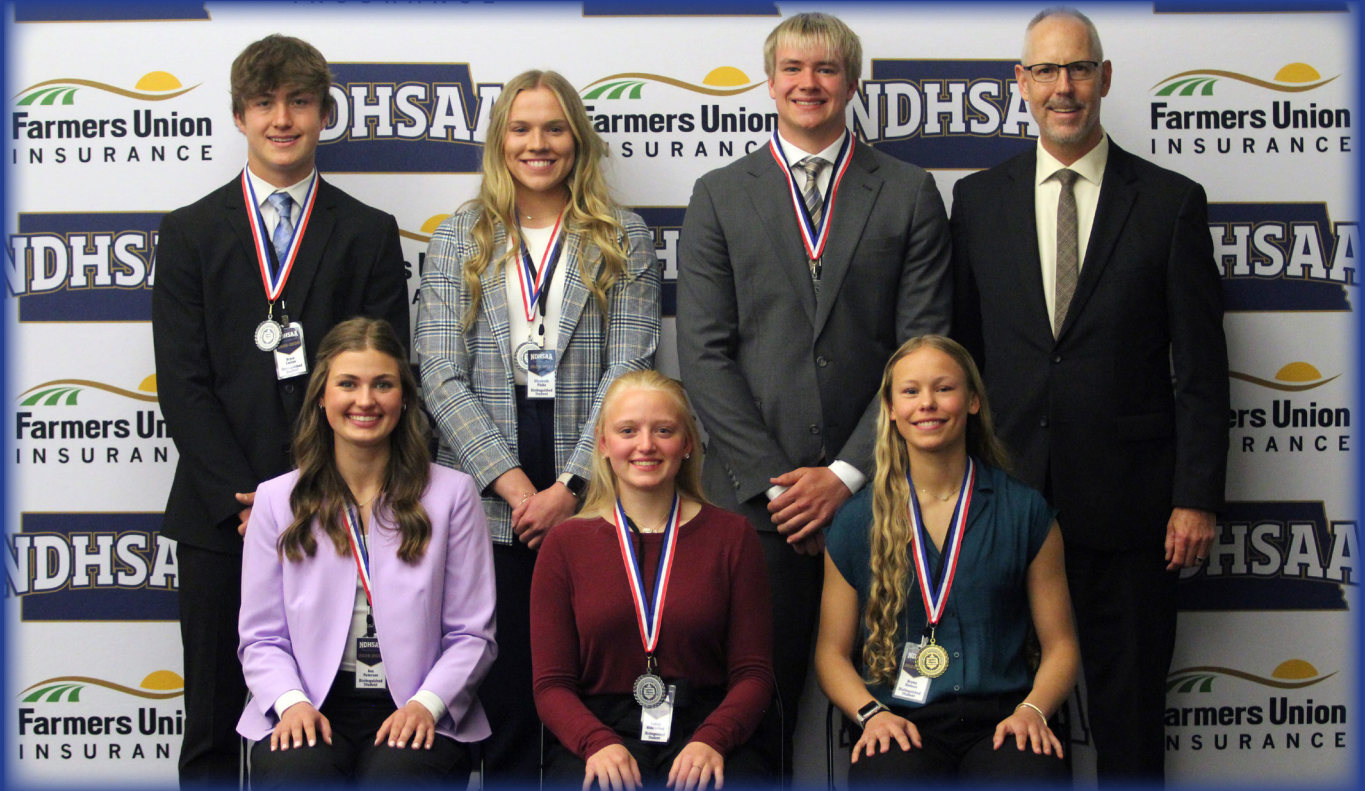


# NDHSAA

## BULLETIN

# FALL ISSUE 2025

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 2025-26 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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**NDHSAA BULLETIN**

Written by NDHSAA Staff

Editor: Tom Mix, NDHSAA Media Specialist



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### NDHSAA ON THE WEB

[WWW.NDHSAA.COM](http://WWW.NDHSAA.COM)

[WWW.NDHSAA.NOW.COM](http://WWW.NDHSAA.NOW.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](http://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.



# 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  
Email: [jeriann.everson@ndhsaa.org](mailto:jeriann.everson@ndhsaa.org)  
Phone: (701) 845-3953

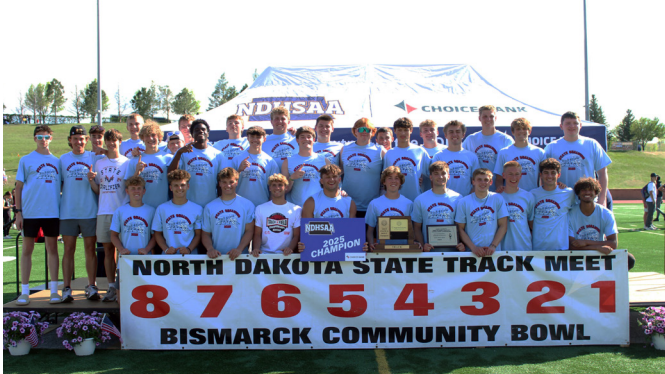
To register, please visit [www.ndhsaa.com](http://www.ndhsaa.com)  
- Click on the "Officials & Judges" tab on the menu bar at the top of the page.  
- Under "Officials Registration" select "New" and once on that page follow the step-by-step instructions.

DIRECT LINK:  
[www.ndhsaa.com/officials/registration/new](http://www.ndhsaa.com/officials/registration/new)



#BecomeAnOfficial | [www.ndhsaa.com](http://www.ndhsaa.com) | [www.ndhsaanow.com](http://www.ndhsaanow.com)

Class A Boys Track & Field - Bismarck Century



Class A Girls Track & Field - Bismarck High



Class B Boys Track & Field - Bowman County



Class B Girls Track & Field - Hillsboro/CV



Class A Plays - West Fargo Horace



Class A Speech - West Fargo Horace



Class B Speech - Dickinson Trinity



Girls Soccer - Mandan



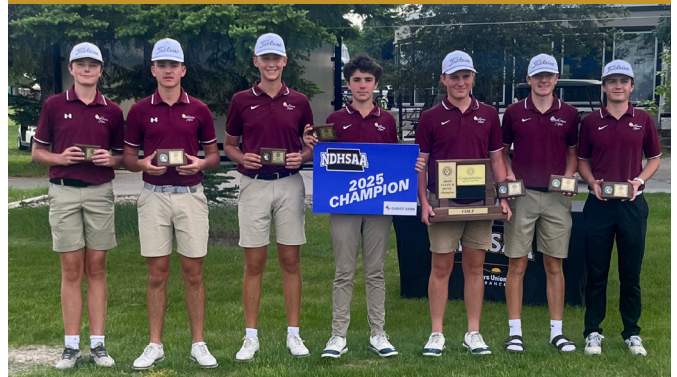
Girls Tennis - Minot High



Class A Boys Golf - Minot North



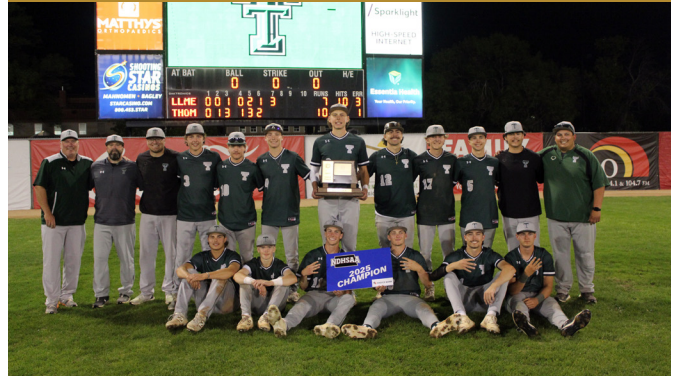
Class B Boys Golf - Oak Grove



Class A Baseball - West Fargo Sheyenne



Class B Baseball - Thompson



Class A Softball - Williston



Class B Softball - Central Cass



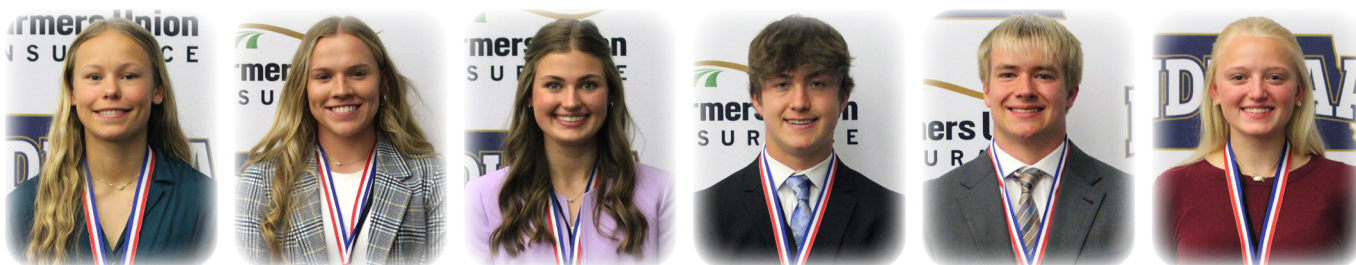
Brynn Hanson, a senior at Des Lacs-Burlington High School was named the 2025-2026 North Dakota High School Activities Association and Farmers Union Insurance Distinguished Student. Interviews were held Wednesday, April 30 at Farmers Union Insurance Headquarters in Jamestown.



Elizabeth Pinke, of Northwood High School, was chosen runner up. The other finalists interviewed were:

- Ava Peterson, New Rockford-Sheyenne High School
- Finnegan Kielty, Fargo North High School
- Bryce Larson, Kidder County High School
- Aubrey Middlestead, Ellendale 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.



<b>BRYNN HANSON</b> Des Lacs-Burlington	<b>ELIZABETH PINKE</b> Northwood	<b>AVA PETERSON</b> New Rockford/Sheyenne	<b>BRYCE LARSON</b> Kidder County	<b>FINNEGAN KIELTY</b> Fargo North	<b>AUBREY MIDDLESTEAD</b> Ellendale
--	-------------------------------------	--	--------------------------------------	---------------------------------------	--

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. 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.

<https://ndhsaa.com/officials/requirements>

## *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. (Fall sports coop deadline: June 1)**

**Winter sports: September 1, prior to the start of season. (Winter sports coop deadline: September 15)**

**Spring sports: January 1, prior to the start of season. (Spring sports coop deadline: January 15)**

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](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 10, 2025. 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

Congratulations to all teams receiving this award--a monthly listing may be found at:  
<https://ndhsaa.com/awards/team-scholar>

For administrators looking for Team Scholar website input information, please visit  
[https://ndhsaa.com/faq\\_team\\_scholars](https://ndhsaa.com/faq_team_scholars)

## 2025-26 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  
Chad Berger - Napoleon

Class A East Representative  
Matt Bakke - Grand Forks

ND School Boards Association  
Nathan Berseth - Colfax

Class B NW Representative  
Larry Derr - Glenburn

Class A West Representative  
Mitch Lunde - Minot - Vice President

Department of Public Instruction  
Adam Tescher - Bismarck

Class B NE Representative  
Patti Aanenson - Larimore - President

Native American At Large Representative  
Dr. Shane Martin, Turtle Mountain

Class B SW Representative  
Scott Jung - New England

NDIAAA Representative  
Jason Simpfenderfer - Beulah

Class A At Large Representative  
Ryan Hanson - Devils Lake

Principals' Association Representative  
Travis Christensen - Fargo North



## 2025-26 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>

### 2025-26 NDHSAA BOARD MEETINGS

September 25 - Board of Directors Meeting – Valley City  
December 4 - Board of Directors Meeting – Valley City  
January 22 - Board of Directors Meeting – Valley City  
March 30 - General Assembly Meeting – Fargo

March 31 - Board of Directors Meeting – Valley City  
June 10 - Board of Directors Meeting – Valley City  
June 26-30 - NFHS Summer Meeting - Salt Lake City, Utah.

## 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.



### Class B Southwest Representative Nominee Scott Jung, Superintendent, New England Public School District

Scott Jung, a 1994 graduate of New England Public School, has dedicated over two decades to education and extracurricular leadership in North Dakota. He earned his bachelor's degree in Secondary Education from Dickinson State University in 2001 and a master's degree in Educational Leadership from Valley City State University in 2016, the same year he became a Certified Athletic Administrator (CAA). His teaching and coaching career spanned Berthold, Beulah, and Center/Stanton, where he served as a head or assistant basketball coach for nine years, assistant football coach for six years, and head football coach for three.

In 2012, Scott became principal and athletic director at South Heart High School, serving for 11 years. During that time, he was honored as Region 4 Principal of the Year and Region 7 Athletic Director of the Year. He is now in his second year as superintendent of New England Public Schools. Scott's leadership has always centered around student success, school improvement, and strong extracurricular programs. His broad experience provides valuable insight into the needs and challenges of Class B schools.

Scott has also been active in civic life, serving on two park boards, including seven years as president of the South Heart Park Board, and is a former Lions Club member. He and his wife, Kristen, live in Bismarck and have four children: Paige (21), Jordan (17), Taya (16), and Brody (14).

## NDHSAA Accounts & Roles



**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. Instructions can be found at <https://ndhsaa.com/faq-add-remove-roles>. If you need a role removed from your school or have any comments, questions or concerns regarding our website, please contact Nick Walton.

## NDHSAA HELP (FAQ)



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

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 Postseason Video Broadcasting



All postseason (Regional & State) video rights have been sold to Forum Communications 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](mailto:tom.mix@ndhsaa.org) / [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)

**NDHSAA DIVISION AAA**

- West #1 vs East #4
- East #2 vs West #3
- East #1 vs West #4
- West #2 vs East #3

-If like seeded teams meet in the playoffs, ND Scorefeed Statewide Standings will determine the home team

**NDHSAA DIVISION AA**

- West #1 vs East #4
- East #2 vs West #3
- East #1 vs West #4
- West #2 vs East #3

-If like seeded teams meet in the playoffs, ND Scorefeed Statewide Standings will determine the home team

**NDHSAA DIVISION A**

-Top four teams in each region as determined by region record will qualify for the playoffs

-Coaches vote will rank the top two seeds from each region and seed them #1-8

-If like seeded teams meet in the playoffs, QRF will determine the home team

-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

**NDHSAA DIVISION 9-MAN**

-Top four teams in each region as determined by region record will qualify for the playoffs

-Coaches vote will rank the top two seeds from each region and seed them #1-8

-If like seeded teams meet in the playoffs, QRF will determine the home team

-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



2025 NDHSAA Dakota Bowl XXXIII Schedule

The 2025 NDHSAA Dakota Bowl will be held Friday, November 14 at the FARGODOME with Todd Olson serving as tournament manager.

Friday, November 14, 2025

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.

Dakota Bowl Television Coverage

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

WDAY 6- Fargo

WDAZ 8- Grand Forks

KBMY 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](#)

Follow [@NDHSAA](#) on Twitter for updates on NDHSAA Activities

## *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](mailto: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](mailto: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](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/constitution/forward/1-forward\\_and\\_history](https://ndhsaa.com/constitution/forward/1-forward_and_history)

**NOTE:** This webpage includes a pdf that is searchable with live links to index and table of content items.

PDF Version Link: [https://ndhsaa.com/sl/constitution\\_and\\_bylaws](https://ndhsaa.com/sl/constitution_and_bylaws)

## *NDHSAA Guide to Interpretations*



**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 17 and several of our players are participating in the NDHSAA State Volleyball Tournament on November 20-22. 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 event played on a non-school team (Part II, Art. XIV, Sec. IIIa).

## Co-op Application Deadline Reminder

NDHSAA

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](mailto:brian.bubach@ndhsaa.org) regarding coop application/dissolution and process.

## Co-op Application Dissolution Policy

NDHSAA

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](mailto:brian.bubach@ndhsaa.org) regarding coop application/dissolution and process.

## ACT/SAT National Test Dates

NDHSAA

Administrators, activities directors and coaches should remind their students of the following 2025-26 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 6, 2025 October 18, 2025 December 13, 2025 February 14, 2026 April 11, 2026 June 13, 2026 July 11, 2026	September 13, 2025 October 4, 2025 November 8, 2025 December 6, 2025 March 14, 2026 May 2, 2026 June 6, 2026	

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



## *Mandatory Fall Administrator Meetings*



NDHSAA will host mandatory in-person Administrator meetings yearly in September. 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>.

## *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.

*Follow @NDHSAA on Instagram*

## NDHSAA Staff Contacts



**MATT FETSCH**

Executive Director

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



**BRIAN BUBACH**

Associate Director

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



**JUSTIN FLETSCOCK**

Assistant Director

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



**KEVIN MORAST**

Assistant Director

**Portfolio:** Administration of Soccer, Swimming & Diving, Track & Field, Volleyball, Wrestling, Cheer, Publications, NDHSAA Distinguished Student Program



**NICK WALTON**

Technology Director

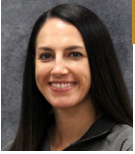
**Portfolio:** NDHSAA Technology, Web Design



**TOM MIX**

Media Specialist

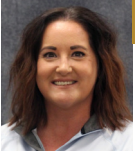
**Portfolio:** Media Relations, NDHSAA Postseason Broadcasting, NDHSAA Bulletin Editor, Publications, Social Media, Web Design



**ANGIE ELSTON**

Business Manager

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



**JERIANN EVERSON**

Administrative Assistant

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

## 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.”



## Annual General Assembly Meeting



The NDHSAA Annual General Assembly Meeting is scheduled for March 30, 2026 in Fargo. General Assembly agenda items will include but not be limited to the approval of the April 2025 minutes, proposed amendment votes, and nominating committee reports. The terms for three Board positions will expire in June 2026: Patti Aanenson (Class B Northeast Representative), Dr. Shane Martin (Native American At-Large Representative) and Matt Bakke (Class A East Representative). Nominating committees representing Class B Northeast, and Class A East will be called upon to nominate individuals to fill these two Board positions for the next four year terms. 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 April General Assembly.

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.

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



For 2025-26, 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 2025/26 clinic windows:

Fall Fine Arts: September 8-29  
Music  
Play  
Student Congress

Winter Fine Arts: Nov. 10-Dec. 1  
Debate  
Speech

## 2025 Student Congress



Student Congress is a competition based on a mock legislation format. Resolutions and Bills voted on following the 2024 season are brought forward this Fall. **This year's 2025 Student Congress events are:**

- September Congress: Mandan, September 22
- October Congress: Mandan, October 13
- State Congress: Bismarck State Capitol, November 6-7

## CSTAND Speech and Theatre Fall Conference



The CSTAND Speech and Theatre Fall Conference will be held September 12-13 at the Mandan Baymont. Registration for the conference may be accessed at [www.cstand.org](http://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](mailto:cstandweb@gmail.com)

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

## Music Judge Certification

NDHSAA

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](mailto:brian.bubach@ndhsaa.org)



## School Music Trips

NDHSAA

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. [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org)



## Certified Speech and Debate Judges

NDHSAA

Certification tests for 2025-26 speech and debate judges will open November 10. Lists of certified judges are online at <https://ndhsaa.com/officials/speech> and <https://ndhsaa.com/officials/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](mailto:brian.bubach@ndhsaa.org)

## Class B Plays Contest Information

NDHSAA

The Class B State Plays Contest will be hosted at Jamestown High School and the University of Jamestown on Monday-Tuesday, November 24-25.

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 Class B State Contest in Jamestown November 24-25, 2025. 2025/26 rules are listed at <https://ndhsaa.com/fine-arts/play>

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 at <https://ndhsaanow.com/tournaments/play> 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 10/21/25, directors have until 11:59 p.m. CT on 10/21 to register)

A complete list of Regional Play Dates & Registration Deadlines: <https://ndhsaa.com/regions-tournament-play>



## 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.

Please refer to the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/>

## Heat Acclimatization & Heat Illness Prevention



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>



## 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](http://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.

*Follow @NDHSAA on Instagram*



**Editor's Note:** For further information about this and all online NFHS courses, please visit [www.nfhslearn.com](http://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.



**Editor's Note:** For further information about this and all online NFHS courses, please visit [www.nfhslearn.com](http://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.



**Editor's Note:** For further information about this and all online NFHS courses, please visit [www.nfhslearn.com](http://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](http://www.nfhslearn.com)

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](http://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](#)

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, 2026. 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 or Heart of the Arts nomination form, email: [brian.bubach@ndhsaa.org](mailto:brian.bubach@ndhsaa.org).

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](http://www.eKnowledge.com/NDHSAA) or [www.eKnowledge.com/NFHS](http://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>



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



**Editor's Note:** The following information is from the NFHS Network. Please contact Matt Faulkner at: [matt.faulkner@playonsports.com](mailto:matt.faulkner@playonsports.com) or visit [www.NFHSnetwork.com](http://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](http://sbphub.nfhsnetwork.com) for detailed information

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

Matt Faulkner | NFHS Network  
Email: [matt.faulkner@playonsports.com](mailto:matt.faulkner@playonsports.com) | [www.NFHSnetwork.com](http://www.NFHSnetwork.com)

## *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>

## *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.Net Site (<https://ndhsaa.net/login>)
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.Net Site (<https://ndhsaa.net/login>)
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.

## *2025 NDHSAA Fall Tournament Ticket Information*



Tickets for NDHSAA Postseason Region and State Tournaments can be purchased online & through the GoFan Digital Ticket App. Visit the NDHSAA's Digital Ticket Box Office at <https://gofan.co/app/school/NDHSAA>

## *NDHSAA Online Calendar*



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

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

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 appropriate clothing. 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 regular season or tournament contest will incur a minimum two (2) calendar week game/event suspension.
- 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.
- Handheld 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.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited at all contests.

## *2025 NDHSAA Fall State Tournament 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](#)

***DID YOU KNOW?: The first Dakota Bowl was played at the FARGODOME on November 13, 1993***

## *Class B Girls Golf Region and State Tournament Information*

**NDHSAA**

### **2025 REGION SITES:**

Region 1: Dakota Winds  
Region 2: Devils Lake  
Region 3: Valley City  
Region 4: Velve  
Region 5: South Heart  
Region 6: Ray

### **2025 STATE SITE:**

Pheasant Country Golf Course - South Heart, ND - Chris Geiss, Manager

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



## *Class A Girls Golf Region and State Tournament Information*

**NDHSAA**

### **2025 REGION SITES:**

East Region – Fargo Country Club  
West Region – Heart River Golf Course - Dickinson

### **2025 STATE SITE**

Fargo Country Club - Todd Olson, Manager

For more information on girls' golf: [http://www.ndhsaa.org/athletics/golf\\_girls](http://www.ndhsaa.org/athletics/golf_girls)



## *Officials Workshops*

**NDHSAA**

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>

## *2025-26 Officials Basketball Day Camps*

**NDHSAA**

Information on 2025-26 Officials Basketball Day Camps can be found at:  
<https://ndhsaa.com/officials/basketball/daycamps>



## 2025 NDHSAA Boys Soccer State Tournament Schedule



The NDHSAA Boys State Soccer Tournament will be played October 16-18 at Starion Sports Complex in Mandan. 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.

## Test, Clinic, Website & Officials Requirements



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](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.

## 2025 New Football Regulations



**New Regulations for 2025:**  
- No New Regulations for 2025

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

## New Tennis Regulations for 2025-26 School Year



New Regulations for 2025-26 School Year:

Post season scoring format & Doubles teams substitutions. Please visit <https://ndhsaa.com/regulations/tennis-boys>

### Boys Tennis Important Dates:

Online Rules Clinic (Boys Coaches or Girls Coaches): August 4 - August 25, 2025

Opening Date: August 11, 2025

First Contest: August 22, 2025

Picture, Cutline, Roster, Schedule Deadline: September 1, 2025

Deadline to Submit Regional Boys' Tennis Entries 12:00 Noon CT: September 24, 2025

Deadline Team Play-In: September 30, 2025

Region Tournament: October 2-4, 2025

State: October 9-11, 2025

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

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 2-4, 2025. 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 Dave Zittleman serving as manager. Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by **NOON September 24, 2025**. The deadline for team play-in is September 30, 2025. 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 2025 Boys State Tennis Tournament will be held in Grand Forks October 9-11, 2025 with Mike Biermaier serving as the tournament manager. Region and state tournament information, including online brackets, may be accessed at:

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

### REGION/STATE INFORMATION:

**West Region - Mandan/Bismarck**

**East Region - Fargo**

**State - Grand Forks**

Oct. 2-4, 2025 - Dave Zittleman, Mgr.

Oct. 2-4, 2025 - Todd Olson, Mgr.

Oct. 9-11, 2025 - Mike Biermaier, Mgr.

## New Cross Country Regulations for 2025 Season



New regulations for the 2025 season:

No New regulations for the 2025 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>

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

The 47th Annual Girls State Cross Country Meet and the 65th Annual Boys State Cross Country Meet will be held on Friday October 25 and Saturday, October 26 at Jamestown Parkhurst Recreation Area (4 miles north of Jamestown), with Jim Roaldson, Jamestown AD as manager.

On Friday October 24, the Class B Girls event will begin at 2:00 p.m., the Class B Boys event will begin at 2:45 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 25, 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 on Athletic.net. Registrations are accepted until Monday at 10:00 a.m. prior to the state event. Runners must have met the following minimum times in a regular season 5K in order to be able to compete at the State XC Meet:**

**Boys - 24:00**

**Girls - 27:00**

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

## 2025 Division B District Volleyball Tournaments



Tournament	Dates	Site	Manager
District 1	Oct. 30, 31, Nov. 3	Sargent County	Zachary Koppang, Manager
District 2	Oct. 31, Nov. 3,4	Napoleon	Chad Berger, Manager
District 3	Oct. 30, 31, Nov. 3	Northwood	Tony Evenstad, Manager
District 4	Oct. 30, 31, Nov. 3	Rolla	Randy Loing, Manager
District 5	Oct. 30, 31, Nov. 3	Williston State	Alex Herman, Manager
District 6	Oct. 28, 30, 31	Minot Auditorium	Peggy Person, Manager
District 7	Oct. 30, 31, Nov. 1,3	Beach	Jessica Geis, Manager
District 8	Oct. 27, 30, 31 Nov. 3	Underwood	John Jangula, Manager

## New Volleyball Regulations for 2025 Season



### 2025 regulation changes:

No new NDHSAA VB regulation for the 2025 season.

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 11 and 13 at the site of higher seeded teams (rounds 1 and 2), state qualifier matches and championship match will be held at Fargo Shanley on November 15, Mark Hollcraft, manager.
- **West Region** – Mandan High School, November 13-15, Mark Weist, 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.

#### **Division A and B REGIONAL PAIRINGS**

November 10,11,13

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:

#### **Division A Region 1 – Valley City HS - Rob Hunt, Manager**

#2 seed vs. #7 seed

#3 seed vs #6 seed

#1 seed bye

#4 seed vs #5 seed

#### **Division A Region 2 – Mayville State - Rocky Larson, Manager**

#2 seed vs. #7 seed

#3 seed vs #6 seed

#1 seed bye

#4 seed vs #5 seed

#### **Division A Region 3 – Minot State - Alton Nygaard, Manager**

#2 seed vs. #7 seed

#3 seed vs #6 seed

#1 seed bye

#4 seed vs #5 seed

#### **Division A Region 4 - Beulah - Jason Simfenderfer,, Manager**

#2 seed vs. #7 seed

#3 seed vs #6 seed

#1 seed bye

#4 seed vs #5 seed

#### **Division B Region 1 - University of Jamestown, Brett Moser, Manager**

District 1 - #1 seed vs. District 2 - #4 seed

District 1 - #3 seed vs. District 2 - #2 seed

District 1 - #4 seed vs. District 2 - #1 seed

District 1 - #2 seed vs. District 2 - #3 seed

#### **Division B Region 2 - Devils Lake - Jason Wiberg, Manager**

District 3 - #1 seed vs. District 4 - #4 seed

District 3 - #3 seed vs. District 4 - #2 seed

District 3 - #4 seed vs. District 4 - #1 seed

District 3 - #2 seed vs. District 4 - #3 seed

#### **Division B Region 3 - Minot Auditorium, Peggy Person, Manager**

District 5 - #1 seed vs. District 6 - #4 seed

District 5 - #3 seed vs. District 6 - #2 seed

District 5 - #4 seed vs. District 6 - #1 seed

District 5 - #2 seed vs. District 6 - #3 seed

#### **Division B Region 4 - Killdeer - Nick Walker, Manager**

District 7 - #1 seed vs. District 8 - #4 seed

District 7 - #3 seed vs. District 8 - #2 seed

District 7 - #4 seed vs. District 8 - #1 seed

District 7 - #2 seed vs. District 8 - #3 seed

**STATE TOURNAMENT:**

The State Volleyball Tournament will be held on November 20-22, 2025 in Bismarck at the Bismarck Events Center. Dave Zittleman will serve as tournament manager.

**Division A and B**

The head coaches of the eight qualifying teams will use an electronic process to seed all eight teams for the state tournament. Note: teams that have played each other in their region tournament cannot meet in the first round of the state tournament. If this is the case after the seeding process, adjustments will be made.

The quarterfinal pairings are:

- #2 seed vs. #7 seed
- #3 seed vs. #6 seed
- #1 seed vs. #8 seed
- #4 seed vs. #5 seed

**Division AA**

The quarterfinal pairings are:

- West #1 vs East #4
- West #3 vs East #2
- West #4 vs East #1
- West #2 vs East #3

**2025 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, November 20:**

**DIVISION AA**

- 11:00 a.m. – #1 West vs. #4 East - Exhibition Hall
- 1:00 p.m. – #2 East vs. #3 West - Exhibition Hall
- 5:00 p.m. – #1 East vs. #4 West - Exhibition Hall
- 7:00 p.m. – #2 West vs. #3 East - Exhibition Hall

**DIVISION A**

- 9:00 a.m. – #2 Seed vs. #7 Seed - Exhibition Hall
- 1:00 p.m. – #3 Seed vs. #6 Seed - Main Arena
- 3:00 p.m. – #1 Seed vs. # 8 Seed - Exhibition Hall
- 7:00 p.m. – #4 Seed vs. #5 seed - Main Arena

**DIVISION B**

- 9:00 a.m. – #2 Seed vs. #7 Seed - Main Arena
- 11:00 a.m. – #3 Seed vs. #6 Seed - Main Arena
- 3:00 p.m. – #1 Seed vs. # 8 Seed - Main Arena
- 5:00 p.m. – #4 Seed vs. #5 seed - Main Arena

**Friday, November 21:**

**Consolation Court (Exhibition Hall)**

- 9:00 a.m. – Division A - Consolation Semifinal #1
- 11:00 a.m. – Division A - Consolation Semifinal #2
- 1:00 p.m. – Division AA - Consolation Semifinal #1
- 3:00 p.m. – Division AA - Consolation Semifinal #2
- 5:00 p.m. - Division B - Consolation Semifinal #1
- 7:00 p.m. - Division B - Consolation Semifinal #2

**Semifinal Court (Main Arena)**

- 9:00 a.m. – Division B - Semifinal #1
- 11:00 a.m. – Division B - Semifinal #2
- 1:00 p.m. – Division A - Semifinal #1
- 3:00 p.m. – Division A - Semifinal #2
- 5:00 p.m. - Division AA - Semifinal #1
- 7:00 p.m. - Division AA - Semifinal #2

**Saturday, November 22**

**(Bismarck High):**

- 8:00 a.m. – Division A - 7th Place Match
- 10:00 a.m. - Division AA - 7th Place Match
- 12:00 p.m. - Division B - 7th Place Match

**Exhibition Hall**

- 8:00 a.m. - Division AA - 5th Place Match
- 10:00 a.m. - Division B - 5th Place Match
- 12:00 p.m. - Division A - 5th Place Match

**Main Arena**

- 8:00 a.m. - Division B - 3rd Place Match
- 10:00 a.m. - Division A - 3rd Place Match
- 12:00 p.m. - Division AA - 3rd Place Match
- 3:00 p.m. - Division B - Championship Match
- 5:30 p.m. - Division A - Championship Match
- 8:00 p.m. - Division AA - Championship Match

For Additional Information & Complete Tournament Regulations for NDHSAA Volleyball please visit <https://ndhsaa.com/regulations/volleyball>

The 2025 Girls Swimming & Diving State Meet will be held in West Fargo, November 14-15 Logan Midthun, 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  
2:00 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  
11:45 AM - 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 2025 standards are:

50 Free - 27.45  
100 Free - 1:00.92  
200 Free - 2:12.53  
500 Free - 5:59.08  
100 Back - 1:09.25  
100 Breast - 1:17.66  
100 Fly - 1:08.36  
200 IM - 2:30.71

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 for girls and a total of 250 points in eleven dives or 170 on 6 dives and a completion of an eleven dive program for boys. 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](mailto:jeriann.everson@ndhsaa.org)) in Valley City, no later than 9:00 am Monday, prior to the state meet. **DO NOT FAX OR SEND ENTRY THROUGH THE MAIL. NO ENTRIES WILL BE ACCEPTED AFTER Monday at 9:00 am. PRIOR TO THE STATE MEET. THESE ENTRIES ARE FINAL.** Diving sheets must be emailed 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.

Semifinals: 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.

## *New Gymnastics Regulations for 2025-26 Season*



There are no new regulations for the 2025-26 season. Complete NDHSAA gymnastics regulations can be found at the following link: <http://www.ndhsaa.com/regulations/gymnastics>

## *New Wrestling Regulations for 2025-26 Season*



### **New 2025-26 Wrestling Regulations:**

All varsity tournament consolation matches will be three 2-minute periods (6 minute wrestleback matches for all varsity tournaments). Subvarsity tournaments may choose to use 5 minute wrestleback matches as determined by the tournament manager.

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:

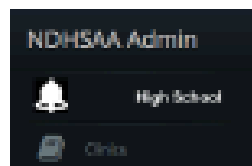
<https://ndhsaa.com/regulations/wrestling-girls>



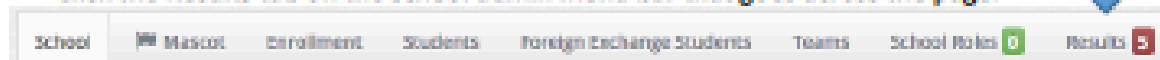
## NDHSAA Help

### NDHSAA Admins – Reporting Scores

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

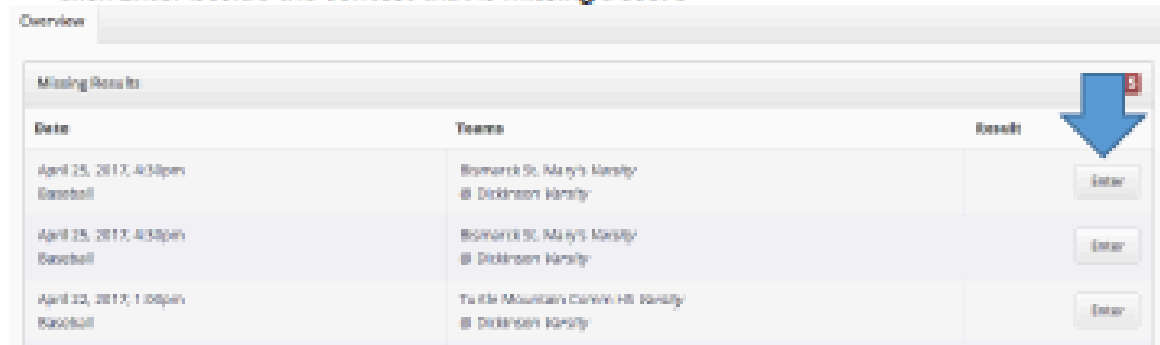


- o Click the Results tab on the school admin menu bar that goes across the page.

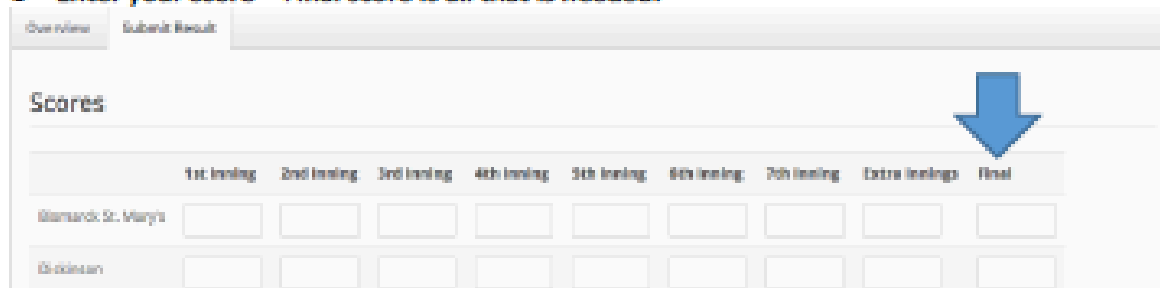


- o There will be a red box with a number inside if you are missing any scores.
- o If all scores are entered, the box beside your results tab will be green with a "0" inside.

- o Click Enter beside the contest that is missing a score



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



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

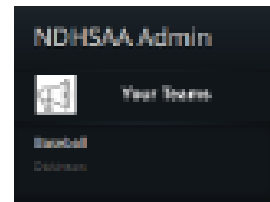


#### Notes:

- 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.

**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

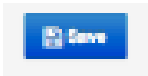
- o Click the Schedule tab beside contest

- 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"/>
St. Ignace	<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.



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