

2013-14 Advisory Recommendations for NDHSAA Board Consideration			
The following are recommendations with actions posted.			
Recommendation X:made recommendation,Y:Yes, N: No (yes-no vote)	Adv.	Athletic	NDHSAA
NDHSAA Board of Directors will Y: approve or N: deny (y-n)	Com	Review	Board
		1/25/13	3/21/13
<b>District Chair Recommendations--November 16, 2012--Minot</b>			
1. Reinstatement of shoot/hit rounds at state basketball and volleyball tournaments	15-0		
2. Remove the limitation of football players dressed for the Dakota Bowl	10-5		
3. Adjust the Tuesday and Thursday start times of the Regional VB Tournament to allow 5:30 as an option.	15-0		
<b>Cross Country:</b>			
none—review meeting notes			
<b>Boys Soccer:</b>			
none—review meeting notes			
<b>Football:</b>			
<b>AAA</b>			
none—review meeting notes			
<b>AA</b>			
none—review meeting notes			
<b>A</b>			
none—review meeting notes			
<b>9-Man</b>			
none—review meeting notes			
<b>All Football Divisions</b>			
none—review meeting notes			
<b>Class A Girls' Golf</b>			
none—review meeting notes			
<b>Boys' Tennis</b>			
1. Change number of practices required for the boys' and girls' tennis seasons from 9 to 7 before the first competition.	x		
2. Change the number of officials from two to four for each regional tournament.	x		

<b>Volleyball, Class A and B Recommendations</b>			
<b>Class A and Class B</b>			
1. Reinstate the hit arounds prior to the State Volleyball Tournament	x		
2. Seed the top five teams at the State Class B Volleyball Tournament	x		
<b>Track and Field Recommendations</b>			
1. Change Class A Girls' Pole Vault qualifying height to 9' 3"	x		
2. Change Class A Girls' 200 meter qualifying time to 2:25.24	x		
3. Adopt the Provisional ("B") Qualifying Standards	x		

# 2013 Boys' Tennis Advisory Notes

## Recommendations:

Change number of practices required for the boys' and girls' tennis seasons from 9 to 7 before the first competition.

Tennis Coaches' Reason: Tennis has exactly 9 week days before the first competition where any student/athlete with a conflict or illness will not be able to compete in the first contest.

Why the Board Should Vote for the Change: 9 practices does not increase safety of the players over 7 practices. Tennis, like golf, is not a contact sport. Being on the tennis court without 9 practices does not increase the chance of injury like football, basketball, wrestling, gymnastics, etc. Yes, tennis is a cardio sport, but most practices are more intense than a match. This means that the likelihood of 'exhaustion' is less in a match than at practice.

Change the number of officials for the regional tournament from two to four.

Reasoning: With four officials, we can have one official per court site. Currently, one official needs to cover two court sites at the same time. When an official is needed, the official needs to be notified and then drive over to the match where they are needed or needs to make a rules clarification over the phone.

## Discussion:

1. Coaches know our sport and our players and the recommendations we make are for the betterment of our sport. Currently, if a player were not ready by 9 practices, the coach would not let that athlete play. If the recommendation gets approved, the coaches would evaluate if a player were ready by 7 practices. If not, they coach would hold that player out until the player is ready.
2. We discussed the format of the regional tournament of possibly adding a singles or a doubles. Discussion ended with our current format being the best option.
3. We are short on officials for tennis. Coaches need to recruit the club teams and members of the community to become officials so we can have a full arsenal at regionals and state.
4. Reminder about the rotating schedule. Next year, all teams should rotate their schedule one match later. If they had the bye on the Tuesday after Labor Day, next year they should have it on that Thursday. A coach mentioned that it is Fargo North's AD that does the scheduling.

5. If our schools would pay for officials for regular season matches, this would help with getting new officials. To never officiate and then do a regional/state tournament would be overwhelming. We do not think there is a set rate for a regular season match, so we believe the school could set a rate for a conference match. Maybe, as coaches, we could get our school to have an official for one home match per season.
6. If we are going to charge for regionals and state, seating is a must for paying consumers. The NDHSAA would not charge for a grandparent to attend the state hockey tournament and tell them its standing room only. The host site for the regional and state tournament need to find a way to make viewing the best possible at the outdoor and indoor facilities.
7. We discussed why the west and east do all-EDC and all-WDA differently. Also, the point came up that why do the EDC and WDA both have 15 all-conference, but there are 9 EDC teams and 7 WDA teams. The discussion was should the all-conference awards be proportional to the number of teams. This is something we need to talk to our AD's about as it's a conference award.
8. Discussed the officials' roles and responsibilities. As coaches, we do not want discussion or warnings. If it's a rule violation, call it. If it's a code violation, call it. If its an overrule, overrule it. Athletes should not ask questions of the officials or look to the officials for guidance. The athlete makes the call on the court and the official confirms the call or overrules it. If we as coaches want an explanation, we will professionally discuss the call on a changeover with the official.

## **NDHSCA Football Advisory Meeting**

December 4, 2013

NDHSAA Office - Valley City, ND

Committee Members Present: Andrew DelaBarre, Eric Olson, Dan Smreker and Vyrn Muir

### **Recommendations:**

#### **9-Man**

1. Recommend that the football committee create a 48-team 9-man division in the 2015 & 2016 football plan with 6 regions of 8 teams each and a 24-team playoff bracket like what was used prior to 2011
2. Discussed neutral sites for semi-final playoff games played at sites with FieldTurf
3. Discussed regions with 9 or 10 teams having the option of playing only 8 regular season games. Team health was an issue with adding a game on Tuesday/Saturday

#### **Division A**

1. Discussed eliminating the number designation in Division A to make it similar to 9-man. Thus, #70 is eligible to be a receiver if deemed necessary

#### **Division AA**

1. No recommendations

#### **Division AAA**

1. Discussed the resurrection of the 4 vs. 5 seed play-in game
2. Discussed AAA teams developing one media release for all newspapers season previews to avoid having to fill out each paper's own forms

#### **All Divisions**

1. Discussed moving the All-State selection meetings to the Saturday morning after the Dakota Bowl – will discuss further at NDHSCA summer convention
2. Discussed Hudl vs. sportsfilmexchange...coaches overwhelmingly support Hudl.
3. Discussed roster limits for playoffs – support continuing individual awards

#### **Administrative**

1. Recommend that coaches attend the pregame sportsmanship meeting and coin flip in 2014 online rules clinic
2. Make the 10 and 5 second count uniform amongst all officiating crews. It has gotten better, but are still seeing a few crews different counts than others
3. Clarification on striking a player
4. Make sure fields are properly marked – lines every 5 yards

#### **Discussion**

1. Discussed possibilities for the 2015 & 2016 football plan
2. Discussed future Dakota Bowl sites and formats

## **Fall 2013 Advisory Meetings**

### **Volleyball Coaches Advisory Meeting**

1. Class B Realignment
2. Class B Super Regionals
3. Libero uniform changes
4. Reinstating hit rounds at State\*\*
5. Line judge flags
6. Business cards for officials
7. Seeding the Class B Tourney to 5 teams instead of 4\*\*

\*\*Will be brought forward to Athletic Review

### **State Girls Swim Meet -- Coaches Meeting**

1. All State Selection (questioning amount of athletes getting selected)
2. Scheduling
3. State Meet Host Meet
4. Diving Judging

### **State A Girls Golf Coaches Meeting**

1. SAOTY voting
2. Schedules
3. Complaints about course payments
4. Complaints about admission (only one coach)

### **XC Advisory Meeting**

1. Road Races -
2. State Meet -- Fine moving it around, but would someday like to find a permanent site eventually. Fort Ransom??
3. Region Qualifiers -- No interest
4. Practice on streets/highways -- No headphones
5. Girls running 5k instead 4k? No interest
6. Continue relaxation of uniform rule at state meet
7. Printed results or a monitor to scroll results
8. School calendar change

# **EXPLANATION OF PROPOSED PROVISIONAL ("B") QUALIFYING STANDARDS FOR NORTH DAKOTA TRACK & FIELD**

At a meeting of the North Dakota Track & Field Advisory Committee at the NDHSCA Summer Coaches Convention in Fargo on Thursday, July 26, 2012 it was proposed that the committee come up with a list of provisional ("B") qualifying standards for Class A and B boys and girls track & field.

The purpose of these proposed provisional standards is to provide athletes from North Dakota Regional track & field meets who just miss the State Qualifying standards or Qualifying Regional places to still qualify for the State Meet if they reach a certain place and meet the provisional qualifying standard. These provisional qualifying standards would only be applied at Regional Track & Field meets, and would only be applied to fourth (4th) place finishing individuals and relays in Class B, and seventh (7th) and eighth (8th) place finishing individuals and relays in Class A.

On Wednesday, July 24, 2013 the Track & Field Advisory Committee met at the NDHSCA Summer Coaches Convention at Mandan and agreed to use the following criteria for establishing the provisional standards.

1. all running event provisional times will be set by multiplying the established state qualifying standard by 1.015 and rounding down to the nearest 5 hundredth
2. the high jump and pole vault provisional heights will be set by multiplying the established state qualifying standard by .96 and rounding down to the nearest even or odd inch increment (depending on whether the established qualifying standard is set at even or odd inches)
3. all other field event provisional distances will be set by multiplying the established state qualifying standard by .96 and rounding to the nearest 6 inches

The rationale for this proposal is to provide athletes who demonstrate the ability to perform at a quality level a second chance to qualify for the State Track & Field Meet at their Regional meet. It will be the responsibility of the coaches to submit their athletes who meet these provisional standards after their Regional Meets, adhering to the usual entry deadlines.

# NORTH DAKOTA HIGH SCHOOL BOYS TRACK & FIELD PROPOSED PROVISIONAL ("B") QUALIFYING STANDARDS

EVENT	Qualifying Standard	A Boys Provisional	B Boys Provisional
100	11.44	11.6	11.6
200	23.24	23.55	23.55
400	52.24	53	53
800	2:01.74/2:03.24	2:03.55	2:05.05
1600	4:35.24/4:40.24	4:39.35	4:44.40
3200	10:05.24/10:20.24	10:14.30	10:29.50
110 HH	16.04/16.24	16.25	16.45
300 IH	42.04/42.24	42.65	42.85
4X1	45.44/45.94	46.1	46.6
4X2	1:34.24/1:35.24	1:35.65	1:36.65
4X4	3:34.24/3:36.24	3:37.45	3:39.45
4X8	8:24.24/8:35.24	8:31.80	8:42.95
HJ	6'2	5'10	5'10
PV	12'6/12'	12'0	11'6
LJ	20'9	20'	20'
TJ	41'6	40'	40'
DISC	147'/140'	141'	134'6
SHOT	48'6/46'9	46'6	45'0
JAV	160'	153'6	153'6



# NORTH DAKOTA HIGH SCHOOL GIRLS TRACK & FIELD PROPOSED PROVISIONAL ("B") QUALIFYING STANDARDS

EVENT	Qualifying Standard	A Girls Provisional	B Girls Provisional
100	13.04	13.2	13.2
200	26.94	27.3	27.3
400	61.74	62.65	62.65
800	2:24.24/2:26.24	2:26.40	2:28.40
1600	5:30.24/5:35.24	5:35.15	5:40.25
3200	12:05.24/12:16.24	12:16.10	12:27.25
100 H	16.74	16.95	16.95
300 H	48.84	49.55	49.55
4X1	52.84	53.6	53.6
4X2	1:51.54	1:53.20	1:53.20
4X4	4:16.24	4:20.05	4:20.05
4X8	10:10.24/10:20.24	10:19.35	10:29.50
HJ	5'1	4'9	4'9
PV	9'	8'6	8'6
LJ	16'8/16'5	16'	15'9
TJ	34'	32'6	32'6
DISC	115'	110'6	110'6
SHOT	35'6	34'	34'
JAV	110'/115'	105'6	110'6