominations

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

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

The Standing Rock Warriors football team for showing exemplary sportsmanship in a loss to Hazen on Sept. 23. Standing Rock's players were respectful to officials and encouraged each other. Team members also helped Hazen players off the ground several times.



## NDHSAA November Calendar

11/1/16	NDHSAA MEMBERSHIPS DUE
11/2/16	Region 1 Plays, Lisbon
11/3/16	State Student Congress, State Capitol, Bismarck, Nov. 3-4
11/3/16	Region 2 Plays, VCSU
11/3/16	Region 3 Plays, Larimore
11/3/16	Region 4 Plays, Rugby
11/3/16	Region 6 Plays, Edgeley
11/4/16	Football Semi-Final Playoffs AAA
11/5/16	Football Semi-Final Playoffs 9-Man-A-AA
11/5/16	SAT National Test Date
11/5/16	Volleyball Deadline For B Districts
11/6/16	Deadline for Submitting Girls Swimming/Diving Entries, 5:00 p.m.
11/7/16	Hockey Opening Date (Boys and Girls)
11/7/16	Volleyball B Regionals
11/7/16	Wrestling Opening Date
11/8/16	Election Day
11/8/16	Volleyball B Regionals
11/8/16	Volleyball East A Regionals
11/9/16	Region 5 Plays, Univ. of Jamestown
11/9/16	Region 7 Plays, Hazen
11/9/16	Region 9 Plays, Watford City
11/10/16	Volleyball West A Regionals - Nov 10-12
11/10/16	Region 10 Plays, Dickinson SU
11/10/16	Region 8 Plays, Minot SU
11/10/16	Volleyball B Regionals
11/11/16	Girls Swimming/Diving State Meet, Bismarck, Nov. 11-12
11/11/16	Debate 1st Competition Date
11/11/16	Football Finals--Dakota Bowl, FargoDome, Nov. 11
11/11/16	Veterans Day
11/11/16	Volleyball East A Regionals
11/12/16	Region 2, Large Groups Music, Richland
11/12/16	Volleyball East A Regionals
11/14/16	American Education Week, Nov. 14-18
11/14/16	B Girls Basketball Opening Date
11/14/16	Gymnastics Opening Date
11/17/16	Volleyball State Tournament, FargoDome, Nov. 17-19
11/18/16	Wrestling First Contest
11/21/16	B Plays - State Contest, Jamestown High School, Nov. 21-22
11/21/16	A Boys & Girls Basketball Opening Date
11/21/16	Hockey First Contest (Boys and Girls)
11/24/16	Thanksgiving Day
11/25/16	B Girls Basketball First Contest
11/28/16	B Boys Basketball Opening Date
11/28/16	Boys Swimming/Diving Opening Date
11/28/16	Gymnastics First Contest
11/28/16	Picture, Cutline, Roster, Schedule Deadline: Hockey (Boys and Girls)
11/28/16	Picture, Cutline, Roster, Schedule Deadline: Wrestling
11/29/16	Basketball, Gymnastics, Hockey & Wrestling Online Exams, Nov. 29 - Dec. 6
11/30/16	NDHSAA Tournament Managers Meeting, Valley City

Happy  
Thanksgiving

