



# 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

November 2012

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*Pictured Above: Donavon Lambert, Shiloh Christian,  
2012 Class B Boys' Cross Country Champion*

## NDHSAA Premier Partner:



NDHSAA Supporting Sponsor: **NATIONAL GUARD**  
*North Dakota*

## NDHSAA Board of Directors Meeting – October Summary

- Boys' Soccer season dates were reviewed and adjusted.
- Strategic Planning was reviewed.
- Media Committee reported on TV contract review.
- Football plan was approved.
- Constitution and By-Laws Committee reported By-Laws reformatting, review of the junior high 50 rule and academic eligibility.
- Fine Arts Committee reported on NFL participation and Class A Plays.
- Coaches Education was reviewed.

## Annual October Membership Meeting

The Annual NDHSAA Membership meeting was held at the Ramkota Inn in Bismarck on October 18.

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

NDASSP:

Todd Bertsch, Principal, Fargo South High School

Jason Schwabe, Principal, Thompson High School

Class B Southwest:

Riley Mattson Superintendent, South Heart

Brad Rinas, Superintendent, Washburn

Biographies and pictures will be in the December Bulletin. Schools will receive voting ballots mid-December. Other items in the agenda included the Executive Secretary's report which included information about the future strategic plan, football plan, coaches education, Spirit of Sport and NDHSAA/Farmers Union Insurance Distinguished Student program.

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

## School Music Trips

Out of state music trips of 600 miles or more must have NDHSAA approval. Under no circumstances shall an out of state trip exceed the loss of more than two school days. Groups shall also be limited to a maximum of two out of state trips in any one school year. Administrators must contact NDHSAA once planning begins for these trips, whether or not they involve competition. Requests for these trips should include information about dates, destination and administrative approval of the trip.

## Charitable Contest Guidelines

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

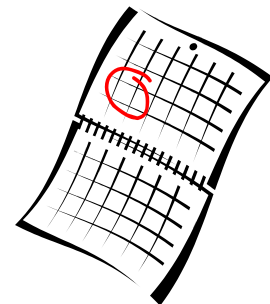
- The contest or competition may be held during any one week, to be determined by each individual school, of the designated sport season.
- The NDHSAA is supportive of charitable initiatives and has developed guidelines in regards to an athletic competition being held in the name of a charitable cause. 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.

## 2012/13 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.

### 2012/13 Meeting Dates

|          |       |   |
|----------|-------|---|
| November | 16    | Minot (District Chair and Board meeting)    |
| January  | 26    | Bismarck (Athletic Review A.M., Board P.M.) |
| January  | 28    | Membership Meeting, Bismarck                |
| March    | 15    | Bismarck                                    |
| March    | 22    | Fargo (District Chair and Board meeting)    |
| April    | 23    | Valley City                                 |
| May      | 23    | Fine Arts Review Bismarck                   |
| June     | 12    | Athletic Review Valley City                 |
| June     | 18-19 | Valley City                                 |



## *National Anthem Flag Decorum*

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



## *Certified Speech and Debate Judges*

The 2012-13 list of certified speech and debate judges is online at [www.ndhsaa.com](http://www.ndhsaa.com). This may be found under Fine Arts>Speech or Debate. The respective 'Officials and Judges' links may be found on the Speech and Debate pages of our website. Lists will be updated periodically. Judges must complete the online rules clinic to become certified. Contact Brian Bubach if you have questions.

## *Music Judge Certification*

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



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

## *Region and State Photographs Invited*



NDHSAA invites member schools to submit photographs of Regional and State events. Photos may be emailed to Brian Bubach ([Brian.Bubach@sendit.nodak.edu](mailto:Brian.Bubach@sendit.nodak.edu)) 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.

## *Winter Sports - 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 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.

**The test windows are as follows:**

**Wrestling, Basketball, Gymnastics and Hockey**

**December 4 - December 10, 2012**

The NDHSAA office will assess a penalty of \$50 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.



## *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.

## *Class B Boys' Basketball Hotel Information*

Information on reserving hotel rooms for the State Class B Boys Basketball Tournament which will be held on March 7-9, 2013 in Minot can be found at <http://visitminot.org/sleep> or by calling the Minot Convention & Visitor's Bureau at 701-857-8206. Please be sure to reserve your rooms early.

## *District Chairs to Meet in Minot*

District Chairs will be meeting in Minot on November 16, 2012. District Chairs meet twice yearly each November and March. District Committees have authority over athletic, music, and speech activities. Each Division B district chooses 1 member to represent their schools at the semi-annual meeting. Rules proposals and other timely considerations may be brought forth for members to review at the meeting. Agenda items will be passed directly to the NDHSAA Board of Directors for consideration. Information on District Chairs can be accessed at [http://www.ndhsaa.org/district\\_chairs](http://www.ndhsaa.org/district_chairs) on the NDHSAA website. Minutes are located at: [http://www.ndhsaa.com/board\\_and\\_committee\\_minutes/](http://www.ndhsaa.com/board_and_committee_minutes/) District Chair organizational policy is listed in Part Two, Article VIII, of the NDHSAA Constitution and By-Laws.

## Tournament Information Links

Upcoming regional and state tournament information will be posted on the sport/activity specific pages under Tournament Information. Links to tournament information pages and sites will also be accessible from the main NDHSAA website during all tournament seasons.

## 2012 State Student Congress

The 2012 State Student Congress will be held at the Bismarck State Capitol on Thursday and Friday, November 1 and 2. Sue Anderson, Richardton-Taylor, will serve as the Contest Manager.

### Thursday, November 1

- 11:30 - 12:30 - Registration
- 12:45 - General Assembly
- 1:00 - 3:00 - Session I
- 3:00 - 3:20 - Break for All Chambers
- 3:20 - 4:00 - Committees & Committee Reports  
(Start sessions as soon as this is over)
- 4:00 - 6:00 - Session II
- 6:00 - Adjournment
- 8:00 PM - Coaches Meeting at Seven Seas - Mandan

### Friday, November 2

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

## 2012-13 Fine Arts - Winter Online Clinic Window

For 2012/13, fine arts rules clinics will be offered online. Online clinic completion is mandatory for head play director, head speech coach, head debate coach, head student congress coach, head vocal, strings, and instrumental music directors (if there is more than 1 position) from each high school music department.

### Music - Online

November 5 - November 26

### Debate - Online

November 5 - November 26

### Speech - Online

November 5 - November 26



## 2012 NDHSAA Dakota Bowl Information

The 2012 NDHSAA Dakota Bowl Football Finals will be held November 9th at the Grand Forks Alerus Center located at 1200 South 42nd Street. Mark Rerick, Grand Forks Public Schools athletic administrator, will be the finals manager.

Play begins Friday, November 9th with Division A action at 9:00 a.m. The finals schedule shall be as follows:

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



### TICKET PRICES (ALL Day)

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

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

The current system of football divisions has been in place since 1997. NDHSAA has sponsored high school football since 1910. For more information about North Dakota high school football, please visit <http://www.ndhsaa.com/athletics/football>.

## Spirit of Sport

Spirit of Sport is a National Federation award program to recognize students for exemplary actions. Students throughout the nation have been nominated for this award. If you have something or someone worthy of recognition, please request a Spirit of Sport Nomination form from the NDHSAA office. Your nomination form must be submitted to the NDHSAA office before January 15, 2013. 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@sendit.nodak.edu](mailto:brenda.schell@sendit.nodak.edu)

## Online Rules Clinic for Coaches, Officials and Judges

Officials and head coaches/activity advisors must complete rules clinics in sports or activities where clinics are offered. These clinics will be available online only and must be completed within the three week clinic window. The clinic will be available through a link within MVP. You must have an MVP account in order to complete the rules clinic. Following are the sports and activities online rules clinics for 2012/13 along with clinic windows.



A school must pay \$50 for non-attendance or non-completion for a coach at one of these clinics. 2012-13 NDH-SAA Rules Clinics Dates and Sites are as follows:

### Winter Sports: November 5 - 26

Basketball, Hockey, Wrestling, Boys' Swimming & Diving  
(Coaches Only)

NOTE: Gymnastics clinic was held in person only this year.

### Spring Sports: February 18 - March 11

Track & Field

### Spring Sports: March 11 - April 1

Baseball, Golf, Girls' Soccer (Coaches Only), Softball,  
Girls' Tennis (Coaches Only)

### Winter Fine Arts: November 5 - 26

Debate, Music, Speech

## State Girls' Swimming & Diving Meet Schedule

The 2012 Girls' Swimming & Diving State Meet will be held in Bismarck, at the BSC Aquatic & Wellness Center (1601 Canary Ave) November 9-10, Jim Hausler, Manager.

### 2012 State Girls' Swimming & Diving 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

1. The meet finals will operate under the current National Federation Swimming and Diving Rules
2. Order of events: Rule 5, Section 1, Article 1.
3. 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.
4. 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.
5. 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 2012 standards are:

|            |         |
|------------|---------|
| 200 Free   | 2:13.10 |
| 200 IM     | 2:34.35 |
| 50 Free    | 27.96   |
| 100 Fly    | 1:10.39 |
| 100 Free   | 1:01.79 |
| 500 Free   | 6:02.60 |
| 100 Back   | 1:10.48 |
| 100 Breast | 1:20.00 |

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.

6. 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



## *State Girls' Swimming & Diving Meet Schedule (Continued)*

count as an entry unless the swimmer actually competes in a relay event.

7. 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.
8. 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.
9. 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.
10. The entry form is to be electronically commlinked using the HyTek program to the NDHSAA office (sue.carlsrud@sendit.nodak.edu) in Valley City, no later than 10:00 a.m. on Monday, prior to the state meet. **DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. SWIMMING AND DIVING ENTRIES SUBMITTED LATE WILL BE ACCEPTED ONLY IF ACCOMPANIED WITH A \$25 LATE ENTRY FEE. NO ENTRIES WILL BE ACCEPTED AFTER MONDAY AT 3:00 P.M. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL.** Diving sheets must be e-mailed as an attachment. Following the deadline for state entries, the first communication with coaches is sending a PDF of their individual entries rather than total entries.
11. 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.
12. 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.
13. Eight lanes are to be used for preliminaries in the State Meet.
14. Electronic timing with touch pads and horn start will be used, along with a back-up timing system.
15. For safety purposes, the following will be enforced concerning activity at the conclusion of the State Meet:
  - A. The pool will be cleared immediately following the 400 yard freestyle relay.
  - B. The entire pool area will be cleared of all swimmers and spectators immediately following the awards ceremony.
16. 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.
17. Teams will be reimbursed at the end of the school year as per the 2005-2006 team payment plan.
18. Admission: (Prices include facility fees)
  - 1 Day Tournament Ticket  
Adults - \$11.00, Students - \$6.00
  - 2 Day Tournament Ticket  
Adult - \$20.00, Student - \$10.00NOTE: No reserved seats.

**~ Celebrate American Education Week ~  
November 11 - 17, 2012**

## 2012 Regional/State Volleyball Information

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



### Regional Tournaments will be as follows:

**East Region** - Play-in deadline - Saturday, November 3, 2012 at site of upper-seeded team.

First Round games at home sites of top four seeds - Tuesday, November 6, 2012. Remainder of the tournament will be at Fargo Davies High School - November 9, 10, 2012, Lenny Ohlhauser, Mgr.

**West Region** - Mandan, November 8, 9, 10, 2012 – Lorell Jungling, Mgr.

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

### A STATE ADVANCEMENT

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

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

### B REGIONAL PAIRINGS

November 5, 6, 8, 2012

First round matches on November 5 will be in one session beginning at 3:00 p.m. Each subsequent match will begin 25 minutes after completion of the previous match.

#### Pairings are:

#### Region 1 - Oakes, Don Warren, Manager

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

#### Region 2 - Northwood, Josh Nelson, Manager

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

#### Region 3 - LaMoure, Lucas Isaacson, 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

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

#### Region 5 Shiloh Christian, Brian Marcus, Manager

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

#### 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 - Killdeer, Logan Midthun, Manager

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

#### Region 8 - New Town, Chuck Hunter, 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

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

### STATE TOURNAMENT

The State Volleyball Tournament will be held on November 15, 16, 17, 2012 in Minot at the Minot State University Dome. Pat McNally, athletic administrator of the Minot Public Schools, Mgr.

### STATE TOURNAMENT PAIRINGS

#### State A

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

#### State B

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

## 2012 State Volleyball Tournament Information

- 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, November 15 (Double Court):**

Time # A-Court B-Court

12:00 PM #1 East vs #4 West / Region 3 vs. Region 7

2:00 PM #2 West vs #3 East / Region 1 vs. Region 5

### **SESSION 2 Thursday, November 15 (Double Court):**

6:00 P.M. #1 West vs #4 East / Region 2 vs. Region 8

8:00 P.M. #2 East VS #3 West / Region 4 vs. Region 6

### **SESSION 3 Friday, November 16 (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, November 16 (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, November 17 (Double Court):**

10:00 A.M. 7th Place Matches

12:00 P.M. Consolation Championships

2:00 P.M. Third Place Matches

### **SESSION 6 Saturday, November 17 (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 and the attending NDHSAA official on Thursday prior to their scheduled pre-match to go over any questions they might have and for a briefing on the operation of the tournament.

### **OFFICIALS**

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

Officials working the State A Tournament will be the top three selections from each region. Officials working the State B Tournament will be the top selection state-wide from Regions 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 local officials as no mileage or per diem may be paid. These officials will receive two tournament passes plus a per-match fee.

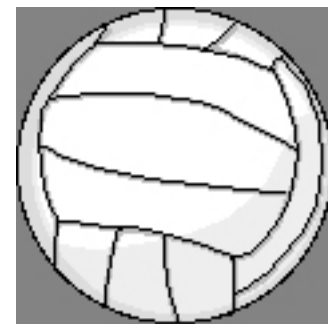
### **PRACTICE SESSIONS**

Regional and State Tournament

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

### **WARM-UP**

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



## *2012 State Volleyball Tournament Information (Continued)*

### **BALLS**

#### **Practice Balls**

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

#### **Game Balls**

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

### **PLAYERS IN UNIFORM**

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

It is not necessary to use the same players in Regional and State Tournaments.

### **PASSES**

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

### **SCHOOL RESPONSIBILITY**

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

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

### **TEAM ALLOWANCE**

Regional Tournament and State Tournaments

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

### **HOUSING**

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

### **PROTESTS**

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

### **SOLICITATIONS**

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

### **CONCESSIONS, PROGRAMS, HOSPITALITY WILL BE THE HOST CITY RESPONSIBILITIES**

### **TROPHIES AND AWARDS**

#### **Regional**

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

#### **State**

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

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

### **VIDEO TAPING OR FILMING**

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

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

### **INSURANCE**

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

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

## 2012 State Volleyball Tournament Information (Continued)

### ADMISSION PRICES

#### Regional - Adult/Student

Season Ticket (3 day) Adult- \$18.00 / Student - \$10.00 (West Region Only)  
Each Individual Session Adult - \$7.00 / Student - \$4.00

#### A Pre-Quarters

Adult - \$6.00 / Student - \$4.00

Note: All regional and state tickets are unreserved.

#### State

##### Season Ticket

Adult: \$30.00 + \$3.00 venue charge = \$33.00 Student: \$15.00 + \$3.00 venue charge = \$18.00

##### Daily Pass

Adult: \$12.00 + \$1.00 venue charge = \$13.00  
Student: \$6.00 + \$1.00 venue charge = \$7.00

## 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.

## ACT-SAT National Test Dates

Administrators, activities directors and coaches should remind their students of the following 2012-13 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 8, 2012  
February 9, 2013  
April 13, 2013  
June 8, 2013

#### SAT National Test Dates

November 3, 2012  
December 1, 2012  
January 26, 2013  
March 9, 2013  
May 4, 2013  
June 1, 2013



## Shirt Policy

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

## *Popp Continues Standard of Excellence in Second Act*

**Reprinted with permission of the National Federation of State High School Associations.  
By John Gillis**

For 29 years, Jerry Popp set an incredibly high standard of excellence in coaching the boys and girls cross country programs at Bowman (North Dakota) Bowman County High School.

As he has now entered the second act of his coaching career at Willmar (Minnesota) High School, his impact on the lives of young students and his success on the fields of competition are no less exemplary in the Land of 10,000 Lakes.

From 1975 to 2003, Popp directed the Bowman Bulldogs' distance running fortunes. His level of consistent success there was borderline amazing.

During those 29 seasons, the girls cross country program won 25 North Dakota High School Activities Association Class B state titles, and placed second the other four years. From 1979 to 1990, Popp led the Bulldogs to 12 consecutive state titles. According to the National Federation of State High School Associations' online multimedia National High School Sports Record Book, the 25 state titles ranks second all-time and the 12 consecutive ranks third. After a one-year respite from the top spot, the girls then reeled off a 10-year winning streak from 1992 to 2001. That streak ranks fifth in the Record Book.

The Bowman boys cross country program also enjoyed great success, as it won 15 state titles and was runner-up eight times, which works out to placing first or second 23 of the 29 years Popp coached the program. From 1979 to 1983, both the boys and the girls won five consecutive cross country state titles. During the entire 29-year span, both programs won the state title the same year 13 times.

In the process, Popp developed many great individual runners at Bowman, as 20 of them won state titles and 300 earned all-state honors. Popp was also was a highly successful track coach, as he led the girls program to 22 conference titles, 18 region titles, six state titles and five runner-up finishes.

While Popp's coaching success at Bowman was indeed extremely impressive, it almost didn't happen.

"I fell into it by accident, as I went there to be a basketball coach," Popp explained. "It was funny - in 1975, they didn't even have the sport of cross country at Bowman. We got seven boys out that first season, and we had to pay our own way to go to meets. I think we got seventh in the state that year, and we won our first state title in the program's fourth year. Similar to how the boys program started, we had something like just eight or 10 girls out the first year."

Despite the fact that Bowman was not a large-enrollment school, Popp was still able to successfully entice students to come out for cross country.

"Our enrollment was mostly in the 260 to 280 range, and we even got down to 170 to 180 at one point," Popp explained. "However, we averaged around 30 or 40 kids out for cross country in any given year, and at our peak we had 60 to 70 kids. We had some good distance runners in the school and we were fortunate to get them to come out for cross country."

Not to be content with simply coaching sports, Popp also was a highly successful speech coach. He started the speech program at Bowman when he arrived in 1975 - the same year he started the cross country program. He wasted little time fortifying the speech program as he coached the squad to 23 regional championships and 19 state titles. Along the way, he coached 55 individual state champions. In addition to speech, Popp also coached the one-act play and the musicals at Bowman.

Although one is considered to be an athletic activity and the other a performing arts activity, Popp sees little difference between coaching sports and teaching speech in terms of how the director approaches the students.

"This is my opinion," Popp began. "When you are a teacher, you are also a coach. You're teaching and coaching in a different venue - just teaching a different thing.

"I think the success in one carried over to the other. Many of the athletes were also in speech and in the one-act play. The Bowman kids were hardworking kids who wanted to do everything well. It wasn't work - it was fun.

"We'd often practice the school musical from 9:00 p.m. to midnight, and we'd often have 60 kids in it. Many of those same kids were



## *Popp Continues Standard of Excellence in Second Act*

back practicing track at 6:00 a.m. the next morning. It was just a great environment.”

Fortunately for Popp, he did possess a background in speech prior to going to Bowman, as was a speech participant both in high school and in college.

“I attended Royalton High School and then went to Moorhead State University, both in Minnesota,” Popp said. “In high school, I made it to the state tournament and in college, I made it to the nationals.”

With a long career at Bowman on which to now reflect, a few specific memories stand out most for Popp.

“One year, our boys cross country team had six of the top finishers in the state meet,” Popp said. “Our team went undefeated that year. We were a Class B school, but we competed against many Class A schools.

“I got to coach all three of my kids (sons Grant and Mark and daughter Kristy) in track, cross country and basketball. That was really special. Doing that was the greatest experience of my life - fantastic. We still talk about that all the time.”

Grant currently teaches math and coaches cross country and track at Waseca (Minnesota) High School. Mark, who is still early in his career with just four years experience, is a communications teacher and assistant track and cross country coach at Plymouth (Minnesota) Wayzata High School. Kristy, who had coached cross country at Iowa State University, recently turned down a job offer to coach at the University of California, Berkeley to focus on raising her family.

The matriarch of the Popp family is Barb, Jerry’s wife and mother of the three now-adult children. Given her extensive background with Jerry’s coaching career, Barb is clearly eminently qualified to serve in her position of Willmar High School’s activities department secretary.

“Barb is my best assistant coach,” Popp said. “We have been married since 1975, and Bowman was basically our honeymoon. I started there a week after we got married, and we ended up with a honeymoon that lasted 29 years. We loved it out there - it was very hard to leave.”

After retiring from Bowman in 2003 and in an effort to get closer to family, Popp moved to Willmar High School. There, he wasted little time in weaving his usual coaching magic.

“We went to Willmar for the 2003-04 school year,” Popp said. “They had not won a meet the previous year. I was the assistant coach at first, but then moved up to co-head coach with a woman named Disa Daucavage. The program needed some restructuring. We placed second in state the first year and won it the next two years.”

Disa gave birth to quadruplets and ended up not coaching or teaching. As such, I became head coach and have been ever since.”

As Popp made the move from a small school to a much larger school with more than 1,100 students, there were certain differences between the two.

“There’s a transition in that there are more kids from whom to recruit,” Popp explained. “You don’t know everybody in the school, but you try to get out in the hallways and try to get kids to come out for the team.

“Kids want to be in things - they want to be part of something. If you can make something where kids have a successful activity, that’s what you want. Every person in life is built to be successful. If you don’t believe that, you shouldn’t be a teacher or a coach.”

Over the years, Popp received numerous recognitions. Among them, he was inducted into the North Dakota High School Coaches Hall of Fame in 1999 and into the National High School Coaches Hall of Fame in 2001, and was he named the NFHS National Boys Cross Country Coach of the Year in 2002. Three years later, he was inducted into the NFHS’ National High School Hall of Fame, the highest possible honor for anyone involved with high school athletics or performing arts activities.

“When I got inducted into the National High School Hall of Fame in San Antonio in 2005, I saw how few cross country coaches had been inducted prior to that time,” Popp said. “For that reason, I was very touched that I was chosen. Another one that stands out for me is being inducted into my high school’s hall of fame. It was cool to go back there and do that.

“I wouldn’t be here if it weren’t for the kids on the teams. They are the hall of fame people.”

## 2012 Fall Tournament Ticket Prices

### Regional Volleyball Tournament Ticket

|         |         |
|---------|---------|
| Adults  | \$18.00 |
| Student | \$10.00 |

### Daily Pass

|          |        |
|----------|--------|
| Adults   | \$7.00 |
| Students | \$4.00 |

### West Region Volleyball - Daily

|          |        |
|----------|--------|
| Adults   | \$7.00 |
| Students | \$4.00 |

### 3-Day Tournament Pass - West Region Only

|          |         |
|----------|---------|
| Adults   | \$18.00 |
| Students | \$10.00 |

### Play-in Games

|          |        |
|----------|--------|
| Adults   | \$6.00 |
| Students | \$4.00 |

### East Region - Daily- November 6, 9, 10, 2012

|   |        |          |        |
|---|--------|----------|--------|
| November 6th games played at higher seeded team |        |          |        |
| Adults  | \$7.00 | Students | \$4.00 |

(No Tournament Pass)



### State Volleyball- Minot Dome

#### Daily Pass

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

#### Season Ticket (3 Days)

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

### Football

#### Pre-Quarter, Quarter & Semifinals

|        |        |         |        |
|--------|--------|---------|--------|
| Adults | \$7.00 | Student | \$4.00 |
|--------|--------|---------|--------|

#### Dakota Bowl - Grand Forks Alerus

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

### State Swimming-Bismarck

#### Daily Pass

|        |   |          |                                       |
|--------|---|----------|---------------------------------------|
| Adults | \$10.00 + \$1.00 venue charge = \$11.00 | Students | \$5.00 + \$1.00 venue charge = \$6.00 |
|--------|---|----------|---------------------------------------|

#### Tournament Pass (2 Days)

|        |   |          |  |
|--------|---|----------|--|
| Adults | \$18.00 + \$2.00 venue charge = \$20.00 | Students | \$8.00 + \$2.00 venue charge = \$10.00 |
|--------|---|----------|--|

## Interscholastic Officiating Online Course Available Through NFHS Officials Department

**Editor's Note: North Dakota is a 100-percent state. This course is free to all officials.**

INDIANAPOLIS, IN (October 9, 2012) — An online course for high school contest officials is available through the National Federation of State High School Associations (NFHS) at [www.nfhsofficials.com](http://www.nfhsofficials.com) <<http://www.nfhsofficials.com>> .

“Interscholastic Officiating” is available for free to individual members of the NFHS Officials Association, as well as officials in state associations that are 100-percent or Tier 2 NFHS Officials Association states. Non-member individual officials may take the course for a fee of \$20, and a discounted bulk rate of \$10 is available to non-100-percent states and officiating groups when 50 or more licenses are purchases.

This “first-of-its-kind” course is designed exclusively for officials at the high school level and introduces new officials or individuals interested in becoming an official to the world of interscholastic officiating. The course, which takes about 30 to 45 minutes to complete, covers topics such as the basics of becoming and staying an official, the science of officiating a contest, the art of officiating a contest and putting it all together.

In addition, state associations have the opportunity to track course activity by officials in their states. One individual in each state association will be granted administrative rights, enabling that person to determine the officials who have completed and/or started the course in their state.

More details on the “Interscholastic Officiating” online course, including the process for setting up administrative rights, can be obtained by contacting Lori Brown in the NFHS Officials Department ([lbrown@nfhs.org](mailto:lbrown@nfhs.org) or 317-822-5733).

## State B Play Contest

Ten regional qualifiers will participate at Jamestown High School and ten qualifiers will participate at Jamestown College on Monday, November 19. The top 4 plays from each preliminary site will advance to the Finals at Jamestown College on Tuesday, November 20.

### Preliminaries on Monday, November 19

| Time       | Jamestown High School | Time       | Jamestown College |
|------------|-----------------------|------------|-------------------|
| 8:00 a.m.  | Region 2, #1          | 8:00 a.m.  | Region 6, #1      |
| 8:45 a.m.  | Region 7, #2          | 8:45 a.m.  | Region 4, #2      |
| 9:30 a.m.  | Region 8, #1          | 9:30 a.m.  | Region 9, #1      |
| 10:15 a.m. | Region 10, #2         | 10:15 a.m. | Region 8, #2      |
| 11:00 a.m. | Region 4, #1          | 11:00 a.m. | Region 10, #1     |
| 11:45 a.m. | Region 6, #2          | 11:45 a.m. | Lunch             |
| 12:40 p.m. | Lunch                 | 12:30 p.m. | Region 5, #2      |
| 1:25 p.m.  | Region 3, #1          | 1:15 p.m.  | Region 1, #1      |
| 2:10 p.m.  | Region 9, #2          | 2:00 p.m.  | Region 2, #2      |
| 2:55 p.m.  | Region 1, #2          | 2:45 p.m.  | Region 3, #2      |
| 3:40 p.m.  | Region 5, #1          | 3:30 p.m.  | Region 7, #1      |
| 4:40 p.m.  | Awards                | 4:30 p.m.  | Awards            |

### Finals on Tuesday, November 20, Jamestown College

|            |                                      |
|------------|--------------------------------------|
| 8:30 a.m.  | 4th Place from Jamestown College     |
| 9:15 a.m.  | 4th Place from Jamestown High School |
| 10:00 a.m. | 3rd Place from Jamestown College     |
| 10:45 a.m. | 3rd Place from Jamestown High School |
| 11:35 a.m. | Lunch                                |
| 12:30 p.m. | 2nd Place from Jamestown College     |
| 1:15 p.m.  | 2nd Place from Jamestown High School |
| 2:00 p.m.  | 1st Place from Jamestown College     |
| 2:45 p.m.  | 1st Place from Jamestown High School |
| 3:45 p.m.  | Awards                               |



## Winter Season MVP Requirements

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

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

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

#### November 26

Boys' Hockey  
Girls' Hockey  
Wrestling

#### December 3

Gymnastics

#### December 10

B Boys' Basketball

#### December 17

A Boys' & Girls' Basketball  
Boys' Swimming & Diving

#### December 24

B Girls' Basketball

## MVP Information - Find Officials' Information

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

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

## 2012-13 Basketball Regulations

Regulations as approved by the NDHSAA Board of Directors for the 2012-2013 year:

1. Allow the adjustment of a 14 ft. coaching box to fit the configuration of the gym.
2. Approved for 2012-2013 the shot clock for Class B basketball shall be 35 seconds for both girls and boys.
3. Junior High will now follow the High School regulation concerning number of games per week. A team may play no more than two games per week on nights followed by school days.



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

[http://www.ndhsaa.com/athletics/basketball\\_boys/boys\\_basketball\\_regulations/](http://www.ndhsaa.com/athletics/basketball_boys/boys_basketball_regulations/)

[http://www.ndhsaa.com/athletics/basketball\\_girls/girls\\_basketball\\_regulations/](http://www.ndhsaa.com/athletics/basketball_girls/girls_basketball_regulations/)

## 2012-13 Hockey Regulations

NEW Hockey Regulations:

- \*The regular season point structure has been modified
- \*The standings tiebreaking procedure has been modified

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

[http://www.ndhsaa.com/athletics/ice\\_hockey\\_boys/boys\\_ice\\_hockey\\_regulations/](http://www.ndhsaa.com/athletics/ice_hockey_boys/boys_ice_hockey_regulations/)

[http://www.ndhsaa.com/athletics/ice\\_hockey\\_girls/girls\\_ice\\_hockey\\_regulations/](http://www.ndhsaa.com/athletics/ice_hockey_girls/girls_ice_hockey_regulations/)



## 2012-13 Wrestling Regulations

NEW Wrestling Regulations:

- \*Forfeiture at a region tournament clarified
- \*Medical forfeits and defaults that occur in the individual region tournament count as losses for the individual and will be counted as such in the state tournament seeding criteria



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

[http://www.ndhsaa.com/athletics/wrestling/wrestling\\_regulations/](http://www.ndhsaa.com/athletics/wrestling/wrestling_regulations/)

## Award of Excellence

NDHSAA is honoring the recipients of the National Federation Award of Excellence for displays of great sportsmanship. Those teams, individuals, coaches, fans, and administrators that have shown exemplary sportsmanship in the midst of competition may be nominated by emailing Matt Fetsch or Brian Bubach. A nominator may be a game official, parent fan, coach, or school administrator.

Those receiving the award this past month are:

Larimore vs. Harvey/Fessenden-Bowdon at their 9/28 football contest in Larimore. Outstanding player, coach and fan sportsmanship from both schools. Official's nomination.

Midway/Minto football team and coaches for exemplary sportsmanship in their football contest vs. Hatton/Northwood on 10/5. Official's nomination.

## 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

Website: [www.ndhsaa.com](http://www.ndhsaa.com)

Phone: (701) 845-3953

Fax: (701) 845-4935

### Staff Email:

Sherm Sylling: [sherm.sylling@sendit.nodak.edu](mailto:sherm.sylling@sendit.nodak.edu)

Matt Fetsch: [matthew.j.fetsch@sendit.nodak.edu](mailto:matthew.j.fetsch@sendit.nodak.edu)

Justin Fletschock: [justin.fletschock.1@sendit.nodak.edu](mailto:justin.fletschock.1@sendit.nodak.edu)

Brian Bubach: [brian.bubach@sendit.nodak.edu](mailto:brian.bubach@sendit.nodak.edu)

Brenda Schell: [brenda.schell@sendit.nodak.edu](mailto:brenda.schell@sendit.nodak.edu)



## 2012-13 Gymnastics Regulations

NEW 2012-13 Gymnastics Regulations as approved by the NDHSAA Board of Directors

Approved, June, 2012:

**Touch warm-up shall be:**

**Vault and Bars:**

Team A: Gymnasts 1, 2, & 3 touch, then compete.

Team B: Gymnasts 1, 2, & 3 touch, then compete.

Team A: Gymnasts 4, 5, & 6 touch, then compete.

Team B: Gymnasts 4, 5, & 6 touch, then compete.

**Beam:**

First 3 competitors touch, then competition starts.

Team A: Gymnasts 1&2 touches.

Team B: Gymnast 1 touches.

Team A: Gymnast 1 competes.

Team B: Gymnast 2 touches

Team B: Gymnast 1 competes

Team A: Gymnast 3 touches.

Team A: Gymnast 2 competes.

Team B: Gymnast 3 touches:

Team B: Gymnast 2 competes:

Team A: Gymnast 3 touches:

and so on.

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

[http://www.ndhsaa.com/athletics/gymnastics/gymnastics\\_regulations/](http://www.ndhsaa.com/athletics/gymnastics/gymnastics_regulations/)



**Floor Exercise:**

First 6 competitors touch (2 min.):

Team A Gymnasts 1, 2 & 3, followed by Team B Gymnast 1, 2 & 3 touch

Team A gymnasts 1, 2 & 3 competes followed by Team B 1, 2 & 3 competes

Team B gymnast 1 competes.

Team A gymnast 3 & Team B gymnast 3 touch (1 min.)

Team A gymnast 2 competes.

Team B gymnast 2 competes.

Team A gymnast 4 & Team B gymnast 4 touch (1 min.)

and so on.



## NDHSAA Coaches Education - Permit Submission Form

The NDHSAA Coaching Permit Submission Form was introduced at the NDHSAA General Membership Meeting on October 18th and emailed to NDHSAA Main School Contacts.



The first submission form is due April 1, 2014. This form is being sent now, as per member school request, to allow schools to begin tracking coach education for submission during the 2013/14 school year. This is the only form that will be accepted and it must be emailed electronically as an excel file. If you find a need 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.

This form will be emailed to main school contacts the beginning of each school year and the form will be available on the NDHSAA website under Forms.

Please contact NDHSAA for any questions concerning this form.



*Happy Thanksgiving*

## NDHSAA November Calendar

|               |   |
|---------------|---|
| 10/22-11/9/12 | Fall NDSA Testing   |
| 11/1/12       | NDHSAA Memberships Due  |
| 11/1/12       | Region 3 Plays, Larimore  |
| 11/1/12       | Region 4 Plays, Rugby   |
| 11/1/12       | Region 6 Plays, Edgeley   |
| 11/1-2/12     | Student Congress State, State Capitol, Bismarck, November 1-2                         |
| 11/3/12       | Football Semi-Final Playoffs All Divisions  |
| 11/3/12       | SAT National Test Date  |
| 11/3/12       | Volleyball Deadline For "B" Districts   |
| 11/5/12       | Hockey Opening Date (Boys And Girls)  |
| 11/5/12       | Wrestling Opening Date  |
| 11/5/12       | Deadline for Submitting Girls' Swimming/Diving Entries, 10:00 a.m.                    |
| 11/5-6/12     | Volleyball "B" Regionals  |
| 11/5-26/12    | Basketball Rules Clinic, Online Only, November 5-26                                   |
| 11/5-26/12    | Debate Rules Clinic, Online Only, November 5-26                                       |
| 11/5-26/12    | Hockey Rules Clinic, Online Only, November 5-26                                       |
| 11/5-26/12    | Music Rules Clinic, Online Only, November 5-26  |
| 11/5-26/12    | Speech Rules Clinic, Online Only, November 5-26                                       |
| 11/5-26/12    | Boys' Swimming & Diving Rules Clinic, Online Only, November 5-26 (Boys' Coaches ONLY) |
| 11/5-26/12    | Wrestling Rules Clinic, Online Only, November 5 - November 26                         |
| 11/6/12       | Election Day  |
| 11/6/12       | Volleyball East "A" Regionals   |
| 11/7/12       | Region 10 Plays, DSU  |
| 11/7/12       | Region 9 Plays, Williston Armory  |
| 11/8/12       | Volleyball "B" Regionals  |
| 11/8/12       | Region 2 Plays, VCSU  |
| 11/8/12       | Region 7 Plays, Hazen   |
| 11/8/12       | Region 8 Plays, Minot SU  |
| 11/8-10/12    | Volleyball West "A" Regionals   |
| 11/9/12       | Debate 1st Competition Date   |
| 11/9/12       | Football Finals--Dakota Bowl, Grand Forks   |
| 11/9/12       | Region 5 Plays, Jamestown College   |
| 11/9-10/12    | Girls' Swimming State Meet, Bismarck, November 9-10                                   |
| 11/9-10/12    | Volleyball East "A" Regionals   |
| 11/10/12      | Last Date for B Play Regions  |
| 11/11/12      | Veteran's Day   |
| 11/11-17/12   | American Education Week   |
| 11/12/12      | Gymnastics Opening Date   |
| 11/12/12      | Region 1 Plays, Lisbon Opera House  |
| 11/15-17/12   | Volleyball State Tournament, Minot, November 15-17                                    |
| 11/16/12      | District Chairpersons Meeting, Minot  |
| 11/16/12      | NDHSAA Board of Directors Meeting, Minot  |
| 11/16/12      | Wrestling First Contest   |
| 11/19/12      | "B" Boys' Basketball Opening Date   |
| 11/19/12      | Hockey First Contest (Boys And Girls)   |
| 11/19-20/12   | "B" Plays--State Contest, Jamestown High School and Jamestown College, November 19-20 |
| 11/22/12      | Thanksgiving Day  |
| 11/26/12      | "A" Boys' & Girls' Basketball Opening Date  |
| 11/26/12      | Boys' Swimming Opening Date   |
| 11/26/12      | Gymnastics First Contest  |
| 11/26/12      | Picture, Cutline, Roster, Schedule Deadline: Hockey (Boys And Girls)                  |
| 11/26/12      | Picture, Cutline, Roster, Schedule Deadline: Wrestling                                |
| 11/29/12      | EDC Region/State Wind/Percussion Solos, Valley City State University                  |
| 11/30/12      | "B" Boys' Basketball First Contest  |

