

NDHSAA

BULLETIN

FALL ISSUE
2023

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



PICTURED ABOVE: The 2023-24 North Dakota High School Activities Association/Farmers Union Insurance Distinguished Students with FUI Chief Executive Officer Mark Anderson.

NDHSAA PREMIER PARTNER:



SUPPORTING SPONSORS:



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CHECK IT OUT!

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DISTINGUISHED STUDENTS



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NEW BOARD MEMBERS JOIN NDHSAA

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DAKOTA BOWL XXXI SCHEDULE



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2023 NDHSAA REGION/STATE VOLLEYBALL
INFORMATION

NDHSAA BULLETIN

Written by NDHSAA Staff

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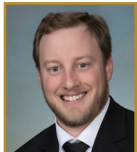
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NDHSAA ON THE WEB

WWW.NDHSAA.COM

WWW.NDHSAAANOW.COM



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. Basketball 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!!!
www.ndhsaanow.com

NDHSAA ON SOCIAL MEDIA

The NDHSAA is on Twitter ([@NDHSAA](https://twitter.com/NDHSAA)), Instagram (profile name: ndhsaa) and Facebook. Be sure to follow NDHSAA on these platforms for updates on statewide activities.



facebook

BECOME AN OFFICIAL



WHY SHOULD YOU BECOME AN OFFICIAL?

Becoming a licenced high school official is an easy call to make! Officiating allows you to continue being a role model by demonstrating qualities such as impartiality, fairness and courage.

High School officials help protect the integrity of the games we love by teaching and enforcing the rules of play. New officials have an opportunity to make a difference in their communities right now!

BENEFITS OF BECOMING A HIGH SCHOOL OFFICIAL

- Help teach and support the youth in your community.
- Continue to develop leadership skills.
- Give back to the sports that have given you so much.
- Stay in good physical condition.
- Earn extra income.
- Help make sure your community and home state always have enough qualified officials.
- Stay connected with high school sports.

CONTACT INFORMATION:

JERIANN EVERSON, NDHSAA

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Phone: (701) 845-3953

To register, please visit www.ndhsaa.com

- Click on the "Officials & Judges" tab on the menu bar at the top of the page.

- Under "Officials Registration" select "New" and once on that page follow the step-by-step instructions.

DIRECT LINK:

www.ndhsaa.com/officials/registration/new



#BecomeAnOfficial | www.ndhsaa.com | www.ndhsaanow.com

Class A Boys Track & Field - Bismarck Century



Class A Girls Track & Field - Fargo Davies



Class B Boys Track & Field - Kindred



Class B Girls Track & Field - Central Cass



Class B Girls Track & Field - Central McLean



Class A Plays - West Fargo Horace



Class A Speech - Valley City



Class B Speech - Enderlin



2023 NDHSAA Spring State Tournament Team Champions (Continued)



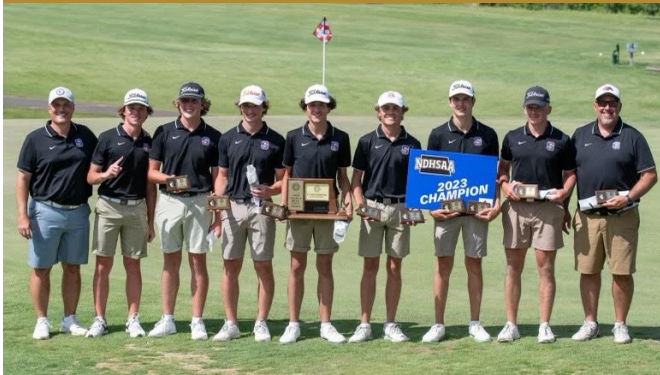
Girls Soccer - Minot High



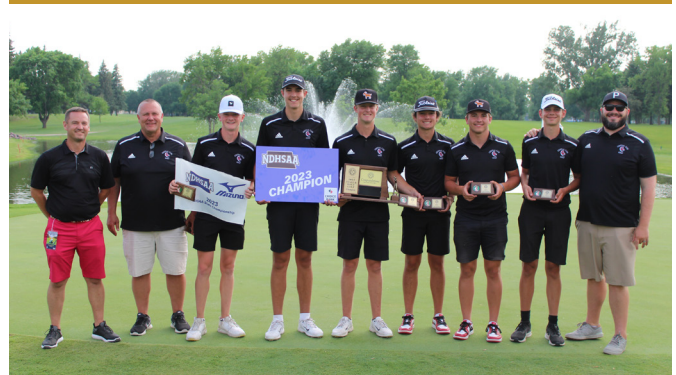
Girls Tennis - Minot High



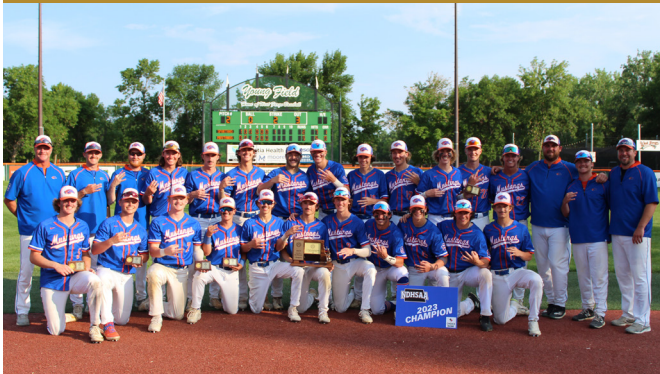
Class A Boys Golf - West Fargo Sheyenne



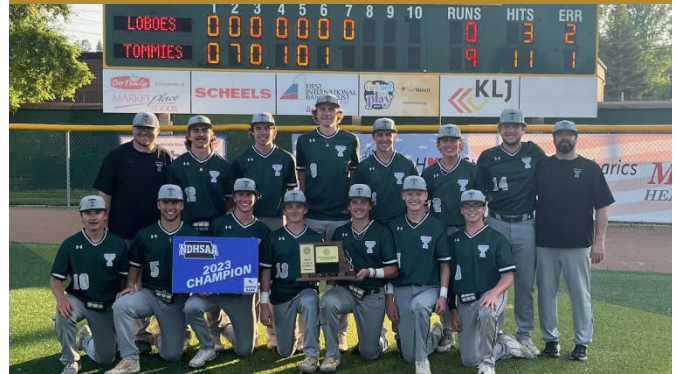
Class B Boys Golf - Central Cass



Class A Baseball - West Fargo Sheyenne



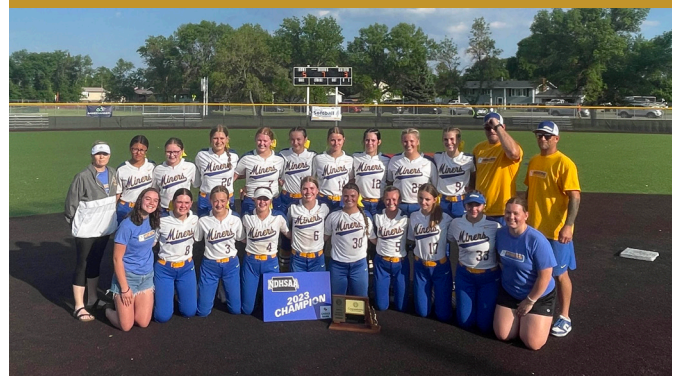
Class B Baseball - Thompson



Class A Softball - Dickinson



Class B Softball - Beulah



2023-24 NDHSAA/Farmers Union Insurance Distinguished Students



Teagan Erbele, a senior at Napoleon High School, was named the 2023-2024 North Dakota High School Activities Association and Farmers Union Insurance Distinguished Student. Interviews were held April 26 at Farmers Union Insurance Headquarters in Jamestown. Mya Woodbeck, of Bowbells High School was chosen runner up. The other finalists interviewed were:



Logan Falk, Hankinson High School
Xzavier Buckmiller, Fargo North High School
Taryn Romfo, Langdon Area High School
Amara Howson, Northwood High School

The six finalists were selected from applications sent in by high school principals from across the state. The NDHSAA Distinguished Student program was developed to recognize deserving young people who are the “backbone” of interscholastic activities, not necessarily the leader, but the individual whose participation in high school activities strengthens the program for participants, the school and the community. Applicants are students entering their senior year. The student must be a participant as a player, manager, statistician or other role in at least one NDHSAA sponsored activity. The student must be a good citizen and role model to his/her peers as well as a contributor to his/her school and community.



**TEAGAN
ERBELE**
Napoleon



**MYA
WOODBEC**
Bowbells



**LOGAN
FALK**
Hankinson



**XZAVIER
BUCKMILLER**
Fargo North



**TARYN
ROMFO**
Langdon



**AMARA
HOWSON**
Northwood

Officials Registration Online



All officials hired for interscholastic competition at the high school level must be registered with the NDHSAA before officiating. Out-of-state officials who officiate contests in North Dakota must submit a reciprocity form and fee to NDHSAA before working games or meets. Registration is not complete until forms and fees have been received and processed by the NDHSAA office. Officials registration will be available online only through NDHSAA and officials must have an NDHSAA account in order to register. Officials registration is due by the last date of each season's clinic window.

Late registration between the last rules clinic window date and the end of the regular season in each sport is available, however late fees will apply.

Rules clinic completion is mandatory for all officials in the sport(s) they plan to officiate. (See Online Rules Clinics for Coaches and Officials article in this BULLETIN). Exams must be taken each year in the sport(s) in which exams are offered. Each basketball official must have attended an NDHSAA approved day camp within the previous three years to be eligible for officiating region and state tournaments. Requirements for officiating vary from sport to sport and are available in their entirety on the Officials & Judges page of the NDHSAA website.

<http://www.ndhsaa.com/Officials>

Board Regulation: Intent to Sponsor an Activity



For those sports involving statewide scheduling, the following dates shall be applied to member schools that are declaring intent to sponsor that activity:

Fall sports: June 1, prior to the start of season

Winter sports: September 15, prior to the start of season

Spring sports: January 15, prior to the start of season

Any member school not having declared intent in writing to the NDHSAA office by the deadline date and therefore not included in a statewide schedule may compete with an independent schedule but shall not be eligible for postseason competition that season. All NDHSAA and NFHS rules and regulations shall apply to all teams sanctioned by NDHSAA and sponsored by the member school.

Concussions in Sports Course Available



Concussion management program requirements may be located in NDCC 15.1-18.2-04

<http://www.legis.nd.gov/cencode/t15-1c18-2.pdf>

A complete listing of concussion management information may be accessed through the NDHSAA website at

http://www.ndhsaa.com/concussion_management

On this web page, links are provided to NFHS Learn online concussion training, NDHSAA Concussion Management Policy and other supporting materials. The NFHS Learn course is free of charge. Coaches and AD's are encouraged to make this presentation a part of their season start-up meetings.

NDOA Board Meeting



The North Dakota Officials' Association holds two meetings annually. This Fall's meeting will take place on September 20, 2023. Please email your regional representative with any questions.

NDHSAA Website Information: Entering Team Scholars



NDHSAA recognizes teams that have met a cumulative 3.20 Grade Point Average as Team Scholars. Team Scholars may be submitted by school administrators through the NDHSAA website. Team Scholars submitted by the 15th of each month are posted online at <https://ndhsaa.com/awards/team-scholar>

To submit team scholars to NDHSAA:

- Log in to NDHSAA
- Click the Admin Bell for your school on the top left side of the page
- Click the Team Tab on the gray menu bar
- Complete form - including checking the eligibility box
- Click the blue Submit
- Your Team Scholar submission will be emailed to Brian Bubach

Follow [@NDHSAA](https://twitter.com/NDHSAA) on Twitter for updates on NDHSAA Activities

Participants Must Be Accompanied



Please be reminded that 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.

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.

2023-24 NDHSAA Board Meetings



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 "ABOUT" TAB and by selecting the "MEETINGS" link under the "NDHSAA BOARD & COMMITTEE" Column across the top of every page on the NDHSAA website. <http://www.ndhsaa.com/board/meetings>

2023-24 NDHSAA BOARD MEETINGS

September 28 - Board of Directors Meeting – Valley City
October 19 - General Assembly Meeting – Bismarck
November 30 - Board of Directors Meeting – Valley City
January 18 - Board of Directors Meeting – Valley City

April 9 - Board of Directors Meeting – Valley City
June 11 - Board of Directors Meeting – Valley City
June 28 - July 2, 2024 - NFHS Summer Meeting - Boston, Mass.

2023-24 NDHSAA Board of Directors



The NDHSAA Board of Directors includes representatives from member schools representing different constituencies within our membership. Directors are elected by the membership to a four-year term and set the policies that govern NDHSAA. Board members may only hold an elected term once in their lifetime. All Board information is available on our website under Board & Committees.

Class B SE Representative
Rick Diegel - Steele

Class A East Representative
Matt Bakke - Grand Forks

Department of Public Instruction
Adam Tescher - Bismarck

Class B NW Representative
Larry Derr - Glenburn

Class A West Representative
Mitch Lunde - Minot

Class B NE Representative
Patti Aanenson - Larimore

Athletic Administrators
Representative
Guy Fridley - Dickinson

Class B SW Representative
Andrew Jordan - Wilton - Vice
President

Principals' Association Representative
Ryan Hanson - Devils Lake

Class A At Large Representative
Josh Johnson - Valley City - President

ND School Boards Association
Alexis Baxley - Bismarck





Class A West Representative

Mitch Lunde, Activities Director, Minot Public School District

Mitch Lunde, a 1986 graduate of Mohall Public School, earned his bachelor's degree in Elementary education/Secondary education from Minot State University in 1992 and obtained his master's degree in Administration and Leadership in 2001.

Mitch began teaching second grade in Killdeer, ND. Before his current position, Mitch also taught in Pahrump NV and was an administrator in the Tuttle-Pettibone, South Prairie and the Beulah School Districts. Mitch has been a coach in girls' basketball, football, baseball, and boys' basketball along with being an active official in football, basketball, baseball, and softball.

While attending Minot State University, Mitch was a letter-winner in football and baseball. Mitch was Honorably Discharged from the North Dakota National Guard in 1993.

Mitch is now in his 11th year at Minot Public Schools, as Activities Director. Mitch has served as a district chair, region representative and NDIAAA President along with numerous NDHSAA committees and ad hoc participant. Mitch has been named district Activities Director of the year in 2007, 2009 and 2012 along with Region Activities Director of the year in 2007, 2009 and 2012 and State "B" Activities Director of the year in 2012. In 2012 he was a Finalist for North Dakota National Distinguished Principal and was the 2012 NDAESP Region 7 Principal of the Year.

His family includes his wife Jennifer, daughters Shelby (29), Avery (17), and son Brett (24).



Class B Northwest Representative

Larry Derr, Superintendent, Glenburn

Larry Derr is a 1992 graduate of Des Lacs-Burlington High School. He earned his bachelor of science degree in education from Minot State University and obtained his master's degree in educational leadership from North Dakota State University in 2012.

Larry started his teaching career in Glenburn in 2007 where he was an assistant football coach, junior high basketball coach, and co-head baseball coach. He began his administrative career in 2010 in Glenburn while also serving as the Activities Director for 10 years. Larry was named the District 12 Athletic Director of the Year and Region 6 Athletic Director of the Year three times throughout those 10 years. During the 2017-2018 season, he was named the District 12 Boys Basketball Coach of the Year. Larry served on the NDASSP Board of Directors from

2015-2018 and was named Region 1 Principal of The Year in 2018. In May of 2020, he accepted the Superintendent of Glenburn Public Schools where he is currently employed.

His family includes his wife Donanne, daughter Kyanne (22) and son-in-law Zane (21), and sons Jalyn (20), Aidyn (15), and Ethyn (13). The family currently resides in Glenburn where Larry is a volunteer EMR on the local fire and ambulance services.





North Dakota Department of Public Instruction
Adam Tescher, School Finance Officer, ND DPI

Adam Tescher, a 2007 St. Mary's Central High School graduate in Bismarck, ND, earned his Bachelor's in accounting in 2010 and Master's in Business Administration in 2012 from the University of Mary.

He enjoyed playing basketball, football, and baseball during high school and went on to play football for the University of Mary Marauders from 2007-2011.

For the past three years, Adam has been serving as the School Finance Officer with the North Dakota Department of Public Instruction and working with the NDDPI since 2016. Formerly, Adam was employed with the Accounting Department at CHI St Alexius Hospital.

Adam was born and raised in Bismarck, ND, where he resides with his wife, Darla. Together they serve as foster parents for children in the community. Adam is the treasurer for the Region 7 Foster Care Association. In his free time, you can find Adam on the golf course or supporting his foster kids, nieces, and nephews at various sporting events in the community.



North Dakota Association of Secondary School Principals
Ryan Hanson, Principal, Devils Lake High School

Ryan Hanson, a 1988 Marion High School graduate, earned his bachelor's degree in mathematics education from Valley City State University and obtained his master's degree in educational leadership from the University of North Dakota in 2005.

Ryan began his teaching career in Center in 1992, where he was the assistant girls' basketball coach, junior high boys' basketball coach, girls' golf coach and speech coach for two years. Ryan continued his career in Crosby at Divide County High School. He started as the assistant for both boys' and girls' basketball before spending two years as the head coach for both programs. He also advised the Science Bowl and Academic Teams while assisting with Science Olympiad and Science Fair. Ryan made his way to Devils Lake in 1998. He was an assistant and junior high boys' basketball coach and the head girls' basketball coach. He also spent one year as the head girls' basketball coach for the Munich-Starkweather coop. Ryan began his administrative career as the Devils Lake High School principal in 2004.

Ryan is a member of the Cognia State Advisory Board, the North Dakota Council of Educational Leaders, the North Dakota and National Association of Secondary School Principals, Forward Devils Lake, and the Ramsey County Juvenile Wellness Court. He was selected as the 2008 Special Olympics North Dakota Coach of the Year, the C STAND Administrator of the Year in 2009, Devils Lake's Unsung Hero for July of 2014, a 2018 Distinction of Quality award winner from AdvancED, a 2018 Patriotic Employer of the Guard and Reserve, the Friend of Counseling in 2020, and is the current Secondary Principal of the Year for North Dakota.

Ryan and his wife Heidi have four children, Carlie, Macy, Parker, and Gabby. They also have a granddaughter Willow and bulldog Thielen. They make Devils Lake their home.



REMINDER TO SCHOOL ADMINISTRATORS: New head and assistant coaches should create NDHSAA accounts (if they do not already have an account) 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 with valid email addresses at your school. If you need a role removed from your school or have any comments, questions or concerns regarding our website, please contact Nick Walton. nick.walton@ndhsaa.org

NDHSAA Postseason Video Broadcasting

All postseason (Region Tournaments & State Tournaments) video rights have been sold to Forum Communications, BEK TV and the NFHS Network. Some postseason 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 / brian.bubach@ndhsaa.org

NDHSAA HELP (FAQ)

NDHSAA website help is available on the Frequently Asked Questions (FAQ) tab on the NDHSAA menu bar.

<https://ndhsaa.com/faq/help>

Documentation includes changing your password, updating profile information, adding your team picture, cutline, roster & schedule to the NDHSAA website, entering foreign exchange students and much more. Check out the FAQ tab for answers to questions most frequently asked!

NDHSAA Website Information: Posting a Want Ad

The NDHSAA site allows member schools to post three types of advertisements: Games Wanted, Equipment Wanted and Job Opportunities. These advertisements are posted through the administrative portion of NDHSAA, but are viewable on the public side of the NDHSAA website.

To post an advertisement:

- Log in to NDHSAA
- On the bottom left side of the page click "Topics"
- Choose a topic and click the green "Create" button

Topics: • Games Wanted • Equipment Wanted • Job Opportunities

- Enter a title for your want ad in the "Title" box. The title is the only information viewers will see, so make sure the information is complete. ie: Girls VB game wanted or Boys

Basketball Tournament Teams Needed.

- Enter what you would like to buy/sell/trade/offer/acquire in the "Content" box including your contact name, telephone number and email address

- Click the blue "Save" button.

- Your want ad is posted to the public side of the NDHSAA website under "Classifieds" on the blue menu bar! No need to log in to see this information.

The 2023 Dakota Bowl will be held Friday, November 10 at the FARGODOME with Todd Olson as manager.

Friday, November 10, 2023

Game 1 - 9-man - 9:10 a.m.

Game 2 - Division A - 20 minutes after Game 1

Game 3 - Division AA - 20 minutes after Game 2

Game 4 - Division AAA - 6:40 p.m.

2023 NDHSAA Football Playoff Formats



DIVISION AAA

QRF will determine seeds #1-8.

1 vs 8

4 vs 5

2 vs 7

3 vs 6

DIVISION AA

QRF will determine seeds #1-8.

1 vs 8

4 vs 5

2 vs 7

3 vs 6

DIVISION A

-Top four teams in each region as determined by region record will qualify for the playoffs. Coaches vote will rank the four region champs and seed them #1-4. First round matchups:

Reg 1 #1 vs Reg 2 #4

Reg 2 #2 vs Reg 1 #3

Reg 2 #1 vs Reg 1 #4

Reg 1 #2 vs Reg 2 #3

Reg 3 #1 vs Reg 4 #4

Reg 4 #2 vs Reg 3 #3

Reg 4 #1 vs Reg 3 #4

Reg 3 #2 vs Reg 4 #3

DIVISION 9-MAN

-Top four teams in each region as determined by region record will qualify for the playoffs. Coaches vote will rank the four region champs and seed them #1-4. First round matchups:

Reg 1 #1 vs Reg 2 #4

Reg 2 #2 vs Reg 1 #3

Reg 2 #1 vs Reg 1 #4

Reg 1 #2 vs Reg 2 #3

Reg 3 #1 vs Reg 4 #4

Reg 4 #2 vs Reg 3 #3

Reg 4 #1 vs Reg 3 #4

Reg 3 #2 vs Reg 4 #3

Dakota Bowl Television Coverage



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

WDAY 6- Fargo

WDAZ 8- Grand Forks

KBMV 17- Bismarck

KMCY 14- Minot

Webstream also available at <https://www.inforum.com/sports/wday-sports-plus> (Digital WDAY Sports+ web subscription required)

[WDAY / FORUM COMMUNICATIONS TV NETWORK COVERAGE AREA MAP](#)

NDHSAA Award of Excellence Nominations



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

Officials, coaches, or administrators may send a nomination to NDHSAA with pertinent information including the date of the contest or activity, those specifically being nominated, circumstances that motivated nomination, and the name(s) of those proposing the nominations. Nominations may be emailed to: brian.bubach@ndhsaa.org

NDHSAA Distinguished Service Nominations



Please submit your nominations for the Distinguished Service Award to Brian Bubach at: brian.bubach@ndhsaa.org

Criteria and submission forms can be found at the link below:

https://d2q0tptsfejku7.cloudfront.net/uploads/files/Distinguished_Service_Application.docx

Awards may be granted to nominees whose accomplishments have been worthy of statewide recognition.

NDHSAA Constitution & By-Laws



The NDHSAA's Constitution and By-Laws are available on our NDHSAA website under the "ABOUT" tab & select "Constitution and By-Laws" at <https://ndhsaa.com/about/constitution>

NOTE: The pdf is searchable with live links to index and table of content items.

Mandatory Fall Administrator Meetings



NDHSAA will host mandatory in-person Administrator meetings in September of 2023. Each member school must have at least one representative which may be a superintendent, principal, or activities/athletic director participate in one of the in-person meetings. The meetings will cover information pertinent to administration of NDHSAA sponsored activities, Constitution & By-Laws, general regulations, and publications covering all activities shall also be reviewed. All meetings are scheduled from 10:00 a.m. to 12:00 p.m. local time with locations listed. The full schedule can be found at <https://ndhsaa.com/administrators-coaches>.

Wednesday, September 6 - St. Michael – Spirit Lake Casino & Resort – Walking Eagle Room

Thursday, September 7 - New Town – 4 Bears Casino & Lodge – Elbowoods Room

Wednesday, September 13 - Jamestown – Farmers Union Mutual Insurance Headquarters

Monday, September 18 - Mandan Baymont Inn & Suites – Pier 7 Room

Co-op Application Deadline Reminder



Requests for a cooperative agreement between schools with existing programs must be submitted to NDHSAA prior to the end of the preceding season in that activity with the exception of football. Completed football cooperative agreements must be received by September 15th of the preceding year to be considered by the Board of Directors. If a coop application is submitted following the end of the preceding season, a \$500 late fee must be paid. No co-op applications will be considered by the NDHSAA Board of Directors via conference call or after the following dates:



Fall Sports: June 1st, prior to start of season

Winter Sports: September 15th, prior to start of season

Spring Sports: January 15th, prior to start of season

In the case of emergency co-op requests, the Executive Board Committee, upon hearing the reasons, may recommend the application be considered by the Board of Directors. Requests for cooperative agreements involving one or more schools that do not have an existing program must be submitted before above deadlines. Administrators are encouraged to contact Brian Bubach at (701) 845-3953 or brian.bubach@ndhsaa.org regarding coop application/dissolution and process.

Co-op Application Dissolution Policy



Any dissolution of cooperative agreements must be approved by the NDHSAA Board of Directors. Before dissolution will be considered during the first three years of a cooperative agreement, schools in the coop must provide proof of support. After three years, an individual school may petition the NDHSAA Board for dissolution. Reminder: football has its own timeline in regulations for coop dissolutions. Administrators are encouraged to contact Brian Bubach at (701) 845-3953 or brian.bubach@ndhsaa.org regarding coop application/dissolution and process.

ACT/SAT National Test Dates



Administrators, activities directors and coaches should remind their students of the following 2023-24 dates so they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.

ACT NATIONAL TEST DATES	SAT NATIONAL TEST DATES	
September 9, 2023 October 28, 2023 December 9, 2023 February 10, 2024 April 13, 2024 June 8, 2024 July 13, 2024	August 26, 2023 October 7, 2023 November 4, 2023 December 2, 2023 March 9, 2024 May 4, 2024 June 1, 2024	

Follow [@NDHSAA](https://twitter.com/NDHSAA) on Twitter for updates on NDHSAA Activities

NDHSAA Staff Contacts



MATT FETSCH

Executive Director
matt.fetsch@ndhsaa.org
(701) 845-3953

Portfolio: Budget and Finance, Eligibility Rulings, Interpretation of NDHSAA Constitution and By-Laws, Protests Involving Schools, Administration of Hockey



BRIAN BUBACH

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(701) 845-3953

Portfolio: Administration of Fine Arts Rules and Interpretations, Administration of Tennis, Publications, Cooperative Sponsorships



JUSTIN FLETSCOCK

Assistant Director
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Portfolio: Administration of Baseball, Basketball, Cross Country, Football, Golf, Gymnastics, Softball, NDOA Officials Association Liaison



KEVIN MORAST

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NICK WALTON

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Portfolio: NDHSAA Technology, Web Design



TOM MIX

Media Specialist
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(701) 845-3953

Portfolio: Media Relations, NDHSAA Postseason Broadcasting, NDHSAA Bulletin Editor, Publications, Social Media, Web Design



SHARON PROSBY

Business Manager
sharon.prosby@ndhsaa.org
(701) 845-3953

Portfolio: Assistant to the Executive Director, Bookkeeping, Membership Applications, Entry Forms and Payment Fees



JERIANN EVERSON

Administrative Assistant
jeriann.everson@ndhsaa.org
(701) 845-3953

Portfolio: Orders for Supplies and Materials, Yearbook and Directory, Membership Applications, Dues

NDHSAA Team Scholar Recipients



NDHSAA recognized teams that have met a cumulative 3.20 Grade Point Average as Team Scholars. Congratulations to all teams receiving this award.

A complete listing, updated monthly, may be found at <https://ndhsaa.com/awards/team-scholar>

Follow @NDHSAA on Instagram

Annual October Membership Meeting



The NDHSAA Annual Membership Meeting date and time will be scheduled by the Board of Directors at an upcoming meeting. Annual Meeting agenda items will include but not be limited to the approval of the October 2022 minutes, proposed amendment votes, and nominating committee reports. The terms for three Board positions will expire in June 2024: Josh Johnson, who represents Class A At Large, Rick Diegel, who represents Class B Southeast, and Guy Fridley, who represents NDIAAA. Nominating committees representing Class A schools, B Southeast, and NDIAAA will be called upon to nominate individuals to fill the three Board positions for the next four year terms. In addition, NDASSP will be called upon to nominate individuals to fill a fourth year vacancy (Ryan Hanson, Devils Lake High School was appointed to this third year vacancy by the Board of Directors August 16). Letters to the various administrative groups requesting involvement in the nomination selection will be forthcoming. Information on electronic ballot voting for the NDHSAA Board positions will be sent to Member Schools following the nomination process at the October Membership meeting.

If administrators have interest in submitting a By-Law amendment proposal, they are asked to contact Executive Director Matt Fetsch concerning the timeline for submission. If agenda items are amended, motion passage or failure will be determined by present representative votes. Updated information will be emailed directly to administrators and published on the NDHSAA website.

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



For 2023-24, rules clinics will be offered online within their designated windows.

Clinic completion is mandatory for head play directors, head speech coaches, head debate coaches, head student congress coaches, head vocal, strings, and instrumental music directors. You must have an NDHSAA account in order to complete the online rules clinic.

Following are the 2023/24 clinic windows:

Fall Fine Arts: September 4-26
Music
Play
Student Congress

Winter Fine Arts: November 6-27
Debate
Speech

2023 Student Congress



Student Congress is a competition based on a mock legislation format. Resolutions and Bills voted on following the 2022 season are brought forward this Fall. This year's 2022 Student Congress events are:

- East Congress, Fargo Ramada Inn, September 25
- West Congress, Mandan Baymont Inn, October 9
- State Congress, Bismarck State Capitol, November 2-3

CSTAND Speech and Theatre Fall Conference



The C STAND Speech and Theatre Fall Conference will be held September 14-16 at the Mandan Baymont. Registration for the conference may be accessed at www.cstand.org

This fall conference features speech, debate, and theatre classroom incorporation, head coach/director NDHSAA rules clinics, event planning and procedure training, and new coach/director training and mentoring.

For additional information, please contact cstandweb@gmail.com

Music Judge Certification



College or high school personnel with a B.S. in Music Education and five years experience (recommended) may judge NDHSAA sponsored music festivals. The annual judge certification test is recommended for new adjudicators and all who are interested in having their name and contact information placed on the website.

If you have questions regarding music certification, please contact Brian Bubach at brian.bubach@ndhsaa.org



School Music Trips



Out of state music trips of 600 miles or more must have NDHSAA approval. Out of state trips shall 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. Contact Brian Bubach to submit requests at brian.bubach@ndhsaa.org



Certified Speech and Debate Judges



Certification tests for 2023-24 speech and debate judges will open November 6. 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 at brian.bubach@ndhsaa.org

Class B Plays Contest Information



State B Plays will be hosted at Jamestown High School and the University of Jamestown on Monday-Tuesday, November 20-21.

A complete schedule for State B Plays will be posted at <http://www.ndhsaanow.com/tournaments/play> as soon as it is finalized.



Per qualifying ratio, regions may send plays to the State Contest in Jamestown November 20-21, 2023. 2023/24 rules are listed on the NDHSAA website under Plays > Play Files > Play Regulations.

Directors register online through NDHSAA by entering actors, tech crew, and play information. The registration deadline is 2 weeks prior to the event and is listed on the NDHSAA website under Play>Tournament or within our online system. Directors need to register by 11:59 p.m. of the deadline date listed online to avoid a late penalty. (e.g. if the deadline is listed as 10/21/23, directors have until 11:59 p.m. CDT on 10/21 to register)

PLAY	MANAGER	EMAIL	SITE	DATE	DEADLINE
Region 3 Play	Sarah Burger	sarah.burger@northwoodk12.com	Northwood	11/2/23	10/19/23
Region 6 Play	Jaclyn Zorn	jaclyn.zorn@k12.nd.us	Wishek	11/2/23	10/19/23
Region 1 Play	Pat Adair	Pat.Adair@k12.nd.us	Lisbon	11/8/23	10/25/23
Region 9 Play	Nancy Reimer	nancy.reimer@k12.nd.us	New Town	11/8/23	10/25/23
Region 5 Play	Mike McIntyre	mcintyre@uj.edu	U of Jamestown	11/8/23	10/25/23
Region 7 Play	Sue Anderson	susanl.anderson@yahoo.com	Hazen	11/8/23	10/25/23
Region 4 Play	Corbin Storbeck	corbins@harveyys.com	Rugby	11/9/23	10/26/23
Region 10 Play	Sue Anderson	susanl.anderson@yahoo.com	DSU	11/9/23	10/26/23
Region 8 Play	Sarah Honerman		MiSU	11/9/23	10/26/23
Region 2 Play	TBD	TBD	TBD	TBD	TBD





The National Federation of State High School Associations (NFHS) has produced a free online course entitled “A Guide to Heat Acclimatization and Heat Illness Prevention.” The course provides critical information designed to minimize the risk of activity related to heat stroke among high school athletes.

“Heat Illness Prevention” can be taken on desktop and mobile devices, including iPads and tablets at <https://nfhslearn.com>



Changing Email Addresses in NDHSAA Account



Users are reminded to 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 gray 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.

Division I Eligibility Standards



Student-athletes who may be participating in Division I intercollegiate athletics have academic requirements for initial eligibility at a Division I institution.

NCAA Eligibility Guide

http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

NCAA Eligibility Center Contact Information: 877/262-1492 (Toll Free for Students and Parents) <http://www.ncaa.org>

NFHS LEARN - NFHS Middle School Coach Education Course



Coaching Sports in Middle School is now available online through the National Federation of State High School Associations (NFHS) at www.nfhslearn.com.

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

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



Editor's Note: For further information about this and all online NFHS courses, please visit www.nfhslearn.com

Proper nutrition is key to optimizing health and athletic performance. This course presents guidelines for the diet needed to be ready for athletic practice and competition, and how to refuel afterwards. It gives tips on how you can influence your students' eating habits outside of the school environment. Specific examples are provided for what types of foods students should and should not eat to replenish their bodies between activities.

NFHS LEARN - Engaging Effectively with Parents Course

Editor's Note: For further information about this and all online NFHS courses, please visit www.nfhslearn.com

Engaging Effectively with Parents has been developed by the National Federation of State High School Associations (NFHS) to provide a unique student-centered curriculum on essential techniques and methods for coaches to effectively communicate and interact with students, parents and guardians. This course features specific guidance for speaking, listening, implementing a communication system, and strategies for dealing with problematic parents and guardians. The extensive resources section includes additional information, including a communication guide, sportsmanship guidelines, tips for dealing with difficult parents, and more. Coaches can complete a course immediately and will have up to one year to review and access all printable resources.

NFHS LEARN - Coach Education Sportsmanship Course

Editor's Note: For further information about this and all online NFHS courses, please visit www.nfhslearn.com

"Sportsmanship," the online course for coaches, players, parents, fans and officials, is now available. It is free, takes 15 minutes to complete and should be required of every person connected to interscholastic sports. This course presents what sportsmanship is, why it is important in the interscholastic environment and explains each stakeholder's role in promoting positive behavior. To access "Sportsmanship" and other courses, please visit: www.nfhslearn.com

NFHS LEARN - NFHS World Book's Learning Pro

Learning Pro: Simple Ways to Improve Study Habits and Promote Learning, a new suite of online courses designed specifically for students, is available at www.nfhslearn.com. The Learning Pro program, developed by World Book, Inc. delivers practical advice on improving study skills and grades through four courses: Homework Helper, Reading and Learning Strategies, Research Skills and Testing Tips.

Learning Pro is led by an on-camera host while peer correspondents file reports from the field for an entertaining spin on study skills. Interactive exercises allow students to learn about and practice their new skills and printable resources are available for future reference.

Learning Pro enables students and parents to focus on specific skills and add more courses based upon their skill-building needs. Each course is now free.



“The Parent Seat” has been designed for coaches and athletic directors to use during their pre-season parent meetings. It explains the role of a parent during game day and provides suggestions on how they can cope with the roller coaster of emotions that they will feel. Feel free to download the video and use it in your presentation! It may take a minute or two to download.

[LINK: NFHS LEARNING CENTER THE PARENT SEAT](#)

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. NDHSAA head coaches and NDHSAA registered officials will receive a free subscription to the electronic rules books. NDHSAA registered officials will also receive a free subscription to an electronic casebook in the sports in which casebooks are issued.

The NFHS, which has written and published playing rules for high school sports throughout most of its 100-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.

Charitable Contest Guidelines

NDHSAA member schools may host a regular season contest in recognition of a charitable cause under the following conditions:

- Charitable contests shall be approved by school administration of the host school.
- Uniforms, including headbands or wristbands, must conform to National Federation of State High School Associations (NFHS) rules, including colors.
- Commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform.
- Officials are allowed to use a colored whistle.
- Colored game balls are not allowed, however they may be used during any warm-up period prior to the contest.

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 NDHSAA.

Nomination forms must be submitted to the NDHSAA office before January 15, 2024. 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: nick.walton@ndhsaa.org. To receive a Heart of the Arts nomination form, email: brian.bubach@ndhsaa.org.

Passed by the NDHSAA Board of Directors 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. Any discriminatory slur will result in immediate removal from the facility.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- 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

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."



eKnowledge Preparation ACT/SAT Programs Available



eKnowledge has partnered with the NFHS again to offer free SAT/ACT Preparatory DVD and Cloud version to NFHS member state associations and their constituent high schools. These programs created by eKnowledge normally sell for \$199.95 but through this generous gift, students can receive a complimentary copy for only shipping and handling costs. The PowerPrep programs include 11 hours of video instruction, practice tests, sample questions and over 3000 files of supplemental test prep material. This program is designed for the students to study at their own pace. Over the last several years, eKnowledge has donated over 200,000 programs with a value of \$50,000,000.

To secure a donated program just contact, www.eKnowledge.com/NDHSAA or www.eKnowledge.com/NFHS or order by phone, (951)-256-4076 and reference the National Federation of State High School Associations.

A YouTube video explaining the program may be accessed at: <http://www.youtube.com/watch?v=5JjyazTc6Lo&list=UUPalslteXAJ6YgjAiFhtvZA&index=1&feature=plcp>

Entering Foreign Exchange Students



NDHSAA requires member schools to submit all foreign exchange students for approval through the NDHSAA website. Foreign exchange students must meet all NDHSAA eligibility requirements and must be attending a member school under an approved CSIET program.

To submit foreign exchange students to NDHSAA:

1. Log in to NDHSAA (<https://ndhsaa.com/admin>)
2. Click the Admin Bell for your school on the top left side of the page
3. Click the Foreign Exchange Students Tab on the gray menu bar
4. Click the +Add Button
5. Complete form
6. Submit
7. Your form will be emailed to Matt Fetsch for approval/denial

Entering Transfer Students



NDHSAA requires member schools to submit all transfer students for eligibility confirmation through NDHSAA.com. To submit the Transfer Student form:

1. Log in to NDHSAA (<https://ndhsaa.com/admin>)
2. Click the Admin Bell for your school on the top left side of the page
3. Click the Transfers tab on the gray menu bar
4. Click the New Transfer button
5. Complete form and submit the form
6. A message will be sent to the student's previous AD to complete their portion of the form.
7. Once completed, a message will be sent to Executive Director Fetsch to rule on eligibility.
8. When a ruling is submitted, you will receive a confirmation email. You will also be able to check the ruling by following steps 1 - 3 above.

DACAC-ND College Fairs



September College Fair dates may be found at <https://dacacnd.com/college-fair-schedule.php>

Additional college fair/exhibitor information is included at <https://dacacnd.com/index.php>

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., patrons may email customersupport@nfhsnetwork.com or call (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.

For additional NFHS Network Consumer Help Information please visit: <https://www.nfhsnetwork.com/customer-support>

Fans can watch NDHSAA events streamed on the NFHS Network at: www.nfhsnetwork.com/associations/ndhsaa



Editor's Note: The following information is from the NFHS Network. Please contact Sara Dyke at: sara.dyke@rschooltoday.com or visit www.NFHSnetwork.com for additional information and content.

The NDHSAA has partnered with the NFHS Network to deliver unprecedented coverage of North Dakota high school sports to fans, so they never have to miss a game! NDHSAA Schools that join the NFHS Network School Broadcast Program are empowered to produce professional grade events, streamed live and available on demand on your own school-branded channel on the NFHS Network site.

The partnership between the NFHS Network and the NDHSAA provides these benefits and exclusive rights

NFHS Network Benefits:

Network Benefits – National exposure, postseason coverage, college mentoring, unlimited free video storage.

Educational Benefits – Provide your students with the opportunities to produce, announce and broadcast professional events live online

Technology – HD Streaming Capability, Customized Graphics Package, Highlight Creator

Generate Revenue – Schools can generate revenue from fundraising, advertising and subscription sales

Service – A dedicated team comprised of a territory manager, account manager, and marketing specialist

Training – NFHS Network has many training tools available including one-on-one training options, online training, and school mentoring

Support – Production Tech support, Subscription Customer Service, and Event Marketing support

Exclusive NDHSAA Benefits:

NFHS Network has the digital media rights to all NDHSAA playoff games that house a NFHS Network Camera System and are not previously being televised by another NDHSAA Contracted Television Media Partner.

Media rights fees are waived for SBP member schools for playoff games. SBP schools may produce Region/Playoff games they host or are participating in unless these contests are not already being produced by an NDHSAA Contracted Television Media Partner.

Member schools have the opportunity to become NFHS Network certified producers and be contracted to produce playoff games for the network.

How To Get Started:

Participation in the program is free to the school

All you need to start producing is a laptop, camera

Visit sbphub.nfhsnetwork.com for detailed information

Things to consider:

Purchasing a Pixellot Panoramic camera, which assists schools in producing automated sport broadcasts on the NFHS Network. The NFHS Network is running a 2020 Special on Pixellot Panoramic Camera Units. If a School signs a five year agreement the NFHS Network will provide the school with two free Pixellot Panoramic Camera Units while supplies last. Installation Costs will apply.

For more information on joining the School Broadcast Program, contact your dedicated Territory Manager:

Sara Dyke | NFHS Network

Email: sara.dyke@rschooltoday.com | Phone: (614) 306-6416 | www.NFHSnetwork.com

Class B Girls Golf Region and State Tournament Information

NDHSAA

2023 REGION SITES:

Region 1: Oakes
Region 2: Mapleton
Region 3: Devils Lake
Region 4: Minot - Souris Valley
Region 5: South Heart
Region 6: Burlington

2023 STATE SITE:

Maple River Golf Club - Mapleton, ND - Bryce Laxdal - Northern Cass AD, Manager

For more information on girls golf: <https://ndhsaa.com/regulations/golf-girls-b>



Class A Girls Golf Region and State Tournament Information

NDHSAA

2023 REGION SITES:

East Region – Grand Forks Country Club
West Region – Tom O’Leary Golf Course

2023 STATE SITE:

Grand Forks Country Club - Mike Biermaier, Manager

For more information on girls’ golf: http://www.ndhsaa.org/athletics/golf_girls



Test, Clinic, Website & Officials Requirements

NDHSAA

Administrators, coaches, and officials should be sure to check out the Clinic, Testing, and Website Posting Deadlines page (https://ndhsaa.com/clinic_testing_website_deadlines) for clinic and testing windows as well as the deadlines for posting Picture, Cutline, Roster, Schedules for school activities. Officials may check what is required for their sports at <https://ndhsaa.com/officials/requirements>, including workshop locations, dates and times if applicable.

2023 New Football Regulations

NDHSAA

New Regulations:

No new regulations for 2023.

Complete regulations may be found at: <https://ndhsaa.com/regulations/football>

DID YOU KNOW?: The NDHSAA began sponsoring High School football state championship games in 1975.



2023 NDHSAA Boys Soccer State Tournament Schedule



The NDHSAA Boys State Soccer Tournament will be played October 12-14 in Bismarck. The site will be the Bismarck Community Bowl on the campus of Bismarck State College. Dave Zittleman will serve as tournament manager. The tournament is an 8-team single elimination tournament with a consolation round playing to 5th place.



NDHSAA BOYS SOCCER STATE TOURNAMENT SCHEDULE

Thursday Games

- 1) W1 vs. E4 at 12:00 p.m.
- 2) E2 vs. W3 at 2:15 p.m.
- 3) E1 vs. W4 at 4:30 p.m.
- 4) W2 vs. E3 at 6:45 p.m.

Friday Games

- 5) Cons. Semis at 12:00 p.m.
- 6) Cons. Semis. at 2:15 p.m.
- 7) Semifinal at 4:30 p.m.
- 8) Semifinal at 6:45 p.m.

Saturday Games

- 9) 5th Place at 11:00 a.m.
- 10) 3rd Place at 1:15 p.m.
- 11) Championship at 3:30 p.m.

2023 NDHSAA Fall Tournament Information Links



[CLASS B GIRLS GOLF TOURNAMENT INFORMATION](#)

[CLASS A GIRLS GOLF TOURNAMENT INFORMATION](#)

[BOYS SOCCER TOURNAMENT INFORMATION](#)

[BOYS TENNIS TOURNAMENT INFORMATION](#)

[CROSS COUNTRY STATE MEET INFORMATION](#)

[FOOTBALL \(DAKOTA BOWL\) PLAYOFFS INFORMATION](#)

[GIRLS SWIMMING & DIVING STATE MEET INFORMATION](#)

[VOLLEYBALL TOURNAMENT INFORMATION](#)



New Tennis Regulations for 2023-24 School Year



There are no new rules for the 2023-24 tennis seasons.

Boys Tennis Important Dates:

Online Rules Clinic (Boys Coaches or Girls Coaches): July 31 - August 21, 2023

Opening Date: August 14, 2023

First Contest: August 25, 2023

Picture, Cutline, Roster, Schedule Deadline: September 4, 2023

Deadline to Submit Regional Boys' Tennis Entries 12:00 Noon CDT: September 27, 2023

Deadline Team Play-In: October 3, 2023

Region Tournament: October 5-7, 2023

State: October 12-14, 2023

Check the NDHSAA website for updated information. <http://www.ndhsaa.com/athletics/tennis-boys>

Tennis regulations are updated on an annual basis as a result of board action on advisory recommendations. Recommendations which come forth from the fall tennis season will be addressed at Athletic Review in January with final board action at the January Board meeting. Fall recommendations go into effect in July following Board approval. Recommendations which come forth from the spring tennis season will be addressed at Athletic Review in September with final board action at the June Board meeting. Spring recommendations go into effect in July following Board approval.

Complete tennis regulations may be found on the NDHSAA website:

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

More tennis information may be found on the NDHSAA website:

<http://www.ndhsaa.com/athletics/tennis-boys>

NDHSAA Boys Tennis Region & State Tournament Information



Boys regional tennis tournaments will be held October 5-7, 2023. The East Region Tournament will be held in Fargo with Todd Olson serving as manager and the West Region Tournament will be held in Mandan/Bismarck with Mark Wiest serving as manager. Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by **NOON September 27, 2023**. The deadline for team play-in is October 3, 2023. Entry form information will be emailed to coaches listed on the NDHSAA website. Additional tournament information may be found on the Boys Tennis page.

The 2023 Boys State Tennis Tournament will be held in Grand Forks October 12-14, 2023 with Mike Biermaier serving as the tournament manager. All regulations for state and regional tournament play may be found on the Boys Tennis page of the NDHSAA website: <http://www.ndhsaa.com/regulations/tennis-boys>

REGION/STATE INFORMATION:

West Region - Mandan/Bismarck

October 5-7, 2023 - Mark Wiest, Mgr.

East Region - Fargo

October 5-7, 2023 - Todd Olson, Mgr.

State - Grand Forks

Oct. 12-14, 2023 - Mike Biermaier, Mgr.

Cross Country Regulations



No new regulations for the 2023 season.

Complete cross country regulations may be found under regulations on the main boys and girls cross country pages on the NDHSAA Website.

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

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

The 45th Annual Girls State Cross Country Meet and the 63rd Annual Boys State Cross Country Meet will be held on Friday October 27 and Saturday, October 28 at Jamestown Parkhurst Recreation Area (4 miles north of Jamestown), with Jim Roaldson, Jamestown AD as manager.

On Friday October 27, the Class B Girls event will begin at 3:00 p.m., the Class B Boys event will begin at 3:45 p.m. Awards will immediately follow the completion of the Class B races. Provisions will be made to walk the course at 1:00 p.m. for those wishing to do so. There will be no practice on the course the day or evening prior to the competition.



On Saturday October 28, the Class A Girls event will start at 2:00 p.m. and the Class A Boys event will start at 2:45 p.m. with awards ceremony for the Class A races immediately following the two races. Both the boys and the girls will run a 5000 meter course. Provisions will be made to walk the course at noon for those wishing to do so. There will be no practice on the course the day or evening prior to the competition.

The meet is open to any Cross Country Class A or B school submitting an entry form which will be electronically provided to the school administration. Submit this registration form no later than Monday at 10:00 a.m. prior to the state event. Both the boys team and the girls team may be submitted on the same entry form. Entries submitted after deadline date up to Noon Monday prior to the State Meet must be accompanied by a \$25.00 late entry fee.

NO ENTRIES WILL BE ACCEPTED BEYOND THAT TIME.

Through the use of the adjusted score procedure, those schools who enter or compete with fewer than 5 on a team will still post a team score. If fewer than five members of a team finish a race, the score of the remaining slots up to five will be a score of one more (plus two more, etc.) than the field that finishes. Schools with more than five members finishing the race shall have their five highest finishers' scores count toward the team championship. Ties in team scoring shall be resolved by comparing the sixth runner's score from each team. Uniform rules as set by the National Federation shall be enforced at the State Meet.

STARTING LINE: Each space recommended be a minimum of 2 meters wide. At the starting line, lanes will be left vacant when there are more lanes available than teams. Example: Lane spots available = 24 / Teams Competing = 20. Prior to drawing for team starting positions, the meet manager will pull out 4 positions such as lanes 4, 8, 12 and 16. Starting assignments would then be drawn and assigned in lanes 1-3 (lane 4 open), 5-7 (lane 8 open), 9-11 (lane 12 open), 13-15 (lane 16 open), 17-20. **USE OF GOLF CARTS, BICYCLES AND OTHER MEANS OF TRANSPORTATION AT THE COURSE** shall be limited to officials and workers of the State Meet. Pets are not allowed on the state tournament course except for documented service animals.

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

ADMISSION: Adults - \$10.00 / Students - \$5.00

Officials Workshops



ALL officials must attend one officials' workshop or camp each year. Each site may conduct a "Make-Up" workshop by arrangement with the supervisor. Officials must pay a \$20 fee to the supervisor to attend.

INFORMATION ON WORKSHOPS IS UPDATED AS DETAILS/DATES/LOCATIONS ARE FINALIZED:

BASEBALL WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/baseball>

SOFTBALL WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/softball>

FOOTBALL WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/football>

VOLLEYBALL WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/volleyball>

BASKETBALL WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/basketball-boys>

WRESTLING WORKSHOPS (Information & Details): <https://ndhsaa.com/workshops/wrestling-boys>

2023-24 Officials Basketball Day Camps



Information on 2023-24 Officials Basketball Day Camps can be found at:

<https://ndhsaa.com/officials/basketball/daycamps>

2023 Class B District Volleyball Tournaments



District 5	- Oct. 26,27,30	- Oakes	- Robin Paul	- Manager
District 6	- Oct. 27,30,31	- Napoleon	- Chad Berger	- Manager
District 11	- Oct. 26,27,30	- Rugby	- Scott Grochow	- Manager
District 12	- Oct. 26,27,30	- Minot Auditorium	- Alton Nygaard	- Manager
District 15	- Oct. 26,27,28 or 30	- Williston College	- Bob Turcotte	- Manager
District 16	- Oct. 26,27,30	- Kenmare	- Kacy Keysor	- Manager

New Volleyball Regulations for 2023 Season



2023 regulation changes:

- All sub-varsity matches will be best 2 out of 3 sets. A third set may be played with approval of both coaches and official's notification.
- Team benches will not rotate again this season. Team will stay on their home bench throughout the match unless it is determined that a significant advantage exists

Complete Volleyball Regulations may be accessed at <http://www.ndhsaa.com/regulations/volleyball>



Regional Tournaments will be held at the following sites:

- **East Region** – November 7 at site of higher seeded team, rounds 2 and 3 at Fargo Davies HS November 10 and 11, Lenny Olhlauser, Mgr.
- **West Region** – Bismarck, November 9-11, Dave Zittleman, 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 8 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 6,7,9

First round matches will be in one session. Start time is determined by each individual region. Each subsequent match will begin 25 minutes after completion of the previous match. Warm-up shall consist of 8 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 vs. winner of #5 seed and #12 seed

Region 2 – Larimore HS - Patti Aanenson, 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

Region 3 – Ellendale HS - Allison Rademacher, 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. #6 seed
- #4 seed vs. #5 seed

Region 5 – Underwood, John Gruenberg, Manager

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

Region 6 – Minot Auditorium - Alton Nygaard, Manager

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

Region 7 – Killdeer, Nick Walker, 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 – Williston State College - Alex Herman, Manager

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

STATE TOURNAMENT

The State Volleyball Tournament will be held on November 16-18, 2023 in Fargo at the Fargodome. Todd Olson 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 three 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

2023 STATE VOLLEYBALL TOURNAMENT SCHEDULE

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

Thursday, Nov. 16

B - Court

1:00 #2 Seed vs. Random Draw

3:00 #3 Seed vs. Random Draw

5:00 #1 Seed vs. Random Draw

7:00 #4 Seed vs. #5 Seed

A - Court

1:00 #1 East vs. #4 West

3:00 #2 West vs. #3 East

5:00 #1 West vs. #4 East

7:00 #2 East vs. #3 West

Friday, Nov. 17

B - Court

1:00 P.M. Class B Consolation semi-final #1

3:00 P.M. Class B Consolation semi-final #2

5:00 P.M. Class B semi-final #1

7:00 P.M. Class B semi-final #2

A - Court

1:00 P.M. Class A consolation semi-final #1

3:00 P.M. Class A consolation semi-final #2

5:00 P.M. Class A semi-final #1

7:00 P.M. Class A semi-final #2

Saturday, Saturday, Nov. 18

B - Court

10:00 A.M. Class B 7th Place Match

12:00 P.M. Class B 5th place Match

2:00 P.M. Class B 3rd place match

7:00 P.M. Class B Championship

A - Court

10:00 A.M. Class A 7th Place Match

12:00 P.M. Class A 5th Place Match

2:00 P.M. Class A 3rd Place Match

5:00 P.M. Class A Championship



For Additional Information & Complete Tournament Regulations for NDHSAA Volleyball please visit

<https://ndhsaa.com/regulations/volleyball>

The 2023 Girls Swimming & Diving State Meet will be held in Bismarck, November 10,11 Dave Zittleman, Manager.

Schedule

Friday:

11:00 AM - Coaches Meeting
11:00 AM - Diving Warm-ups
11:15 AM - Diving sheets due
12:30 PM - Diving preliminaries
2:15 PM - Swim Warm-ups Begin
3:15 PM - Swimming preliminaries

Saturday:

9:45 AM - Diving warm-ups
10:45 AM - Diving semi-finals
11:30 AM - Coaches and Officials Meeting
12:00 PM - Swimming and diving warm-ups
1:00 PM - Clear pool
1:15 PM - All Finals

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

Order of Events:

200 Yard Medley Relay
200 Yard Freestyle
200 Yard Individual Medley
50 Yard Freestyle
Diving - Finals
100 Yard Butterfly
100 Yard Freestyle
500 Yard Freestyle
200 Yard Freestyle Relay
100 Yard Backstroke
100 Breaststroke
400 Yard Freestyle Relay

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

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 2023 standards are:

50 Free - 27.25
100 Free - 1:00.68
200 Free - 2:12.40
500 Free - 6:02.40
100 Back - 1:08.90
100 Breast - 1:18.87
100 Fly - 1:09.17
200 IM - 2:31.09

The standard 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 285 points in eleven dives or 175 points on 6 dives and completion of an eleven dive program. This scoring must be during a regular season meet with a minimum of three judges scoring.

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 (jeriann.everson@ndhsaa.org) in Valley City, no later than 8:00 am Monday, prior to the state meet. **DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. NO ENTRIES WILL BE ACCEPTED AFTER Monday at 8:00 am. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL.** Diving sheets must be e-mailed as an attachment on a 7 dive judge sheet. 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.

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.

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.

Four 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. 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.

Executive Director's Note: The NDHSAA will periodically share questions and answers pertaining to NDHSAA By-Laws, regulations, and Board of Directors interpretations. The intent of this section is to aid administrators in interpreting commonly received questions. If you have a question that you would like explained in future publications, contact NDHSAA Executive Director Matthew Fetsch.

Question #1: Our girls basketball season begins on November 14 and several of our players are participating in the NDHSAA State Volleyball Tournament on November 17-19. Do basketball practices in which a player misses due to volleyball practices and matches count towards their 9 required basketball practices

Answer: Yes. Board Regulation #2 on Part III, p. 2 of the NDHSAA Constitution & By-Law's states that "required preseason practices which are not attended by an athlete because that athlete is actively involved in practice for or participation in NDHSAA postseason athletic competition held concurrently with such preseason practices shall be waived." Note that the waiver does not apply to sports that are played during the same season (ex - cross country and volleyball).

Question #2: Our junior high boys basketball season does not begin until January. Can a student that plays at the junior high level only play on a non-school basketball team in December?

Answer: Yes, provided it is allowed per local school policy. Schools determine the start and end of their junior high basketball seasons. Any participation on a non-school team following the first official school practice would result in the loss of eligibility for six contests for each contest played on a non-school team (Part II, Art. XIV, Sec. IIIa).

New Gymnastics Regulations for 2023-24 Season



There are no new regulations for the 2023-24 season. Complete NDHSAA gymnastics regulations can be found at the following link: <http://www.ndhsaa.com/regulations/gymnastics>

New Wrestling Regulations for 2023-24 Season



New 2023-24 Wrestling Regulations:

- Boys and girls wrestling will be utilizing the assigned NFHS 13 weight classes.
- Dual tournament teams will add a fourth alternate to the roster.
- Class A wrestling will be allowed to enter four extra wrestlers into the region tournament. However, no team may have more than two competitors in a single weight class
- Girls wrestling was granted a one year extension in allowing unlimited entries into the region tournament.

Complete NDHSAA Boys Wrestling regulations can be found at the following link:

<https://ndhsaa.com/regulations/wrestling-boys>

Complete NDHSAA Girls Wrestling regulations can be found at the following link:

<https://ndhsaa.com/regulations/wrestling-girls>

DID YOU KNOW?: 1992 Jamestown High School graduate Darin Erstad finished his MLB career with 124 home runs.

GIRLS SWIMMING & DIVING:

State Meet at Bismarck: Daily Ticket Adults: \$15.00 Students: \$5.00
Tournament Ticket Adults: (reserved): \$30.00
Students : \$10.00

VOLLEYBALL:

Region Play-In Games Adults: \$10.00 Students: \$5.00
Regional Play Daily Ticket
Adults: \$10.00 Students: \$5.00
State Tournament at FARGODOME
Daily Ticket (does not include venue charge) Adults: \$14.00 Students: \$5.00
Tournament (does not include venue charge) Adults: \$37.00 Students: \$15.00

FOOTBALL:

Pre-Quarterfinals, Quarterfinals and Semifinals
Adults: \$10.00 Students: \$5.00
Dakota Bowl at FARGODOME
Adults: \$19.00 Students: 5.00
* Does not include Venue charge

BOYS SOCCER:

State Tournament at Bismarck
Daily Ticket
Adults: \$10.00 Students: \$5.00
Tournament Ticket
Adults: \$25.00 Students: \$12.00

BOYS TENNIS:

Region & State
State at Grand Forks, ND
Daily Ticket
Adults: \$10.00 Students: \$5.00
Tournament Ticket: Adults \$30.00, Students \$15.00

CROSS COUNTRY:

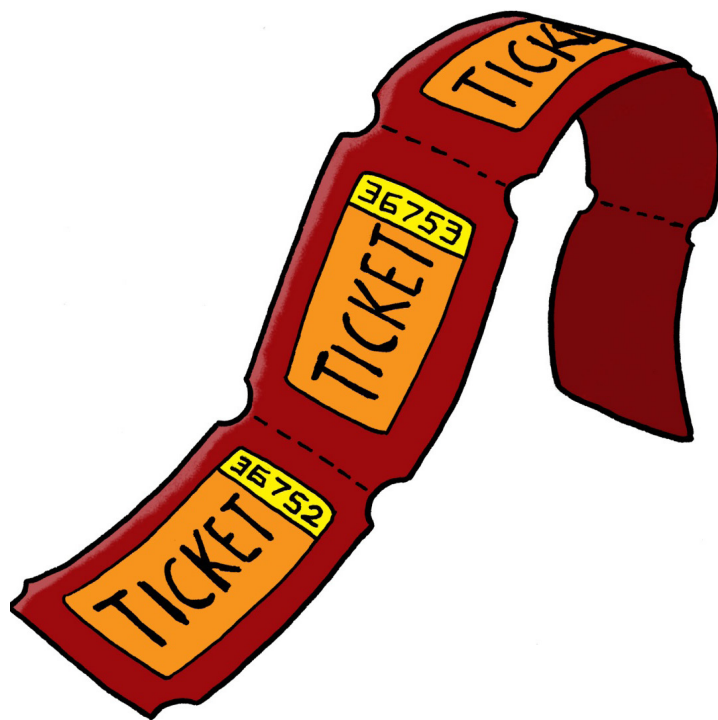
State Meet at Jamestown, ND
Adults: \$10.00 Students: \$5.00

CLASS A GIRLS GOLF:

State Tournament at Grand Forks, ND
Daily Ticket
Adults: \$10.00 Students: \$5.00

CLASS B GIRLS GOLF:

State Tournament at Mapleton, ND
Daily Ticket
Adults: \$10.00 Students: \$5.00



Follow @NDHSAA on Twitter for latest news on NDHSAA activities!

- Online Rules Clinics for Fall Sports are July 31 - August 21, 2023. Calendar listed an incorrect closing date of the Online Rules Clinic Window.
- The NDHSAA Board of Directors approved a change to the dates of the 2024 NDHSAA Division AA, East Region Basketball Tournament. Tournament dates will now be Tuesday, February 27 (Home sites at Top 4 seeds), Thursday, February 29 (two games played at four sites West Fargo High School, West Fargo Sheyenne High School, Fargo North High School and Fargo South High School) & Saturday, March 2 (three games played at two sites West Fargo High School and West Fargo Sheyenne High School).

NDHSAA Online Calendar

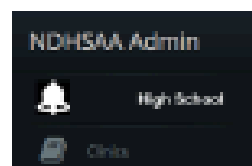
The NDHSAA Calendar can be found online at: <https://ndhsaa.com/calendar/current>



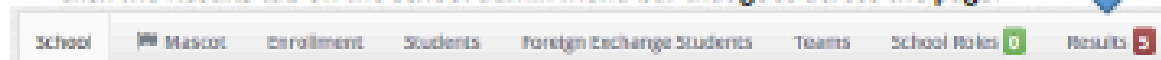
NDHSAA Help

NDHSAA Admins – Reporting Scores

- Log in to your NDHSAA account.
- Click the Admin Portal for your school (Bell on top left).

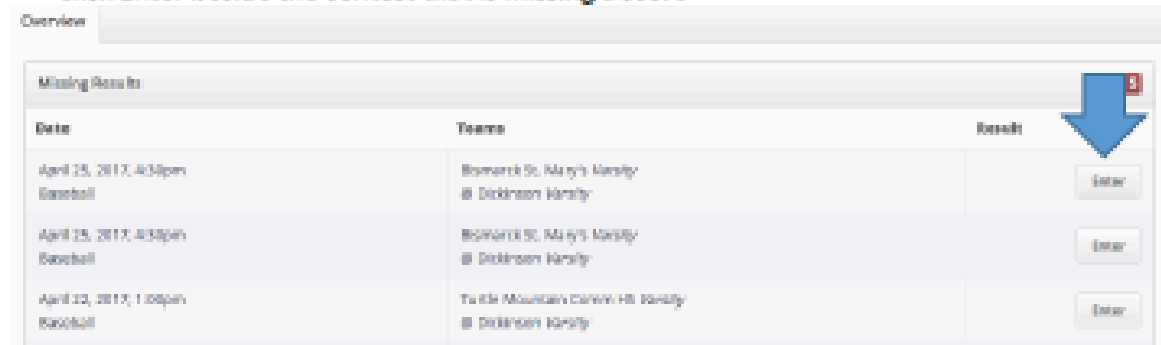


- Click the Results tab on the school admin menu bar that goes across the page.

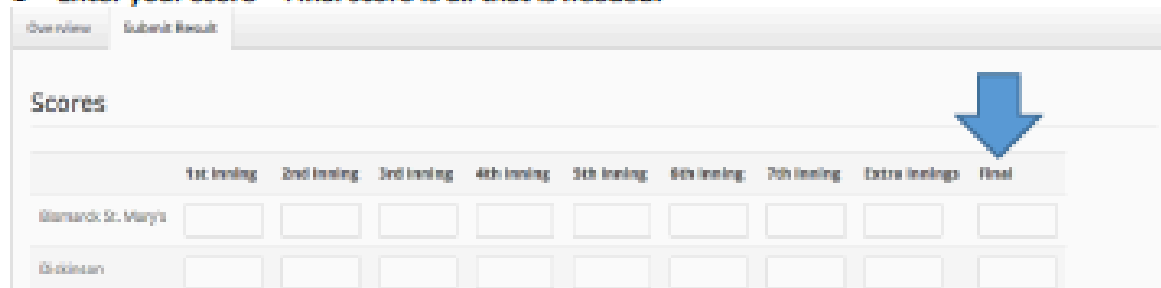


- There will be a red box with a number inside if you are missing any scores.
- If all scores are entered, the box beside your results tab will be green with a "0" inside.

- Click Enter beside the contest that is missing a score



- Enter your score – Final score is all that is needed.



- Click the Blue SAVE button at the bottom of the page.



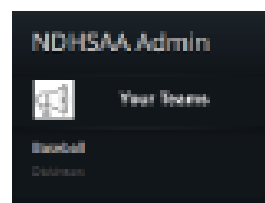
Notes:

- When results are entered by one school, they will appear as results for both/all schools.
- On an iPhone, iPad or Android device GoogleChrome is recommended as your browser.
- The NDHSAA admin website is mobile friendly, however, viewing your phone landscape (sideways) rather than portrait (up and down) makes the site easier to maneuver.
- When you log in to the NDHSAA Admin website, bookmark your admin portal page for easy recall.

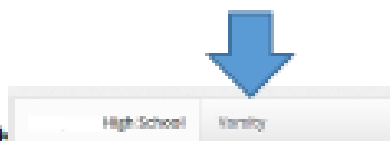
NDHSAA Help

NDHSAA Coaches – Reporting Scores

- o Log in to your NDHSAA account.
- o Under “Your Teams” – Click the team for which you would like to enter scores.



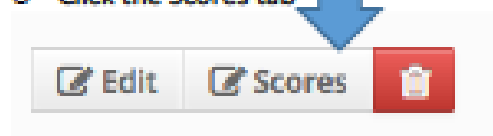
- o Click the Varsity tab



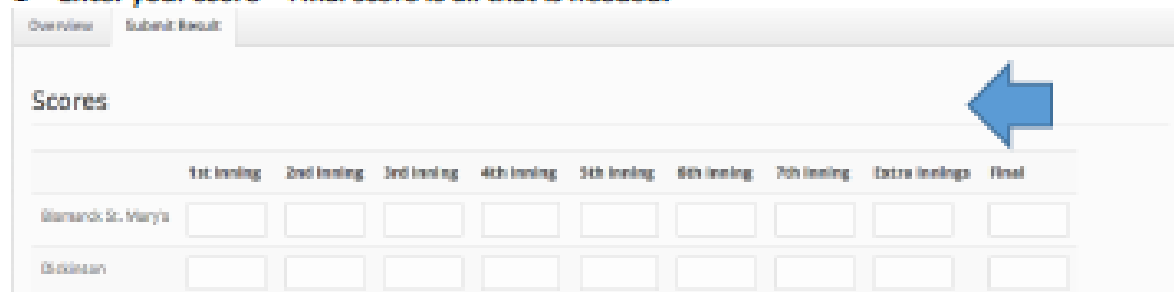
- o Click the Schedule tab beside contest



- o Click the Scores tab



- o Enter your score – Final score is all that is needed.



	1st Inning	2nd Inning	3rd Inning	4th Inning	5th Inning	6th Inning	7th Inning	Extra Innings	Final
St. Mary's	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Dickinson	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

- o Click the Blue SAVE button at the bottom of the page.



Notes:

- o When results are entered by one school, they will appear as results for both/all schools.
- o On an iPhone, iPad or Android device GoogleChrome is recommended as your browser.
- o The NDHSAA admin website is mobile friendly, however, viewing your phone landscape (sideways) rather than portrait (up and down) makes the site easier to maneuver.
- o When you log in to the NDHSAA Admin website, bookmark your admin portal page for easy recall.

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