

NDHSAA

BULLETIN

SPRING ISSUE 2026

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: Members of the 2025 NDHSAA Class A Softball State Championship team from Williston High School.

NDHSAA PREMIER PARTNER:

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North Dakota High School Activities Association	3
BECOME AN OFFICIAL	4
2026 NDHSAA Winter State Tournament Team Champions	5
2026 NDHSAA Winter State Tournament Team Champions (Continued)	6
2026 NDHSAA Winter State Tournament Team Champions (Continued)	7
Board Regulation: Intent to Sponsor an Activity	7
Participants Must Be Accompanied	7
NDHSAA Constitution & By-Laws	7
NDHSAA Website Information: Entering Team Scholars	8
Annual Sports Physicals	8
National Anthem Flag Decorum	8
NDHSAA Online Calendar	8
NDHSAA Postseason Video Broadcasting	8
NFHS Network Consumer Help	9
NFHS High School Hall of Fame Nominations	9
NDHSAA Award of Excellence Nominations	9
NDHSAA Distinguished Service Nominations	9
Farmers Union Insurance Distinguished Student Application Deadline	10
2026 NDHSAA State Debate Results	11
2026 Mandatory Fall Administrator Meetings	12
2026 NDHSAA New Administrator Orientation	12
NDHSAA Behavior Expectations	12
ACT/SAT National Test Dates	13
eKnowledge Preparation ACT/SAT Programs Available	13
NFHS LEARN - The Parent Seat	13
Division I Eligibility Standards	13
Changing Email Addresses in NDHSAA Account	14
NDHSAA Board Meetings	14
Start Dates Set for 2026 NDHSAA Fall Activities	15
2026 Spring State Tournament Information	15
NFHS Spirit of Sport and Heart of the Arts	16
NDHSAA HELP (FAQ)	16
Officials Registration Information	16
2026 Fall NDHSAA Website Requirements	16
2026-27 Online Rules Clinics for Activity Advisors, Coaches & Officials	17
2026-27 Coaches & Officials Mandatory Online Testing	17
Officials Workshops	17
2026-27 Student Congress, Play, Music, Debate & Speech Online Clinics	17
The Role of a Tennis Spectator	18
Girls Tennis Important Dates	18
2026 NDHSAA Girls Tennis Region & State Tournament Information	19
Girls Soccer Regulations	19
2026 NDHSAA Girls Soccer State Tournament Information	19
New Boys Golf Regulations	20
2026 NDHSAA Class B Boys Golf State Tournament	21
2026 NDHSAA Class A Boys Golf State Tournament	21
Track & Field State Meet Housing at Bismarck State College	21
Track & Field State Meet Coach Deadline Reminder	22
2026 NDHSAA Track & Field State Meet Schedule	22
2026 NDHSAA Track & Field Information and Regulations	22
NDHSAA Baseball Information & New Regulations	23
NDHSAA Softball Information & New Regulations	23
2026 NDHSAA Class A Softball State Tournament	23
2026 NDHSAA Class B Softball State Tournament	24
Co-op Application Deadline Reminder	24
Co-op Application Dissolution Policy	24
2026 NDHSAA Class A Baseball State Tournament	25
2026 NDHSAA Class B Baseball State Tournament	26
2026 NDHSAA Football Regulations & Information	27
2026 NDHSAA Cross Country Regulations & Information	27
2026 NDHSAA Class A & Class B Girls Golf Regulations & Information	28
2026 NDHSAA Boys Tennis Important Dates	28
2026 NDHSAA Girls Swimming & Diving Regulations & Information	28
2026 NDHSAA Volleyball Regulations & Information	29
2026 NDHSAA Boys Soccer Regulations & Information	29
2026-27 Fine Arts/Career & Tech Ed Calendar	30
NCAA Amateurism Reminder for your Student Athletes	30
Division I Eligibility Standards	30
NDHSCA Information for 2026-27 School Year	31
2026 NDHSCA-NHSACA Coaches Convention	32
NDHSAA HELP - NDHSAA Admins Reporting Scores	33
NDHSAA HELP - NDHSAA Coaches Reporting Scores	34

CHECK IT OUT!

PAGE 19

GIRLS SOCCER DATES & REGULATIONS

PAGE 21

CLASS A & B BOYS GOLF STATE TOURNAMENT INFORMATION



PAGE 22

2026 NDHSAA TRACK AND FIELD STATE MEET SCHEDULE



PAGE 27

2026 NDHSAA FOOTBALL REGULATIONS, INFORMATION & IMPORTANT DATES

PAGE 29

2026 NDHSAA VOLLEYBALL REGULATIONS, INFORMATION & IMPORTANT DATES

NDHSAA BULLETIN

Written by NDHSAA Staff

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NDHSAA ON THE WEB

WWW.NDHSAA.COM

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

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
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 Wrestling (Indiv.): Bismarck Legacy



Class B Boys Wrestling (Individual): Lisbon



Girls Wrestling (Individual): Bismarck Legacy



Class A Boys Wrestling (Dual): Bismarck Legacy



Class B Boys Wrestling (Dual): Lisbon



Girls Wrestling (Dual): Bismarck High



Boys Hockey: Grand Forks Central



Girls Hockey: West Fargo United



Gymnastics: Dickinson High



Boys Swimming & Diving: West Fargo High



Div. A Girls Basketball: Valley City



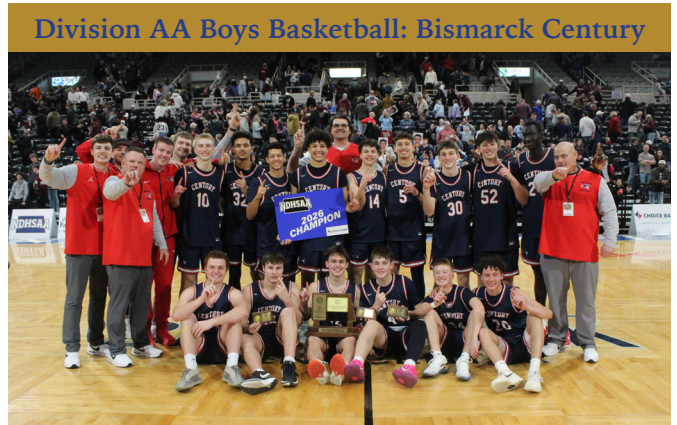
Div. B Girls Basketball: LaMoure-Litchville/Marion



Division AA Girls Basketball: Minot High



Division AA Boys Basketball: Bismarck Century

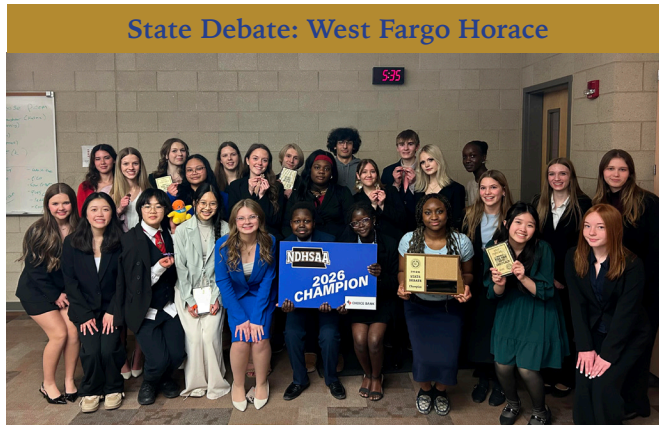


Div. A Boys Basketball: Beulah



Div. B Boys Basketball: Central McLean





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.

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.

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

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

Follow @NDHSAA on Instagram

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

Annual Sports Physicals



Student athletes participating in NDHSAA sanctioned sports programs are required to file a pre-participation health history screening and physical examination form with their school office prior to their participation (including practice) on a yearly basis. Yearly exams may now be done on or after April 15th to be valid for the following school year.

Physical examinations completed before April 15 are not valid for the following year. The NDHSAA Board approved a new physical form for use beginning April 15, 2020. Physical forms may be downloaded from:

Physical forms may be downloaded from: <https://ndhsaa.com/about/forms>.

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."

NDHSAA Online Calendar



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

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 / brian.bubach@ndhsaa.org



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 customerservice@nfhsnetwork.com.

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

NFHS High School Hall of Fame Nominations



The NDHSAA office is accepting nominations from NDHSAA member School Administrators for the NFHS National High School Hall of Fame.

NDHSAA member School Administrators are encouraged to email nominations to NDHSAA Media Specialist Tom Mix at tom.mix@ndhsaa.org for consideration by the NDHSAA Board of Directors' Awards and Canvassing Committee. Nominations in the categories of (Athlete, Coach, Administrator, Fine Arts, Official, and Other) should be made for individuals who succeeded and/or made significant contributions in their areas of expertise at both the state and national levels.

For more information on the NFHS National High School Hall of Fame please visit: <https://www.nfhs.org/resources/hall-of-fame/>.

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/Farmers Union Insurance Distinguished Student Applications are available on the NDHSAA website under “Administrators and Coaches”, then “Forms”.

Objectives & Goals: 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.

Criteria: Applicant must be a junior the year the application is submitted. Students must be a participant as a player, manager, statistician or other role in at least one NDHSAA sponsored activity in the current year. Note: Participation does not necessarily mean excellence, honors or even active play. Students must be a good citizen and role model to his/her peers as well as a contributor to the community. The committee will evaluate applicants’ essays on their demonstration of sportsmanship and citizenship and how the applicant feels these values derived from activities will provide them lifelong benefits.

Selection Process: One applicant per school is allowed. A pre-screening committee will narrow the applicants to six finalists. The final selection will be based upon an interview conducted by a Selection Committee. Immediately following the interviews, the results will be announced at an NDHSAA sponsored luncheon for finalists and their families. The student must be available for interviews the ENTIRE morning of Wednesday, April 30 at Farmers Union Insurance Headquarters in Jamestown.

Deadlines: Completed application forms must be postmarked no later than April 1. Applications postmarked after April 1 will not be considered. **Emailed PDF’s of the application are preferred.** Finalists will be notified by mid-April. Interviews and the luncheon announcing the results will be held April 29.

Awards: All applicants of the NDHSAA Distinguished Student Program will receive a certificate suitable for framing. A press release naming all applicants will be sent statewide. Finalists will be featured in the Fall issue of the NDHSAA Bulletin. They will also be invited to participate in other functions connected with NDHSAA events. Farmers Union Insurance has graciously funded scholarships for the finalists. The NDHSAA Distinguished Student recipient will receive a \$2,000 scholarship to the college of his/her choice. The runner-up will receive a \$1,000 scholarship. The other four finalists will receive a \$500 scholarship to the college of his/her choice. All NDHSAA Distinguished Student finalists participate in other activities such as serving as NDHSAA spokespersons for High School Activities Month, promoting the values of activity programs and participating in awarding of trophies at NDHSAA state contests.



The 113th Annual North Dakota High School Activities Association Debate Tournament was held at Fargo Davies High School on Saturday, February 7, 2026. West Fargo Horace was crowned Champions with 79 team points; Fargo Davies and West Fargo Sheyenne tied for Runner-Up with 25 team points each.

Elected by peers as the 2026 Debate Coaches of the Year was Nathan Kurtti, coach at West Fargo Sheyenne.

Individual place winners in each division are as follows:

Division I Lincoln-Douglas Debate

1st Place: James Mueller - West Fargo Horace; 2nd Place: Jakob Kehrwald - Grand Forks Public; Semi-Finalist: Neha Kamalakannan - West Fargo Sheyenne; Semi-Finalist: Adam Said - West Fargo Sheyenne; Consolation Champion: Cora Wixo-McGavin - Fargo South; Quarterfinalist: Adorah Bishop - West Fargo Horace; Quarterfinalist: Judith Burt - Fargo North; Quarterfinalist: Nora Aeilts - West Fargo Horace.

Division II Lincoln-Douglas Debate

1st Place: Ally Huynh - West Fargo Horace; 2nd Place: Kendal Hauck - Fargo Davies; Semi-Finalist: Evelyn Chambers - West Fargo Horace; Semi-Finalist: Mina Kobrinsky - West Fargo Horace; Consolation Champion: Thomas Unser - West Fargo; Quarterfinalist: Narina Boonroueng - West Fargo Horace; Quarterfinalist: Benjamin Salter - West Fargo; Quarterfinalist: Julianna Soliman - Fargo Davies.

Division I Public Forum Debate

1st Place: Elena Weng/Zuan Park - West Fargo Sheyenne; 2nd Place: Setiya Hamidi/Lillian Meidinger - Fargo Davies; Semi-Finalist: Jayla Ridout/Keegen Kratcha - West Fargo Horace; Semi-Finalist: William Mitsche/Connor Gallagher - Fargo South; Consolation Champion: Amour Mach/Maron Kpadeh - West Fargo Horace; Quarterfinalist: Lucy Scherbenske/Keesha Saldivar - West Fargo Horace; Quarterfinalist: Olivia Grote/Mariam Keita - Bismarck Public; Quarterfinalist: Isabelle Flanagan/Charlotte Lovejoy - West Fargo Horace.

Division II Public Forum Debate

1st Place: Sienna Bowen/Nikky Le - West Fargo Horace; 2nd Place: Olivia Hessinger/Alexandra Krebs - Bismarck Public; Semi-Finalist: Destiny Baker-Johnson/Reese Kranitz - West Fargo Horace; Semi-Finalist: Cole Hejtmanek/ KeShawn Minor - West Fargo; Consolation Champion: Ellie Wagner/Subina Samat - Fargo Davies; Quarterfinalist: Gabriella Wang/Olivia Carney - Fargo North; Quarterfinalist: Veronica Mattson/ Kemper Lawrence - Mandan; Quarterfinalist: Kevin Xia/Sev Johann Caldon - Fargo Davies.

Participating teams included: Bismarck Public, Fargo Davies, Fargo North, Fargo South, Grand Forks Public, Mandan, West Fargo, West Fargo Horace, West Fargo Sheyenne.



2026 Mandatory Fall Administrator Meetings



NDHSAA will host mandatory Administrator meetings in September of 2026. Each member school must send at least one representative which may be a superintendent, principal, or activities/athletic director.

Coaches are also welcome to attend. Each school not in attendance at one of the meetings will be required to pay a \$50 non-attendance fee. 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.

Meeting dates & times are TBD and will be posted here when finalized: <https://ndhsaa.com/administrators-coaches>.

2026 NDHSAA New Administrator Orientation



The NDHSAA Board of Directors approved a workshop available to new Superintendents, Principals and/or Athletic Administrators in early August in Valley City. The workshop will feature presentations from NDHSAA staff members covering material that is in addition to the information provided at the Mandatory Administrator meetings in September.

A signup sheet will be available at <https://ndhsaa.com/new-admin-orientation>.

Further details will be provided to all member schools this summer.

NDHSAA Behavior Expectations




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.

ACT/SAT National Test Dates



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	
April 11, 2026 June 13, 2026 July 11, 2026	May 2, 2026 June 6, 2026	

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>

NFHS LEARN - The Parent Seat



“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](#)

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/>

The Eligibility Center includes account information, registration checklist, and FAQs.

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.



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 Board Agendas and Minutes link under the Boards & Committees across the top of every page on the NDHSAA website.

<http://www.ndhsaa.com/board/meetings>

2025-26 NDHSAA BOARD MEETINGS

March 30	General Assembly Meeting, Fargo	June 26-30	NFHS Summer Meeting - Salt Lake City, Utah
March 31	Board of Directors Meeting, Fargo		
June 10	Board of Directors Meeting, Valley City		

2026-27 NDHSAA BOARD MEETINGS

September 17	Board of Directors Meeting, Valley City	April 6	Board of Directors Meeting, Fargo
December 3	Board of Directors Meeting, Valley City	June 9	Board of Directors Meeting, Valley City
January 21	Board of Directors Meeting, Valley City	June 26-30	NFHS Summer Meeting - New York City
April 5	General Assembly Meeting, Fargo		

Start Dates Set for 2026 NDHSAA Fall Activities



For the fall of 2026 each team and each individual must have participated in nine daily practice sessions (one may count only one per day) before the first game/meet except for girls golf where the team and each individual needs only four days of practice. This rule is inclusive of both junior and senior high sports. Student Congress only has a start date and end date (State Tournament/Meet). Specific dates for each fall sport are included below:

Starting Dates for Fall Activities:

Class B Girls Golf

Season begins: August 3, 2026
First contest: August 7, 2026

Class A Girls Golf

Season begins: August 10, 2026
First contest: August 14, 2026

Boys Soccer

Season begins: August 3, 2026
First contest: August 14, 2026

Cross County

Season begins: August 10, 2026
First contest: August 21, 2026

Boys Tennis

Season begins: August 10, 2026
First contest: August 21, 2026

Football

Season begins: August 6, 2026
First contest: August 20, 2026

Girls Swimming & Diving

Season begins: August 17, 2026
First contest: August 28, 2026

Volleyball

Season begins: August 17, 2026
First contest: August 28, 2026

Student Congress

First competition: Sept. 1, 2026
State: November 5-6, 2026

2026 Spring State Tournament Information



Spring tournament information may be found on the NDHSAA website. Each NDHSAA sport has a tournament information page on the NDHSAA NOW website. www.ndhsaanow.com

Specific tournament pages are linked below:

Baseball: <http://www.ndhsaanow.com/tournaments/baseball>

Boys Golf: <http://www.ndhsaanow.com/tournaments/golf-boys>

Boys Track & Field: <http://www.ndhsaanow.com/tournaments/track-boys>

Girls B Golf: <http://www.ndhsaanow.com/tournaments/golf-girls-b>

Girls Soccer: <http://www.ndhsaanow.com/tournaments/soccer-girls>

Softball: <http://www.ndhsaanow.com/tournaments/softball>

Girls Tennis: <http://www.ndhsaanow.com/tournaments/tennis-girls>

Girls Track & Field: <http://www.ndhsaanow.com/tournaments/track-girls>

Don't forget to follow us:

Twitter: @NDHSAA

Facebook: NDHSAA Professional Facebook Page

Follow [@NDHSAA](https://twitter.com/NDHSAA) on Twitter for updates on NDHSAA Activities, Postseason Broadcast Information & much more!

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, 2027. 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.

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!

Officials Registration Information



Officials registration for the 2026-27 school year will open on June 1, 2026, with early registration running through July 15, 2026.

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. For instructions on registering, check out https://ndhsaa.com/faq_officials_registration. Information regarding registration dates and fees can be found on <https://ndhsaa.com/officials/registration>.

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 officiated or been a supervisor at 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 <https://ndhsaa.com/officials/requirements>.

2026 Fall NDHSAA Website Requirements



Schools are required to have rosters/pictures/cutlines (description of people in the picture) and schedules for all fall sports uploaded to www.ndhsaa.com three weeks into each season. This process allows invitational, district, regional and state tournament managers the ability to download and prepare tournament programs. Failure to upload required information will result in a \$50 late fee for each sport. Schools have the ability to edit this information as rosters change throughout the season.

Please refer to the FAQ page on the NDHSAA.com for complete information on uploading information to NDHSAA and printing programs. For additional information on uploading team information to NDHSAA, please contact Nick Walton (nick.walton@ndhsaa.org) at the NDHSAA office. The posting schedule will be available at: https://ndhsaa.com/clinic_testing_website_deadlines.

2026-27 Online Rules Clinics for Activity Advisors, Coaches & Officials



Officials and head coaches/activity advisors must complete rules clinics in sports or activities where clinics are offered. These clinics will be available online only and must be completed within the three week clinic window. The clinic will be available through a link within NDHSAA.

You must have an NDHSAA account in order to complete the rules clinic. The clinic schedule is available on <https://ndhsaa.com/officials/rules-clinics>.

2026-27 Coaches & Officials Mandatory Online Testing



Officials and head coaches of baseball, basketball, football, gymnastics, hockey, soccer, softball, swimming & diving, volleyball and wrestling must take an open book online test in the sport(s) in which he/she is a head coach/official. The test will be available online only and must be completed and submitted within the applicable window. Failure to complete the required test will result in a \$25 fine to your school. Fines must be paid before participation in post season activities to which the fine applies. Testing windows and instructions for access can be found on https://ndhsaa.com/athletics_online_testing.

Officials Workshops



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

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>

2026-27 Student Congress, Play, Music, Debate & Speech Online Clinics



For 2026-27, fine arts rules clinics will be offered online. Online clinic completion is mandatory for head play director, head speech coach, head debate coach, head student congress coach, head vocal, strings, and instrumental music directors (if there is more than 1 position) from each high school. Penalty for failure of a head coach to fulfill a mandatory clinic requirement shall result in a \$50 fine to the school. Fines must be paid prior to being permitted to participate in NDHSAA postseason activities to which the fine applies.

Following are the 2026/27 clinic windows:

Fall Fine Arts: September 7-28

Music

Play

Student Congress

Winter Fine Arts: November 9-30

Debate

Speech

Being a tennis spectator is not just like any other sport. You are expected to abide by the following sportsmanship guidelines. If you do not follow these guidelines you put the tournament officials and your team/coach in an uncomfortable situation. Schools are encouraged to share this information with your parents before the beginning of your tennis season.



Spectators:

- Are not permitted on the court
- Should not lean or crowd around the fence
- May not converse with players once they enter the court
- May not, in any way, assist the players with the match (coaching, scoring, line calls, rules, etc.)
- Should refrain from distracting the players
- May cheer or applaud when one of the players hits a winning shot
- Should not cheer or applaud when players commit unforced errors. If you do not understand the difference between an unforced error and a good shot by your player, **DO NOT CHEER!** The last thing the State or Region Tennis Tournaments need is the match to become a matter of which crowd can cheer the loudest. This is very distracting to the players.
- Should realize they are watching the match from angles that differ from the players. Line calls are very different to make as a tennis player. It is easy to criticize a player for making a bad call when you are standing still watching. Players who officiate their own matches are not always in a position to make quality calls.
- Good Sportsmanship means respecting the abilities of all players involved. It means giving credit to both sides – win or lose.

The North Dakota High School Activities Association, Tournament Officials, Coaches, and most of all the players thank you for your role in applying good sportsmanship in the stands. Thanks for your cooperation!

JOIN US IN GOOD SPORTSMANSHIP!

Girls Tennis Important Dates

- Online Rules Clinic: March 2-23, 2026
- Opening Date: March 30, 2026
- First Contest: April 10, 2026
- Roster, Picture, Cutline and Schedule due on NDHSAA website: April 20, 2026
- Deadline for electronic submission of region entries 12:00 Noon CT May 13, 2026
- Deadline Team Play-In May 18, 2026
- Region Tournament: May 21-23, 2026
- State: May 28-30, 2026

Complete tennis regulations may be found under the Girls Tennis menu on the Athletics tab on the NDHSAA website.
<https://ndhsaa.com/regulations/tennis-girls>

General tennis information may be found on the main girls tennis page on the NDHSAA website:
<http://www.ndhsaa.com/athletics/tennis-girls>

2026 NDHSAA Girls Tennis Region & State Tournament Information



East Region Tennis in Fargo and West Region Tennis in Minot is set for May 21-23, 2026. The deadline for team play-in is May 18.

Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by NOON CT May 13. Entry form links will be emailed to coaches May 6, if not earlier.

2026 State Girls Tennis will be May 28-30 in Grand Forks.

Information including brackets may be accessed at:

<https://ndhsaanow.com/tournaments/tennis-girls>

REGION/STATE INFORMATION:

West Region - Minot

May 21-23 - Mitch Lunde, Mgr.

East Region - Fargo

May 21-23 - Todd Olson, Mgr.

State - Grand Forks

May 28-30 - Mike Biermaier, Mgr.

Girls Soccer Regulations



Complete Girls soccer regulations are available on the NDHSAA website:

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

2026 NDHSAA Girls Soccer State Tournament Information



The NDHSAA Girls State Soccer Tournament will be played May 28-30 in Bismarck. Dave Zittleman will manage the tournament.

Thursday's Games:

#1 West vs. #4 East - 12:00 p.m.

#2 East vs. #3 West - 2:15 p.m.

#1 East vs. #4 West - 4:30 p.m.

#2 West vs. #3 East - 6:45 p.m.

Friday Games:

Consolation Semifinals 12:00 p.m. and 2:15 p.m.

Semifinals 4:30 p.m. and 6:45 p.m.

Saturday Games:

5th Place 11:00 a.m.

3rd Place - 1:15 p.m.

1st Place - 3:30 p.m.

For further information, please see:

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



Follow [@NDHSAA](#) on "X" for updates on NDHSAA Activities, Postseason Broadcast Information & much more!

New 2026 Regulation (Class A and Class B):

Slope is allowed on yardage devices.

New Class B Regulations for 2026:

1. State Golf Payments: Schools will pay for practice rounds. Two day meet covered by NDHSAA.
2. 2 year trial – Super Region for B Boys qualifying
 - a. Advancement to State
 1. Top 4 teams from each Super Regional (12 total teams)
 2. Top 20 individuals (not already on a qualifying team) from each Super Regional (60 total individuals)
 3. Total Players Advancing to State: 132
 - b. The Super Regional format will include 3 Regional Tournaments, with rotating combinations of regions following the schedule below.

Super Regional Rotation Schedule

2026

 - Region 1 vs Region 2 - Carrington
 - Region 3 vs Region 4 - JCC
 - Region 5 vs Region 6 - Bully Pulpit

2027

 - Region 1 vs Region 3 - JCC
 - Region 2 vs Region 6 - Devils Lake
 - Region 4 vs Region 5 - Souris Valley
- c. General Guidelines
 - All regional teams will attend their assigned Super Regional.
 - Event Date: Tuesday after Memorial Day (Wednesday will serve as a storm day).
 - Teams will compete within their region throughout the season, and All-Region honors may still be awarded.
 - All golfers must be entered into iWanamaker. All varsity meets entered into iWanamaker. This will aide in grouping of players during Super Region meets.
 - B Regions will be held May 26, 2026 (May 27 will be backup date)
3. Tiebreakers at region meets to determine state qualifiers: 1) Scores on last nine holes of the round; 2) If still tied, compare scores on the last six holes of the round; 3) If still tied, compare scores on last three holes of the round; 4) If still tied; the score on the 18th hole determines the winner.
 - “Scores on last nine holes of round” refers to holes 10-18 on the scorecard.
 - “Scores on last six holes of round” refers to holes 13-18 on the scorecard.
 - “Scores on last three holes of round” refers to holes 16-18 on the scorecard.

Complete Boys Golf regulations are available on the NDHSAA website: <https://ndhsaa.com/regulations/golf-boys>

***Follow @NDHSAA on Instagram and check out
NDHSAA Photos!***

2026 NDHSAA Class B Boys Golf State Tournament



The NDHSAA Class B Boys Golf State Tournament will be held June 2-3, 2026 at Carrington's CrossRoads Golf Course with Carrington AD Karla Michaelson managing the event.

Awards will be presented at each site following the tournament. Three team trophies and 10 individual plaques for the top ten scores. Individual plaques are awarded to the champion and runner-up teams (Total of 7). Sudden victory playoffs will break ties for medalist honors, but ties for other individual awards shall not be broken.

2026 NDHSAA Class A Boys Golf State Tournament



The NDHSAA Class A Boys Golf State Tournament will be held on June 2-3, 2026 at Oxbow Country Club with Todd Olson as manager.

Awards: Team trophy for 1st, 2nd and 3rd place. Plaques will be awarded to 7 members of the 1st and 2nd place teams. Individual plaques for top 10 golfers (36 hole scores). Sudden victory play-offs will break ties for medalist honors, but ties for other individual awards shall not be broken.

Track & Field State Meet Housing at Bismarck State College



(For State Track Participants and Team Coaches Only)

Room Rates for residence halls \$50.00 per room/per person (double), \$43 per room/per person (triple - Lidstrom only). The following link is an application form provided by BSC for those interested in housing.

https://bismarckstate.edu/uploads/7/23_24Summer%20Conference%20Application.pdf (Werner Hall is also an option even though not listed on form)

Please call in advance to make a check in time and appointment. Check in with the Residence Hall Coordinator at an arranged time. Please call the Residence Hall Coordinator's phone upon arrival especially if at a different time than prearranged. Check out will be at 10:00 am. Leave keys with Residence Hall Coordinators in the designated area.

Swenson Hall - 701-224-5460, Werner Hall - 701-224-5554, Lidstrom Hall - 701-224-2554

Residence Hall Regulations:

- The use of alcoholic beverages or legally restricted drugs is prohibited in the residence housing. BSC is a tobacco free campus. Smoking, vaping and the use of chewing tobacco are prohibited in BSC buildings, on BSC property and/or rented property by employees, students and visitors. For the health and well-being of everyone on campus, please refrain from using tobacco now and in the future.
- No furnishing shall be removed from the residence housing. Public phones are available in the entryways of the residence halls. Pets are not allowed in residence housing.
- Because of our BSC summer students, quiet hours shall be maintained after 11:00 pm.
- Keys will be available the day of check in and given to the person responsible for checking in the group.
- Keep windows closed at all times during the hot weather so the air conditioning can work properly.
- The shower and bathroom facilities are identified on each floor, so men and women are posted on all floors. (Swenson and Werner Hall)

If you have any questions, please contact Student & Residence Life offices at 701-224-5464.

Homestyle Breakfast Menu:

Location - BSC Marketplace (Student Union)

Hours: Friday May 22 and Saturday May 23 - 7:00 - 9:00 am.

A variety of hot and cold breakfast items to choose from.

Track & Field State Meet Coach Deadline Reminder



Reminders in preparation for State Track & Field:

1. Remember deadlines:

All athletes must be entered into athletic.net by Monday, May 18th - 10 a.m. CT

Note: this will serve as your declaration/scratch deadline. All individuals and relays must be entered prior to the deadline in order to compete in the event.

2. Heat sheets will be posted on the NDHSAA website Wednesday, May 20. Heat sheets will not be provided in the packets. If you wish to have copies, you will want to print them from the web site. Make certain it is the final heat sheets rather than the first draft.

2026 NDHSAA Track & Field State Meet Schedule



[2026 NDHSAA TRACK & FIELD STATE MEET SCHEDULE](#)

2026 NDHSAA Track & Field Information and Regulations



2026 Track Information

The 2026 State Combined Class A and B Girls and Boys Track & Field Meets will be held at the Bismarck Bowl with Dave Zittleman as manager. The meet will be held on Thursday, Friday and Saturday, May 21-23.

The Class A and B regional meet order of events can be found in the complete regulations.

The top three place winners of each Class B regional track meet will automatically qualify for the State Meet.

- Southeast - Kindred - Brad Ambrosius, Mgr.
- South Central - Hazen - Chris Sorenson, Mgr.
- Southwest - Beach - Mike Zier, Mgr.
- Northwest - Minot - Lyall Krueger, Mgr.
- North Central - Rugby - Scott Grochow, Mgr.
- Northeast - Mayville - Adam Sola, Mgr.

In addition to these qualifiers, any contestant who has equalled or bested the state qualifying standard will also qualify for the state meet.

Class A schools may qualify entrants for the State Meet from their assigned region:

East Region – Fargo Shanley High School - Mark Hollcraft, Mgr.

West Region – Dickinson - Guy Fridley, Mgr.

The top six Class A finishers in each event, including the relays, with the possible exception of the high jump and pole vault events as outlined in item 13, qualify for the State Meet from each region. In addition to these qualifiers, any contestant who can equal or better the qualifying standards listed in item 9 of regulations may also qualify for the State Meet.

For complete track and field regulations:

www.ndhsaa.com/regulations/track-boys

www.ndhsaa.com/regulations/track-girls

Follow @NDHSAA on Instagram



No New Regulations for 2026:

For complete baseball regulations go to:

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

Important Dates:

Opening day of practice: March 16, 2026

First Game: March 27, 2026

State Tournament: May 28-30, 2026 – Class B – Jamestown, Class A – Minot



New Regulations for 2026:

-20 run rule after 3 innings.

For complete Softball regulations go to:

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

Important Dates:

Opening day of practice: March 16, 2026

First Game: March 27, 2026

State Tournament: May 28-30, 2026 – Class B – Jamestown, Class A – Minot



The nearest town to the tournament site will play in Game 4 and the bracket will be set as listed below. If there are multiple teams from the nearest town, the highest seed will play in Game 4.

	Bracket #1	Bracket #2	Bracket #3	Bracket #4
Game 1	W1 vs. E4	E1 vs. W4	W1 vs. E4	E1 vs. W4
Game 2	E2 vs. W3	W2 vs. E3	E2 vs. W3	W2 vs. E3
Game 3	W2 vs. E3	W1 vs. E4	E1 vs. W4	E2 vs. W3
Game 4	E1 vs. W4	E2 vs. W3	W2 vs. E3	W1 vs. E4

Minot - Scheels South Hill Softball Complex

Thursday, May 28:

Game 1 – 11:00 am

Game 2 – 35 min after

Game 3 – 4:00 pm

Game 4 – 35 min after

Friday, May 29:

Game 5 – 11:00 am – Loser Game 1 vs Loser Game 2

Game 6 – 35 min after – Loser Game 3 vs Loser Game 4

Game 7 – 4:00 pm – Winner Game 1 vs Winner Game 2

Game 8 – 35 min after – Winner Game 3 vs Winner Game 4

Saturday, May 30:

Game 9 (5th Place) – 10:00 am – Winner Game 5 vs Winner Game 6

Game 10 (3rd Place) – 35 min after – Loser Game 7 vs Loser Game 8

Game 11 (Championship) – 3:00 pm – Winner Game 7 vs Winner Game 8

For other softball tournament information: <http://www.ndhsaanow.com/tournaments/softball>

2026 NDHSAA Class B Softball State Tournament



FIRST ROUND PAIRINGS (Order maybe adjusted)

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

Jamestown - Lyle "Trapper" Lawrence Field

Thursday May 28:

- Game 1 – 11:00 am - #2 Seed vs Second Random Draw
- Game 2 – 35 min after - #3 Seed vs Third Random Draw
- Game 3 – 4:00 p.m. - #1 Seed vs First Random Draw
- Game 4 – 35 min after - #4 Seed vs #5 Seed

Friday May 29:

- Game 5 – 11:00 am – Loser Game 1 vs Loser Game 2
- Game 6 – 35 min after – Loser Game 3 vs Loser Game 4
- Game 7 – 4:00 pm – Winner Game 1 vs Winner Game 2
- Game 8 – 35 min after – Winner Game 3 vs Winner Game 4

Saturday May 30:

- Game 9 (7th Place) – 10:00 am – Loser Game 5 vs Loser Game 6
- Game 10 (5th Place) – 35 min after – Winner Game 5 vs Winner Game 6
- Game 11 (3rd Place) – 35 min after Loser Game 7 vs Loser Game 8
- Game 12 (1st Place) – 5:00 pm – Winner Game 7 vs Winner Game 8

For other softball tournament information: <http://www.ndhsaanow.com/tournaments/softball>

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

New Program Sports or Fine Arts, prior to start of season - contact NDHSAA

In the case of emergency football 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.

The Class A Baseball State Tournament will be played May 28-30, 2026 in Minot at Corbet Field with Mitch Lunde serving as manager.

The nearest town to the tournament site will play in Game 4 and the bracket will be set as listed below. If there are multiple teams from the nearest town, the highest seed will play in Game 4.

	Bracket #1	Bracket #2	Bracket #3	Bracket #4
Game 1	W1 vs. E4	E1 vs. W4	W1 vs. E4	E1 vs. W4
Game 2	E2 vs. W3	W2 vs. E3	E2 vs. W3	W2 vs. E3
Game 3	W2 vs. E3	W1 vs. E4	E1 vs. W4	E2 vs. W3
Game 4	E1 vs. W4	E2 vs. W3	W2 vs. E3	W1 vs. E4

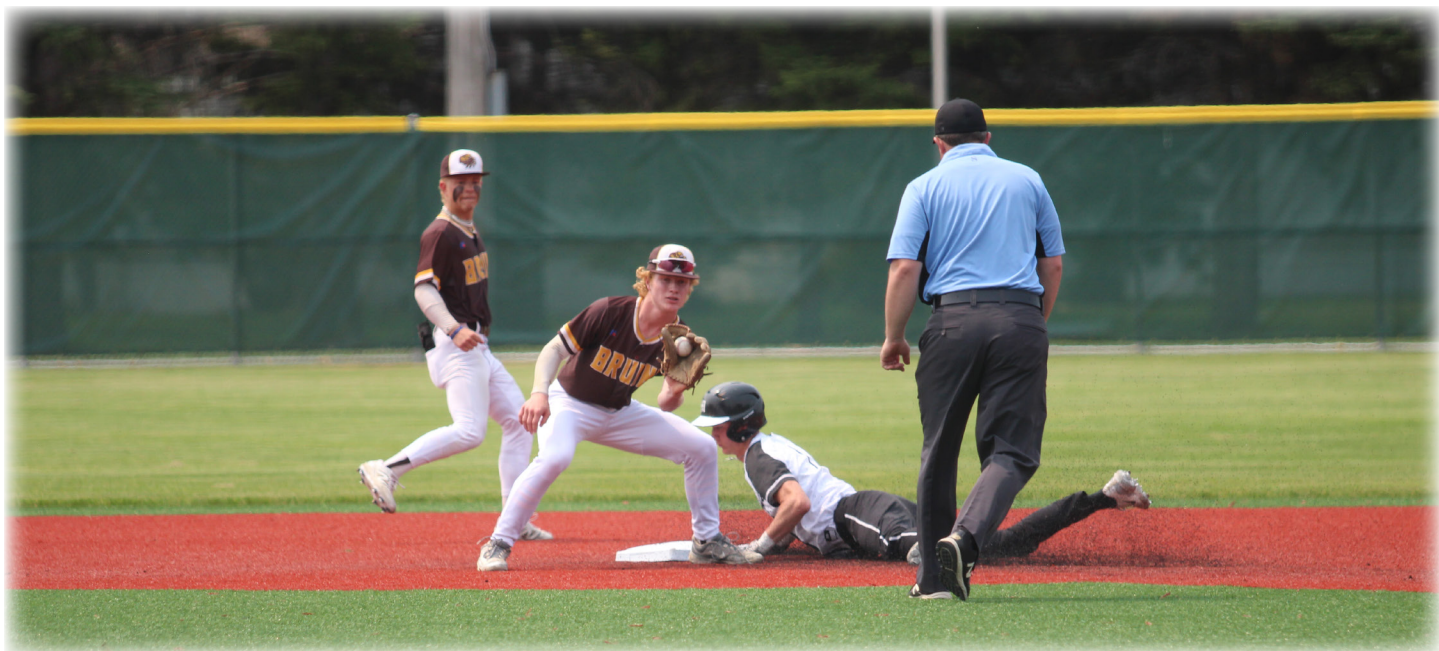
- The schedule will be determined following the region tournaments.
- Between games, if field conditions and time allows as determined by the manager, each team can have a 10-minute warm-up period on the playing field, but no batting practice will be allowed on the main diamond between games or at any time during the tournament.
- All games including the consolation games are seven innings in length, except as governed by the note in connection with Rule 4-2-2 of the current National Federation Baseball Rules. This rule provides in all seven-inning games, the game shall be called after the completion of 4 1/2 innings if the team behind by 10 runs has batted.
- Postseason Pitch Counts (State and Region Tournaments, including Region Play-Ins)
 - *120 daily pitch maximum
 - *135 tournament maximum
 - *3 appearance limit during tournament

Pitches	Days Rest
0-45	0
46-90	1
91-120	2

Tournament managers will track pitch counts and update teams accordingly.

- Team trophies will be awarded for places 1-4 and 19 individual awards per team. Extra awards may be purchased through the NDHSAA office.

For other baseball information: <http://www.ndhsaa.com/regulations/baseball>



The Class B State Baseball Tournament will be held on May 28-30 in Jamestown at Jack Brown Stadium with Jim Roaldson serving as manager.

If inclement weather prevails, the tournament manager shall postpone the tournament as necessary.

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 NDHSAA staff will adjust the order of quarterfinal games to avoid conflicts with schools that also have a softball team competing in the state tournament.

The quarter final 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

- Between games, if field conditions and time allows as determined by the manager, each team can have a 10-minute warm-up period on the playing field, but no batting practice will be allowed on the main diamond between games or at any time during the tournament.
- All games including the consolation games are seven innings in length, except as governed by the note in connection with Rule 4-2-2 of the current National Federation Baseball Rules. This rule provides in all seven-inning games, the game shall be called after the completion of 4 1/2 innings if the team behind by 10 runs has batted.
- Postseason Pitch Counts (State and Region Tournaments, including Region Play-Ins)
 - *120 daily pitch maximum
 - *135 tournament maximum
 - *3 appearance limit during tournament

Pitches	Days Rest
0-45	0
46-90	1
91-120	2

Tournament managers will track pitch counts and update teams accordingly.

- Team trophies will be awarded for places 1-8 and 19 individual awards per team. Extra awards may be purchased through the NDHSAA office. The Wilson A1010 will be the official tournament ball.

For other baseball information: <http://www.ndhsaa.com/regulations/baseball>



No New Regulations for 2026

Football Important Dates:

Football Opening Date - August 6, 2026

First Contest - August 20, 2026

End 9-Man Regular Season - October 17, 2026

End of A Regular Season - October 17, 2026

First Round 9-Man Playoffs - October 24, 2026

First Round A Playoffs - October 24, 2026

End of AA and AAA Regular Season - October 24, 2026

Quarterfinal Playoffs AA and AAA - October 30, 2026

Quarterfinal Playoffs 9-Man and B - October 31, 2026

Semifinal Playoffs AA and AAA - November 6, 2026

Semifinal Playoffs 9-Man and A - November 7, 2026

End of 6-man and Independents Regular Season - November 13, 2026

Finals--Dakota Bowl - November 13, 2026

For complete NDHSAA Football regulations visit: <https://ndhsaa.com/regulations/football>

2026 NDHSAA Cross Country Regulations & Information

New regulations for the 2026 season:

1. The following are the minimum times to participate in the state meet - Boys - 23:00 and Girls 26:00.
2. Use a double start line for the State B Boys and State B Girls races
-Athletes qualify for the front line by running a time standard that is 23:00 for B girls and 20:00 for B boys.
-All other competitors are placed on a second line 5 meters behind the front line.
3. NDHSAA Board determines road races no longer considered a similar sport to Cross Country.

Boys Cross Country Regulations:

http://www.ndhsaa.com/athletics/cross_country_boys/cross_country_boys_regulations/

Girls Cross Country Regulations:

http://www.ndhsaa.com/athletics/cross_country_girls/girls_cross_country_regulations/

Cross Country Important Dates

2026 State XC Meet Schedule (Jamestown):

Friday, October 23: 2:00 p.m. - B Boys; 2:45 p.m. - B Girls

Saturday, October 24: 2:00 p.m. - A Boys; 2:45 p.m. - A Girls

Follow [@NDHSAA](#) on “X” for updates on NDHSAA Activities, Postseason Broadcast Information & much more!

New Regulations for 2026.

1. Add two more regular season state qualifier meets for Class A boys & girls and Class B girls (four total).

Girls Class B Golf Important Dates

Begin practice - August 3, 2026

First Allowable meet - August 7, 2026

Deadline for Regional Meets - September 21, 2026

State Meet - Carrington's CrossRoads Golf Club - September 28-29, 2026

Check the NDHSAA website for updated information: http://www.ndhsaa.org/athletics/golf_girls

Girls Class A Golf Important Dates

Begin practice - August 10, 2026

First Allowable meet - August 14, 2026

Deadline for Regional Meets - September 28, 2026

State Meet - Bismarck's Riverwood Golf Course - October 5-6, 2026

Check the NDHSAA website for updated information: http://www.ndhsaa.org/athletics/golf_girls

2026 NDHSAA Boys Tennis Important Dates

Boys Tennis season important dates:

Online Rules Clinic (Boys Coaches or Girls Coaches): August 3-24, 2026

Opening Date: August 10, 2026

First Contest: August 21, 2026

Picture, Cutline, Roster, Schedule Deadline: August 31, 2026

Deadline to Submit Regional Boys' Tennis Entries: 12:00 Noon CT September 23, 2026

Deadline Team Play-In: September 29, 2026

Region Tournament: October 1-3, 2026

State Tournament: October 8-10, 2026

Tennis regulations and information may be found on the NDHSAA website:

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

2026 NDHSAA Girls Swimming & Diving Regulations & Information

Complete Girls Swimming & Diving regulations may be found on the NDHSAA website:

http://www.ndhsaa.com/athletics/swimming_and_diving_girls/girls_swimming_and_diving_regulations/

Girls Swimming Important Dates:

Season begins: August 17

First contest: August 28

State Meet: November 13-14. West Fargo - Logan Midthun - Mgr.

Check the NDHSAA website for updated information: http://www.ndhsaa.com/athletics/swimming_and_diving_girls/

There are no new regulations for the 2026 season.

Complete volleyball regulations may be found on the NDHSAA website:

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

Volleyball Important Dates

Season begins: August 17

First contest: August 28

Picture, Cutline, Roster and Schedule due on NDHSAA website: September 8

Deadline for Division B District Tournaments: November 5

Division A and B Region Tournaments: November 9,10,12

Division B

Region 1 - University of Jamestown - Damon Boschee (Medina) Mgr.

Region 2 - Park River - Brett Omdahl - Mgr.

Region 3 - Williston State College - Alex Herman - Mgr.

Region 4 - Bismarck State College - Jason Harris - Mgr.

Division A

Region 1 - Fargo Oak Grove - Brent Wolf - Mgr.

Region 2 - Devils Lake - Jason Wiberg - Mgr.

Region 3 - Minot State - Alton Nygaard - Mgr.

Region 4 - Watford City - Mitch Lunde - Mgr.

Division A & Division B East State Qualifiers

November 14

Division A & Division B East Region - Mayville State - Adam Sola - Mgr.

Division A & Division B West Region - Minot Auditorium - Peggy Person - Mgr.

Division AA East Region Tournament: November 10,12,14 - Home sites round one and two - Grand Forks Central will host the final day of competition.

Division AA West Region Tournament: November 12-14 - Mandan - Mark Weist - Mgr.

State Tournament: November 19-21 - Bismarck Events Center Bismarck, ND - Dave Zittleman - Mgr.

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

New Regulations for 2026 season:

Increase the number of playable halves in a week was increased from 8 to 9.

NDHSAA Boys Soccer Regulations. <https://ndhsaa.com/regulations/soccer-boys>

Boys Soccer Important Dates

Season begins: August 3

First contest: August 14

Deadline for regular season: October 10

State Tournament: October 15-17 - Fargo

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

2026-27 Fine Arts/Career & Tech Ed Calendar

NDHSAA

Statewide Fine Arts/Career Tech Dates 2026-27	Start Date	End Date
Student Congress 1st Competition Date	9/1/26	
State Student Congress	11/5/26	11/6/26
Debate 1st Competition Date	11/13/26	
State B Plays	11/23/26	11/24/26
A Speech 1st Competition Date	1/2/27	
B Speech 1st Competition Date	1/2/27	
NDHSAA State Debate	2/6/27	
State DECA, Bismarck	2/28/27	3/2/27
NDMEA All State	3/21/23	3/23/27
State FBLA, Bismarck	4/4/27	4/6/27
Good Friday	3/26/27	
Easter Sunday	3/28/27	
Final Date for A Music Regions	4/5/27	
A Speech Regions	4/3/27	
Final Date for B Speech Regions	4/10/27	
Final Date for B Music Regions	4/10/27	
State FCCLA, Bismarck	4/11/27	4/13/27
State A Plays	4/5/27	
A Speech State	4/17/27	
SKILLS USA, Wahpeton	4/18/27	4/20/27
State A Vocal	4/23/27	
B Speech State	4/24/27	
State B Music	5/1/27	
State FFA, Fargo	6/7/27	6/10/27



NCAA Amateurism Reminder for your Student Athletes

NDHSAA

Students enrolling full-time at an NCAA Division I or II college or university should reference the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/> for guides, timelines and sport-specific calendars.

To request final amateurism, students should log in to their Certification Account at <https://web3.ncaa.org/ecwr3/> and:

- Review their added sports and answers to sports questions.
- Check their graduation and enrollment dates and update if needed.
- Review any open tasks and complete necessary information.

General information about the college recruiting process may be accessed at:

<https://www.ncaa.org/sports/2021/2/10/recruiting-calendars-faq.aspx>

Division I Eligibility Standards

NDHSAA

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/>

The Eligibility Center includes account information, registration checklist, and FAQs.

September 15, 2026: Deadline for NDHSCA Fall Sports' head coaches, assistant coaches and junior high coaches to join NDHSCA for Fall Sports' NDHSCA Awards eligibility

January 31, 2027: Deadline for NDHSCA Winter Sports' head coaches, assistant coaches and junior high coaches to join NDHSCA for Winter Sports' NDHSCA Awards eligibility

March 10, 2027: Deadline for NDHSCA Gelaine Orvik Scholarship nominations

March 15, 2027: Deadline for NDHSCA Scheels Scholarship applications

April 30, 2027: Deadline for NDHSCA Spring sport head coaches, assistant coaches and junior high coaches to join NDHSCA for Spring Sports' NDHSCA Awards eligibility

May 1, 2027: NDHSCA State Coaches' Convention PRE-REGISTRATION Opens

July 26 – July 28, 2027: North Dakota High School Coaches Association State Coaches' Convention at the Fargo Holiday Inn

July 26, 2027: NDHSCA CPR/AED/First Aid Recertification, Concussion Management, and Sport Specific Sessions in the afternoon

July 26 – July 28, 2027: Sports Specific Sessions at the NDHSCA State Convention

July 27, 2027: NDHSCA State Convention Social and Taco Bar, hosted by Game One

July 28, 2027: NDHSCA Sports Advisory Committee Planning Sessions at NDHSCA Convention for the sports of baseball, basketball, cross country, football, golf, softball, swimming & diving, tennis, track & field, volleyball and wrestling

July 28, 2027: NDHSCA Coach of the Year and Hall of Fame Banquet as a part of the NDHSCA State Coaches' Convention

NDHSAA Dates:

Sports Advisory Committee Meeting Dates: To develop recommendations to NDHSAA Board of Directors through NDHSAA Athletic Review Committee (dates set by NDHSAA)

NDHSAA Athletic Review Committee Meeting dates (dates set by NDHSAA)

NDHSCA Contacts:

Lisa Jenkins, NDHSCA President, Wilton HS

lisa_jenkins@bismarckschools.org

701-202-1495 (cell phone) 701-323-4550 (school phone)

Randy Johnson, NDHSCA Executive Secretary,

duck@westriv.com

701-870-1064 (cell phone)



The North Dakota High School Coaches Association State Coaches Convention will be held July 27, 2026 to July 29, 2026 at the Mandan Baymont. A room block has been reserved at the Mandan Baymont, Mandan Days Inn and Mandan Comfort Inn. Please make reservations early!

[Here is the link: NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

Here are some key points in preparation and registration for the convention.

1. Convention registration is \$65.00 and membership is \$60.00. This will ensure membership for the 2026-2027 school year.
2. Registration will be available starting around May 1, 2026. A tentative convention schedule will be posted on our website by May 1, 2026.
3. There is a chance for coaches to earn up to two semester hours of graduate credit through North Dakota State University. One or two Graduate Credits are available by attending July 27, 2026 – July 29, 2026. Coaches would need to attend all days (July 27 through July 29) and do a little outside work to receive the two semester hours of credit. For one semester hour of credit, coaches would need to attend any two days of the convention. Graduate credit will be \$75.00 per credit. Individuals must register for the convention in order to take the credit. This is an awesome deal.
4. Coaches will be able to recertify for CPR/AED/First Aid Training by attending one of the three sessions available on Monday, July 27, 2026. There is a \$15.00 charge for taking the training.
5. Coaches will be able to update their concussion management by attending the sessions on Monday, July 27, 2026. **There are two sessions on concussion management this year. Each session is different.**
6. **All registration will be done on-line!** If people have a problem with the registration process, they are urged to contact their school's information technician, computer instructor or Randy Johnson at duck@westriv.com.
7. **All Athletic Directors are reminded this will assist coaches in the recertification process.**
8. Every coach in the State of North Dakota is encouraged to attend. This is a great time to build communication with high school and college coaches throughout the state and surrounding states who will be speaking at the event.

Registration will be available around May 1st.

Another very popular activity over the past years is the Taco Bar sponsored by Game One and the North Dakota Beef Commission. This will be on Tuesday, July 28, 2026 at the Mandan Baymont. The Beer Can Horse Races are back this year for contributions to the Gelaine Orvik Scholarship Fund. This social is open to all coaches attending the convention.

Here is a breakdown of the schedule:

- Monday, July 27th – CPR/AED Recertification, Concussion Management and sport specific sessions
- Tuesday, July 28th – Sport Specific Sessions. General Sessions. Social with taco bar and Horse Races sponsored by Game One.
- Wednesday, July 29th – Sport Specific Sessions, NDHSCA Annual Meeting, NDHSCA Hall of Fame/Coach of the Year Banquet

Be sure to check the “ever-changing” schedule on the NDHSCA Website (www.ndhsca.com). Additions and changes will be made as they develop. NDHSCA has contacted several highly-successful speakers in all sports. **We need your attendance to make this a success.** Some great speakers and sessions are waiting for you as coaches.

NDHSCA encourages every coach to go to the North Dakota High School Coaches Association website, www.ndhsca.com, for further information, registration forms, hotel information, and other pertinent information related to the NDHSCA State Coaches Convention. All coaches are also encouraged to share this information with fellow coaches, grades 7-12, in their school system. The opportunities for professional development, graduate credit, and networking with outstanding coaches will be phenomenal.

Please feel free to direct fellow coaches to the online site. All head coaches should feel an obligation to include their entire staff to attend the convention for professional development and to complete Coaches Education Requirement. All registrants are reminded that the NDHSCA Registration Fee includes a ticket to the July 29th NDHSCA Hall of Fame/Coach of the Year Banquet. Sleeping rooms have been blocked for NDHSCA at the Mandan Baymont, Mandan Days Inn and Mandan Comfort Inn. Here is the information.

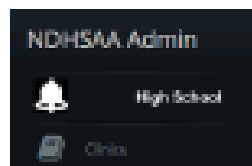
[NDHSCA State Coaches Convention - Hotel Specials | Playeasy](#)

Should you have additional questions, please feel free to contact Randy Johnson, NDHSCA Executive Director at: 701-870-1064 or Email at duck@westriv.com.

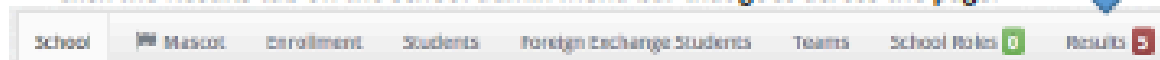
NDHSAA Help

NDHSAA Admins – Reporting Scores

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

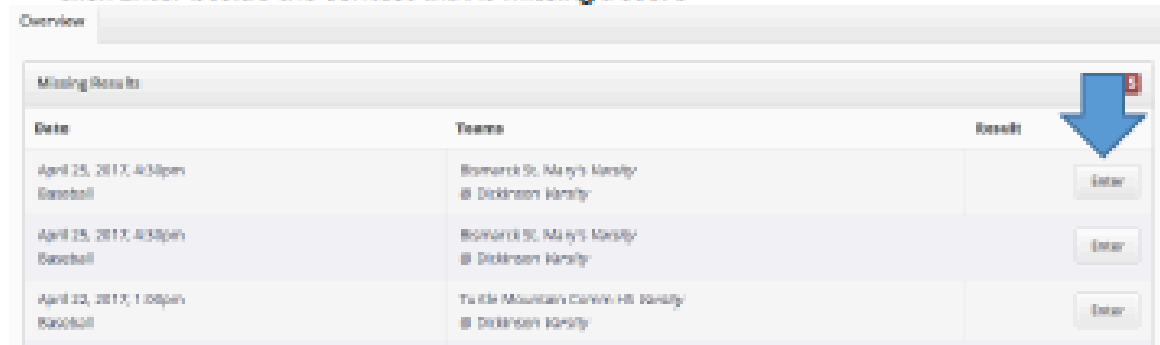


- o Click the Results tab on the school admin menu bar that goes across the page.

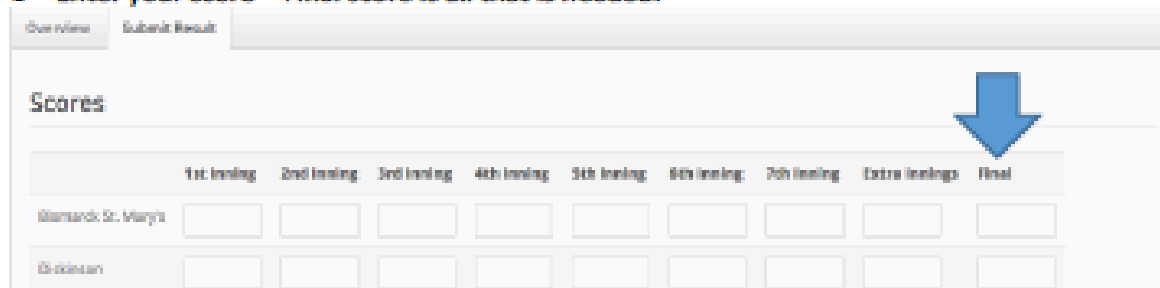


- o There will be a red box with a number inside if you are missing any scores.
- o If all scores are entered, the box beside your results tab will be green with a "0" inside.

- 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.

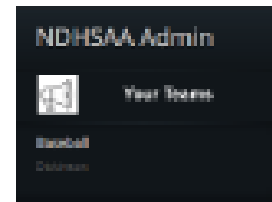


Notes:

- 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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Visit NDHSAA NOW for scores, stories and more! www.ndhsaanow.com