



NDHSAA BULLETIN

North Dakota High School Activities Association
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May 2010

Inside This Issue

Thank You for a Good Year!	2
State Softball Tournament	2
Fall MVP Website Requirements	3
State A Baseball Tournament	3
NEW Online Rules Clinic for Coaches, Officials and Judges	4
2010-11 Directory Update Reminder	4
Officials' General Requirements	5
Officials' Specific Sport Requirements	6
Officials' Registration Online	7
Officials' Reciprocity Registration Online	7
Coaches & Officials Online Testing	7
Football Workshops Offered	8
Basketball Workshops Offered	8
Softball Workshops Offered	8
Volleyball Workshops Offered	8
NDHSAA Board Meeting Dates	9
Participants Must Be Accompanied	9
ACT-SAT National Test Dates	9
Pre-Participation and Physical Exam Requirements Updated by NDHSAA Member Schools	9
2010-11 Officials' Basketball Camps	10
Girls' Regional and State Tennis	10
NDHSAA Contact Information	10
Team Scholar Recipients	11
Mandatory Administrator Meetings	11
Student Congress, Play, Music, Debate, & Speech Clinics Online	11
State Track & Field Meet Schedule	12
Track & Field Coach Deadline	12
2010 State Track Housing at BSC	13
2010 Track Housing at U of Mary	13
State A Boys' Golf Information	14
Golf Sportsmanship Reminder	14
State B Girls' & Boys' Golf Info	15
B Boys' & Girls' Golf Hotel Info	15
2010-11 Tournament Sites	16-18
2010/11 NDHSAA Rules Clinic Dates and Locations	19
Starting Dates Set for Fall Activities	20
2010 Girls' State Soccer Tournament	20
Guidelines for Summer Practice	21
Guidelines for NDHSAA Coops	21
Eligibility & Participation Reports	21
2010/11 NDHSAA Calendar	21
2010 Cross Country Regulations	22-23
2010/11 Boys' Tennis Information	23
2010 Class A Girls Golf Regulations	24-25
2010 NDHSAA Football	25
2010 Volleyball Regulations	26
2010 Boys' Soccer Information	27
NDHSAA Coaches Convention Planned	27
NDHSAA/US Bank Distinguished Student Selections Underway	28
Board Regulation: Intent to Sponsor an Activity	29
Fundamentals of Coaching Softball	29
State Class B Baseball Tournament	29
NDHSAA May, June, July Calendar	30



*2010 Class A
Speech Champions
Mandan High School*



*2010 Class B
Speech Champions
Richardton-Taylor
High School*

NDHSAA Premier Partner:



NDHSAA Supporting Sponsor:



Thank You for a Good Year!

The NDHSAA staff and Board of Directors would like to take this opportunity to thank all school administrators, activities directors, coaches, and managers who have helped make 2009-10 a good year.

With all of the organization and decisions that have to be made for the good of our students, this gigantic job could not be accomplished without teamwork. We appreciate the time you spend as managers and committee chairpersons. We appreciate all the committee work it takes to keep all activities viable.

Change is ever present. We appreciated the optimism and professionalism of our members in working to solve concerns while offering many great opportunities to our students.

Thank you—have a great summer!

State Softball Tournament to be Held in Minot

The State Fastpitch Softball Tournament will be held at Minot South Hill Complex, June 3-5, with Pat McNally as manager. If inclement weather prevails, the tournament manager shall postpone the tournament as necessary.

Tournament games will begin Thursday with the first game at 12:00 noon and the second game 35 minutes after previous game. The 3rd game begins at 5:00 pm and 35 minutes after previous game.

Thursday's pairings:

Region 1, Team 1 vs. Region 2, Team 2
Region 1, Team 4 vs. Region 3, Team 1
Region 1, Team 2 vs. Region 3, Team 2
Region 1, Team 3 vs. Region 2, Team 1

The "home team" or nearest team to the tournament site will play the last game of the state tournament's first round. If there are multiple teams from the tournament site, the highest seed will be the "home team". The pairings will remain the same, but game times will be adjusted. Each team will be allowed a 10-minute warm-up period on the playing field before each game. No batting practice will be allowed on the main diamonds.

Friday's pairings:

The first game at 12:00 noon and the second game 35 minutes after previous game. The 3rd game begins at 5:00 pm and 35 minutes after previous game.

Saturday schedule:

7th place game - 10:00 am
Consolation championship 35 minutes after 7th place game.
3rd place game - 2:00 pm
Championship game 35 minutes after the 3rd place game

All games including the consolation games are to be seven innings in length, except as governed by the note in connection with Rule 4-2-2 of the National Federation Softball Rules. This rule provides in all seven-inning games, the game shall be called after the completion of 4 ½ innings if the team behind by 10 runs has batted.

Team trophies will be awarded for places 1-7 and 16 individual awards per team. Extra awards may be purchased through the NDHSAA office.

Admission

	Tournament	Daily
Adult	\$20.00	\$8.00
Student	\$10.00	\$4.00

*The coaches' meeting will be held June 4 - 9:00am at the Comfort Inn - 1515 22nd Ave. SW Minot

For other softball tournament information: http://www.ndhsaa.org/athletics/girls_softball/girls_softball_tournament_information

Fall MVP Website Requirements

Schools are required to have rosters/pictures/cutlines and schedules for all fall sports uploaded to MVP 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 for the first season and \$100 for each sport for subsequent seasons. Schools have the ability to edit this information as rosters change throughout the season. Please refer to the MVP Help link on the NDHSAA website for complete information on uploading information to MVP and printing programs. For additional information on uploading team information to MVP, please contact Brenda Schell at the NDHSAA office.

Below are deadline dates:

Sport/Activity	Deadline	Sport/Activity	Deadline	Sport/Activity	Deadline
Class A Girls' Golf	August 30, 2010	Cross Country	August 30, 2010	Girls' Swimming	September 7, 2010
Boys' Soccer	August 30, 2010	Boys' Tennis	August 30, 2010	Volleyball	September 7, 2010
		Football	September 1, 2010		

State A Baseball Tournament

The State Class "A" Baseball Tournament will be held at Mandan's Memorial Ballpark, June 3-5, with Lorell Jungling as manager. If inclement weather prevails, the tournament manager shall postpone the tournament as necessary.

Tournament games will begin daily at 11:30 with the 3rd game beginning at 4:30

State Pairings:

- 1 west vs. 4 east
- 2 east vs. 3 west
- 1 east vs. 4 west
- 2 west vs. 3 east



* The higher seeded team will be the home team and have choice of dugout. If like seeds play, there shall be a coin-flip to determine the home team. The "home team" or nearest team to the tournament site will play the last game of the state tournament's first round. If there are multiple teams from the tournament site, the highest seed will be the "home team". The pairings will remain the same, but game times will be adjusted. The schedule will be determined following the region tournaments.

Between games, if field conditions and time allow 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.

All games including the consolation games are to be 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.

Pitching regulations are as follows: An individual may pitch a maximum of 14 innings in any seven-day period. A player may pitch only 12 innings or make only three appearances as a pitcher in a one-day or a two or three consecutive day tournament. Each pitcher will have a full complement of innings for the state tournament providing there is a minimum of four days rest prior to the state tournament.

Team trophies will be awarded for places 1 - 7 and 16 individual awards per team. Extra awards may be purchased through the NDHSAA office.

Admission:	Tourney	Daily
Adult	\$20.00	\$8.00
Student	\$10.00	\$4.00

*The coaches' meeting will be held Friday morning, 8 o'clock at Mandan Memorial Ballpark.

For other baseball information: http://www.ndhsaa.org/athletics/baseball/baseball_regulations

NEW Online Rules Clinic for Coaches, Officials and Judges

The NDHSAA Board of Directors directed NDHSAA Staff to implement online rules clinics for some sports and activities for the 2010/11 season. Officials and head coaches must complete rules clinics in sports where clinics are offered. These online rules clinic will be in place of the face to face rules clinics as were done in prior years. The clinics offered will be available online only and must be completed within the clinic window. The clinic will be available through a link within MVP. You must have an MVP account in order to complete the rules clinic. Please note not all clinics are online for the 2010/11 school year. Some sports and activities will continue to have clinics at sites around the state. The complete clinic schedule appears elsewhere in this BULLETIN.

Following are the sports and activities that will have online rules clinics for 2010/11 along with clinic windows.

Fall:

August 1 - September 3

Cross Country
Soccer
Swimming & Diving
Play
Student Congress

Winter:

November 1 - December 1

Basketball
Wrestling
Debate
Music
Speech

Spring:

February 15 - March 15

Track & Field

March 1 - April 1

Baseball

2010-11 Directory Update Reminder

Administrators are reminded the 2010-11 NDHSAA Directory of Member Schools will be sent to schools in August and published on our website under the Member Schools link.

To check your school's information:

Log in to MVP
Click on the Schools tab on the blue menu bar at the top of the page
Click on the link to your school

To update your school information:

Log in to MVP
Click on the Admin Wrench
Click on the Profile tab on the grey menu bar across the page
Go through administrative profile tabs and check your school information.
(Overview, Contact - Mascot & Colors - Directions - Teams)
Click "Save" after correcting the information on each tab.

• Overview

Check all information.
Change the school year to 2010/11 in the drop down menu
Enter your predicted enrollment for grades 9-12 for the 2010/11 school year.
Choose your schools Main User (All NDHSAA correspondence will be sent to your school's Main User)

• Contact

Check all contact information including website address and contact email.
Provide physical address AND mailing address. Both will be listed in the 2010-11 Member School Directory.

• Mascot & Colors

Upload mascot logo, check name, colors, school song

• Directions

A Google Map based on your school address will appear here. If there are special instructions to your school. ie: Use North door only, all visitors must check in at office, offices open 9-4 etc.

• Teams

Verify your teams and coops and contact Brenda Schell concerning changes

Administrators are urged to have staff members create/amend MVP accounts as hiring for 2010-11 is completed. This way, current information is in the system without having to fill out additional forms or have concern about correct names in July. Contact Brenda Schell to remove incorrect roles in your school.

Your school profile will be downloaded by the printer the morning of July 15, 2010. We understand that you may not have all of your positions filled at this time; however, you will want to check your MVP school profile for accurate printing. Call or email NDHSAA if you have any questions.



NDHSAA Officials' General Requirements

Listed below are the requirements for ALL officials. PLEASE READ CAREFULLY.

Dates:

- Renewals are due July 1st. Renewal after July 1st will result in an additional \$20.00 fee.
- Deadline for registrations and renewals are the last clinic date for each sport. Complete clinic dates appear elsewhere in this BULLETIN. **No registrations will be accepted after the last clinic date in each sport.**

Registration Process:

- All officials must have MVP accounts with current email addresses. Communication will be done through email to the address you have used for your MVP account.
- All officials' registration is online only and is processed through MVP.
Go to the NDHSAA website (www.ndhsaa.com). Click on the Officials' & Judges' tab on the left side of the page then select the appropriate officials' link. ANYONE that currently has an MVP account will use their MVP login and password to access the 2010/11 Officials Registration Form. Anyone that has NOT created an MVP account, will create an MVP account as they register for officiating. Follow the step-by-step directions on the Officials' & Judges' page.
- New officials must create an MVP account, then fill out the 2010-2011 NDHSAA Officials' Registration form through MVP. The officials registration form is under the "Officials Registration" tab once you are logged in to MVP.
 - * To create a new MVP account, click on the green link that states "Create New MVP Account" on the left side of any page on the NDHSAA website. <www.ndhsaa.com>
- If you already have an MVP account either as a coach or as an official, you must log in to MVP and fill out the 2010-2011 NDHSAA Officials' Registration Form. The officials registration form is under the "Officials Registration" tab once you are logged in to MVP.
- Officials are not registered until fees have been received and processed by NDHSAA.
- Officials are not eligible to officiate until all fees are received and processed by NDHSAA.

General Information

- All officials must have MVP accounts.
- Any NONREGISTERED official who officiates an NDHSAA contest may be declared ineligible.
- Any official who uses tobacco at the site of the contest or consumes alcohol the day of and prior to a contest shall be suspended.
- Any out-of-state official, who officiates a contest in North Dakota and does not have reciprocity, may be declared ineligible.
- Officials must attend/complete an NDHSAA rules clinic and complete the rules exam each year. All officials registered in BB, FB, GYM, SB, VB MUST ATTEND a workshop annually for each sport in which they officiate. (See sport specific requirements below).

Online Testing:

- All officials must be registered through MVP to officiate and NDHSAA must have processed registration fees before any online exams may be taken. You must allow for mailing time.

Classification:

- Probationary and Ineligible officials for 2010-11 will be notified in May 2010.
- Officials may check their history by logging in to MVP, clicking on "My Profile" then clicking the "Officials history" link at the bottom of the page.
 - * If you discover a discrepancy, please contact Patty (701-845-3953) as soon as possible.
- The NDOA Classification System has two classifications: Certified or Probationary. Upon receipt of your registration fee, you will be certified and remain certified unless one of the requirements is not fulfilled.
- Officials' requirements; clinics, workshops, test information, camps, fees, etc., are all posted on the NDHSAA website. Please refer to the website for this information.

Other Regulations:

- An official who registers in a particular sport and decides he/she does not want to officiate or cannot comply with regulations may cancel the registration by notifying the NDHSAA office by September 15th for fall sports and by November 30th for winter sports. The test, clinic and workshop requirements would then NOT be in effect; however, an official who thus canceled could not officiate any contests in that sport for the current season. Canceling but actually officiating would make the official ineligible for registration the following year in that sport. **NO REFUNDS WILL BE ISSUED.**



NDHSAA Officials' Specific Sport Requirements

BASKETBALL

CLINIC: ALL officials must complete the NDHSAA online rules clinic each year. **Clinic Window: November 1 - December 1**

WORKSHOP: 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.

CAMP: Beginning with the 2002-03 school year, each basketball official must have officiated or have been a supervisor at a NDHSAA approved camp within the previous three years to be eligible to officiate region and state tournaments.

EXAM: ALL basketball officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

Testing window: November 30 - December 7, 2010

BASEBALL

CLINIC: ALL officials must complete the NDHSAA online rules clinic each year. **Clinic Window: March 1 - April 1**

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

Testing window: April 5 - April 12, 2011

FOOTBALL

CLINIC: ALL officials must attend a NDHSAA rules clinic each year. Clinic schedules are available at the NDHSAA website.

WORKSHOP: ALL officials must attend one officials' workshop 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.

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: September 7 - September 14, 2010

GYMNASTICS

CLINIC/WORKSHOP: ALL officials must attend a NDHSAA rules clinic/workshop each year. Clinic schedules are available at the NDHSAA website.

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is November 30 - December 7, 2010.

HOCKEY

CLINIC: ALL officials must attend a NDHSAA rules clinic each year. Clinic schedules are available at the NDHSAA website.

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is November 30 - December 7, 2010.

SOFTBALL

CLINIC: ALL officials must attend a NDHSAA rules clinic each year. Clinic schedules are available at the NDHSAA website.

WORKSHOP: ALL officials must attend one officials' workshop each year. Workshop schedules are on the NDHSAA website.

Each site may conduct a "Make-Up" workshop by arrangement with the supervisor. Officials will have to pay a \$20 fee to the supervisor to attend.

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: April 5 - April 12, 2011

SOCCER

CLINIC: ALL officials must complete the NDHSAA online rules clinic each year. **Clinic window: August 1 - September 3**

EXAM: ALL officials must take the online exam each year. The test will be available by following the On-Line Testing link on the main page of the NDHSAA website. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: September 7 - September 14, 2010.

SWIMMING

CLINIC: ALL officials must complete the NDHSAA online rules clinic each year.

Clinic window: August 1 - September 3, 2010

EXAM: ALL officials must take the online exam each year. The test will be available by following the On-Line Testing link on the main page of the NDHSAA website. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: September 7 - September 14, 2010.

VOLLEYBALL

CLINIC: ALL officials must attend a NDHSAA rules clinic each year. Clinic schedules are available at the NDHSAA website.

WORKSHOP: ALL officials must attend one officials' workshop each year

Each site may conduct a "Make-Up" workshop by arrangement with the supervisor. Officials will have to pay a \$20 fee to the supervisor to attend.

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: September 7 - September 14, 2010.

WRESTLING

CLINIC: ALL officials must complete the NDHSAA online rules clinic each year. **Clinic window: November 1-December 1**

EXAM: ALL officials must take the online exam each year. Grading will be Pass/Fail. You must obtain 75% to pass.

The testing window is: November 30 - December 7, 2010.

NDHSAA Officials' Registration Online

Registration of officials for 2010-2011 will be available through MVP only and officials must have an MVP account in order to register. Registration will open after May 1st. All renewals are due before July 1st each year. Renewals after July 1st will be accepted until the last clinic date for each sport, however, this will result in an additional \$20.00 fee. No registrations will be accepted after the last clinic date for each sport. Clinic dates are listed elsewhere in this BULLETIN.

Officials Registration Process:

- All officials must have MVP accounts with current email addresses. Communication will be done through email to the address you have used for your MVP account.
- All officials' registration is online only and is processed through MVP.
 - * Go to the NDHSAA website (www.ndhsaa.com). Click on the Officials' & Judges' tab on the left side of the page then select the appropriate officials' link. Current MVP users will use their MVP login and password to access the 2010/11 Officials Registration Form. Anyone that has NOT created an MVP account, will create an MVP account as they register for officiating. Follow the step-by-step directions on the Officials' & Judges' page.
- New officials must create an MVP account, then fill out the 2010-2011 NDHSAA Officials' Registration form through MVP.
 - * To create a new MVP account, click on the green link that states "Create New MVP Account" on the left side any page on the NDHSAA website. <www.ndhsaa.com> Then fill out the 2010-2011 Officials Registration Form under the Officials Registration tab.
- If you already have an MVP account either as a coach or as an official, you must log in to MVP and fill out the 2010-2011 NDHSAA Officials' Registration Form under "My Profile" then the "Officials Registration" tab once you are logged in to MVP.
- Officials are not registered until fees have been received and processed by NDHSAA.
- Officials are not eligible to officiate until all fees are received and processed by NDHSAA. 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 by the NDHSAA office. (See Reciprocity Registration article below.)

NDHSAA Officials' Reciprocity Registration Online

Registration of reciprocity officials for 2010-2011 will be available through MVP only and officials must have an MVP account in order to register. Registration will open after May 1st. Officials are not eligible to officiate until all fees are received and have been processed by NDHSAA.

Officials' Reciprocity Registration Process:

- 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 by the NDHSAA office.
- All officials must have MVP accounts with current email addresses. Communication will be done through MVP email addresses.
- Go to the NDHSAA website (www.ndhsaa.com). Click on the Officials' & Judges' tab on the left side of the page then select the reciprocity officials' link. Current MVP users will use their MVP login and password to access the 2010/11 Officials Registration Form. Anyone that has NOT created an MVP account, will create an MVP account as they register for officiating. Follow the step-by-step directions on the Officials' & Judges' page.
- New officials must create an MVP account, click on the 2010-2011 NDHSAA Officials' Registration form on the Officials Registration tab in MVP then click on the "Reciprocity Form" link.
 - * To create a new MVP account, click on the green link that states "Create New MVP Account" on the left side any page on the NDHSAA website. <www.ndhsaa.com>
- If you already have an MVP account either as a coach or as an official, you must log in to MVP, click on the Officials Registration tab, click on the 2010-2011 NDHSAA Officials' Registration form then click on the "Reciprocity Form" link.
- Officials are not registered until fees have been received and processed by NDHSAA.

Coaches and Officials Mandatory Online Testing

Officials and head coaches of baseball, basketball, football, gymnastics, hockey, soccer, softball, swimming, volleyball and wrestling must take an open book test in the sport(s) in which he/she is a head coach/official. The test will be available on-line only and must be completed and submitted within the applicable window. The test will be available by following the On-Line Testing link on the main page of the NDHSAA website. (www.ndhsaa.com)

The test windows are as follows:

Volleyball, Swimming, Soccer & Football
September 7 - September 14

Baseball & Softball
April 5 - April 12

Wrestling, Basketball, Gymnastics and Hockey
November 30 - December 7

Football Workshops Offered

ALL officials must attend one officials' workshop 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.

Site	Supervisor	Date
Bismarck - Career Academy - 1221 College Dr.	Jason Dockter	Sept. 8 - 7:00 PM
Bottineau - St. Andrews Health Center Conference Room A	Dennis Lagasse	Aug. 29 - 8:00 PM
Devils Lake High School	Scott Privratsky	Sept. 8 - 6:00 PM
Dickinson High School	Kim Anderson	Aug. 20 - 5:00 PM (MT)
Fargo - Oak Grove High School	Mike Deutsch	Sept. 8 - 6:30 P
Grand Forks South Middle School	Norm Dutot	Sept. 8 - 7:00 PM
Jamestown High School	Jim Harty, Jr.	Sept. 1 - 7:00 PM
Minot- MSU-Herb Parker Stadium	Kevin Harmon	Aug. 21 - 9:00 AM
Rugby High School	Greg Foster	Aug. 25 - 7:00 PM
Wahpeton Chahinkapa Park	Richard Peterson	Aug. 25 - 7:00 PM
Williston High School	Ron Wright	Sept. 1 - 7:00 PM

Basketball Workshops Offered

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.

Site	Supervisor	Date
Bismarck- Simle Middle School	Paul Jundt	Dec. 8 - 6:00 PM
Devils Lake High School	Dave Johnson	Dec. 15 - 7:00 PM
Dickinson - West River CC	Kim Anderson	Nov. 22 - 6:00 PM (MT)
Fargo- Ben Franklin Jr. High	Dave Klundt	Dec. 8 - 7:00 PM
Grand Forks - South Middle School	Brad Nold	Jan. 12 - 6:00 PM
Jamestown High School	Mark Ukestad	Dec. 15 - 7:00 PM
Minot- Minot High School (MCC)	Jeff Risk	Jan. 5 - 7:00 PM
Wahpeton - NDSCS	Tim Campbell	TBD
Williston High School	Larry Grondahl	Jan. 5 - 7:00 PM

Softball Workshops Offered

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

Site	Supervisor	Date
Bismarck - Sertoma Club Community Center	Naomi Erdahl	March 30 - 6:30 M
Fargo - Ben Franklin Jr. High	Dave Klundt	April 6 - 7:00 PM
Grand Forks - South Middle School	Donald Doyle	April 5 - 7:00 PM
Minot	Doug Hollingsworth	TBD

Volleyball Workshops Offered

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.

Site	Supervisor	Date
Bismarck High School	Stephanie Smith	Sept. 1 - 7:00 PM
Devils Lake High School	Rod Heisler	Sept. 8 - 7:00 PM
Dickinson High School	Jackie Walby	Sept. 1 - 7:00 PM (MT)
Fargo - Fargo South - Commons	Marni Hajicek	Sept. 1 - 7:00 PM
Grand Forks - UND-Streibel Hall	Tom Stokke	TBD
Minot - Jim Hill Library	Janis Gerding	Sept. 8 - 7:00 PM
Valley City (VCHS – HAC Lobby)	Connie Courtney	TBD
Williston High School	Stuart Dolan	Sept. 25 - 7:00 PM

2010-11 Officials' Basketball Camps

Each basketball official must have officiated or have been a supervisor at an NDHSAA approved rules clinic/day camp within the previous three years to be eligible for officiating region and state tournaments.

Basketball camp dates and locations are listed below. For more information on each camp, please contact the camp contact.

Williston State College

Sunday June 6, 2010
Contact: Larry Grondahl (701)572-7897
E-Mail: grondahl@dia.net

Jamestown High School

June 11, 2010
Contact: Mark Ukestad
Phone: Home: (701) 952-4996 Cell: (701) 320-0603
E-mail: mark.ukestad@sendit.nodak.edu

Sioux Falls, SD

June 24-25-26, 2010
Contact: Colin Kapitan (605) 665-3462
E-mail: kapitan@iw.net

Fargo Runin Ref

June 24 & July 1, 2010 (Thursday Evenings)
Registration Deadline: June 11
Contact: Dave Klundt
Phone: Work: (701) 241-1322 Cell: (701) 866-4508
E-mail: dklundt@fargoparks.com

Bismarck (Simle Middle School)

July 9-10-11, 2010
Contact: Paul Jundt (701) 226-1558
E-mail: paul_jundt@bismarckschools.org

FYI: THERE WILL NOT BE A CAMP HELD IN BISMARCK THIS FALL - only in July

Minot State University

July 16-18, 2010
Contact: Jeff Risk (701) 720-2820
E-mail: jeff.risk@sendit.nodak.edu

Dickinson High School

November 20, 2010
Contact: Mickey Jordan
Phone: Home: (701) 227-1865 Cell: (701) 290-9723
E-mail: maj64@ndsupernet.com

2010 Girls' Regional and State Tennis

May 20-22, 2010 has been set for Girls' Regional Tennis Tournaments. West Region will be held in Minot and East Region will be in Grand Forks. The deadline for team play-in is May 17. Coaches and ADs are reminded regional registrations are due to the NDHSAA office and tournament managers by NOON May 12. Entry forms are on the Girls' Tennis page under Tennis Publications.

State Girls' Tennis will be May 27-29, 2010 in Grand Forks. All regulations for state and regional tournament play may be found on the Girls' Tennis page of the NDHSAA website. http://www.ndhsaa.org/athletics/tennis_girls/girls_tennis_regulations

West Region-Minot

May 20-22
Pat McNally, Manager

East Region-Grand Forks

May 20-22
Todd Olson, Manager

State-Grand Forks

May 27-29
Todd Olson, Manager

NDHSAA Contact Information

Street Address:

350 2nd Street Northwest
Valley City, North Dakota 58072-0817

Mailing Address

PO Box 817
Valley City, North Dakota 58072-0817

Website: www.ndhsaa.com

Phone: (701) 845-3953

Fax: (701) 845-4935

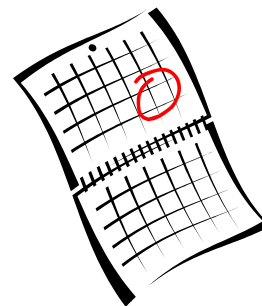
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Sherm Sylling: sherm.sylling@sendit.nodak.edu
Sheryl Solberg: sheryl.solberg@sendit.nodak.edu
Dave Carlsrud: dave.carlsrud@sendit.nodak.edu (until June 30)
Brian Bubach: brian.bubach@sendit.nodak.edu
Brenda Schell: brenda.schell@sendit.nodak.edu
Matt Fetsch: matthew.j.fetsch@sendit.nodak.edu (after July 1)



2009/10 & 2010/11 NDHSAA Board Meeting Dates

Following is a list of NDHSAA regularly scheduled Board meeting dates. Agendas, Board minutes, special meeting information and other Board documents may be found on the NDHSAA website by clicking the Board Agendas and Minutes link under the Boards & Committees across the top of every page on the NDHSAA website.



2009/10 Meeting Dates

May	27	Fine Arts Committee, Bismarck
June	9	Athletic Review, Valley City
June	21-22	Board Meeting, Valley City

2010/11 Meeting Dates

August	5	Valley City
September	21	Valley City
October	20	Bismarck
October	21	General Assembly Meeting, Bismarck
November	19	Minot (District Chair and Board meeting)
January	22	Bismarck (Athletic Review A.M., Board P.M.)
January	24	Membership Meeting, Bismarck
March	11	Fargo
March	18	Minot (District Chair and Board meeting)
April	19	Valley City
June	15	Athletic Review Valley City
June	20-21	Valley City

Participants Must Be Accompanied

Please be reminded all individual and team participants in an NDHSAA sponsored event must be accompanied by a coach or an authorized faculty member of the participants' school per Article III Contests, Section V of the By-Laws. 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.

ACT-SAT National Test Dates

Administrators, activities directors and coaches should remind their students of the following 2009/10 and 2010/11 dates so that they may avoid conflicts. Please have them contact their school counselor for deadline registration dates and further details.



ACT National Test Dates

June 12, 2010
 September 11, 2010
 October 23, 2010
 December 11, 2010
 February 12, 2011
 April 9, 2011
 June 11, 2011

SAT National Test Dates

May 1, 2010
 June 5, 2010
 October 9, 2010
 November 6, 2010
 December 4, 2010
 January 22, 2011
 March 12, 2011
 May 7, 2011
 June 4, 2011

Pre-Participation and Physical Exam Requirements Updated by NDHSAA Member Schools

At the North Dakota High School Activities General Membership meeting January 28, 2010 in Bismarck, representative school administrators passed an amendment to the NDHSAA Constitution and By-Laws concerning student physical examinations.

Starting with the 2010-11 school year, student athletes participating in NDHSAA sanctioned sports programs will be required to file a pre-participation health history screening and physical examination with their school office prior to their participation (including practice) on a yearly basis. Physical examinations completed before June 15 are not valid for the following year.

Previously, student athletes participating in NDHSAA sanctioned sports were required to have a physical examination every 2 years. The purpose of changing from every 2 years to every year is to protect athletes from any undiscovered health concerns. School administrators passed the amendment 68/7.

Team Scholar Recipients

NDHSAA recognized teams that have met a cumulative 3.20 Grade Point Average as Team Scholars. Congratulations to the following teams:

Boys' Basketball

Central Cass-3.48, Lisbon-3.25, Watford City-3.27, Bowman County-3.51, Hazen-3.30, Kenmare-3.28, Lewis & Clark-Berthold-3.64, Shanley-3.53, Minot-3.45, Mandan-3.41, Jamestown-3.52, Central Valley-3.41, Bismarck Century-3.61, Williston-3.68, Scranton-3.31, Grand Forks Red River-3.46, Dickinson-3.58, Park River/Fordville-Lankin-3.52, Grafton-3.46, Milnor-3.39, Enderlin-3.63, Fargo North-3.44, Oak Grove-3.37, May-Port CG 3.64, St. Mary's-3.49

Debate

West Fargo-4.00, Shanley-3.62,

Play

Garrison-3.78, Oak Grove-3.37

Gymnastics

Bismarck Century-3.34, Minot-3.66, Fargo North-3.24, Dickinson-3.38

Boys' Swimming and Diving

Jamestown-3.29, Minot-3.35, Bismarck Century-3.40, Fargo North-3.43

Girls' Basketball

Grand Forks Central-3.45, North Sargent-3.46, Stanley-3.52, Central Cass-3.50, Watford City-3.59, Bowman County-3.61, Fairmount-3.57, Kenmare-3.76, Lewis & Clark-Berthold-3.76, Wyndmere/Lidgerwood-3.44, Hettinger-3.22, Shanley-3.62, Garrison-3.65, Minot-3.55, Mandan-3.62, Northern Cass-3.76, Central Valley-3.72, Grant County-3.22, Bismarck Century-3.58, Grand Forks Red River-3.84, Jamestown-3.84, Dickinson-3.70, Kidder County-3.48, Maple Valley-3.43, Grafton-3.61, Milnor-3.60, Oakes-3.58, Enderlin-3.56, New Salem-Almont-3.60, Fargo North-3.52, Valley/Edinburg-3.25, Oak Grove-3.62, Carrington-3.63, May-Port CG 3.65, Ellendale-3.26, St. Mary's-3.75, Fordville-Lankin/Park River-3.34

Boys' Ice Hockey

Grand Forks Red River-3.29, Grafton/Park River-3.52, Dickinson-3.31

Volleyball

Garrison/Max-3.86, Oak Grove-3.42, Oakes 3.38



Girls' Ice Hockey

Williston-3.34, Minot-3.52, Bismarck Century-3.60, Fargo North-3.44, Dickinson-3.43

Girls' Cross Country

Garrison-3.50

Wrestling

Lisbon-3.44, Grand Forks Red River-3.26, Shanley-3.26, St. Mary's-3.46, Oakes-3.29

Speech

Park River-3.21, Milnor-3.21, North Sargent-3.23, Oak Grove-3.40, New Salem Almont-3.35

Instrumental Music

New Salem Almont-3.42

Mandatory Administrator Meetings

NDHSAA will host mandatory Administrator meetings in August of 2010. 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.

All meetings are scheduled from 10:00 a.m. to 12:00 p.m. local time with locations to be announced.

August 2 - Grand Forks, Alerus Meeting room 10

August 3 - Valley City, Hi-Liner Activity Center

August 9 - Minot

August 11 - Dickinson, Dickinson State University Student Center

August 12 - Bismarck

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

For 2010/11, fine arts rules clinics will be offered online. Online clinic completion is mandatory for head play director, head speech coach, head debate coach, head student congress coach, head vocal, strings, and instrumental music directors (if there is more than 1 position) from each high school music department.

Play - Online

August 1 - September 3

Music - Online

November 1 - December 1

Speech - Online

November 1 - December 1

Student Congress - Online

August 1 - September 3

Debate - Online

November 1 - December 1

2010 State Track & Field Meet Schedule

FRIDAY

9:30 A.M.	PARADE OF ATHLETES
10:30 A.M.	300 Meter Hurdles – Prelims
11:15 A.M.	4 x 200 Meter Relay – Prelims
12:15 P.M.	1600 Meter Run – Final
1:15 P.M.	100 Meter Dash – Prelims
2:00 P.M.	400 Meter Dash – Prelims
2:45 P.M.	High Hurdles – Prelims
3:30 P.M.	200 Meter Dash – Prelims
4:15 P.M.	Class A 4 X 800 Meter Relay – Final
4:50 P.M.	4 x 100 Meter Relay – Prelims
5:30 P.M.	Class B 4 X 800 Meter Relay – Final

SATURDAY

8:45 A.M.	National Anthem
11:00 A.M.	300 Meter Hurdles
11:30 A.M.	4 x 200 Meter Relay
12 NOON	3200 Meter Run
1:00 P.M.	100 Meter Dash
1:30 P.M.	400 Meter Dash
2:00 P.M.	High Hurdles
2:30 P.M.	200 Meter Dash
3:00 P.M.	800 Meter Run
3:30 P.M.	4 x 100 Meter Relay
4:00 P.M.	4 X 400 Meter Relay

ALL FINALS

8:45 A.M.	National Anthem
11:00 A.M.	300 Meter Hurdles
11:30 A.M.	4 x 200 Meter Relay
12 NOON	3200 Meter Run
1:00 P.M.	100 Meter Dash
1:30 P.M.	400 Meter Dash
2:00 P.M.	High Hurdles
2:30 P.M.	200 Meter Dash
3:00 P.M.	800 Meter Run
3:30 P.M.	4 x 100 Meter Relay
4:00 P.M.	4 X 400 Meter Relay

NOTE: Events to be run in this order:

B Boys, A Boys, B Girls, A Girls,

FIELD EVENTS

FRIDAY

10:30 A.M.
Shot – B Girls
Javelin – A Girls
Triple Jump – B Boys
Pole Vault – A Boys

12:30 P.M.
Shot – A Boys
Javelin – B Girls
Long Jump – A Girls
High Jump – B Boys

2:30 P.M.
Shot – B Boys
Javelin - A Boys
Triple Jump – B Girls
Pole Vault - A Girls

4:30 P.M.
Shot – A Girls
Javelin – B Boys
Long Jump – A Boys
High Jump – B Girls

SATURDAY

8:45 A.M. – National Anthem

9:00 A.M.
Long Jump – B Girls
Discus – A Girls

10:00 A.M.
Pole Vault – B Boys

11:00 A.M.
Triple Jump - A Boys
High Jump – A Girls
Discus – B Girls

1:00 P.M.
Long Jump – B Boys
Discus – A Boys

2:00 P.M.
Pole Vault – B Girls

3:00 P.M.
Triple Jump – A Girls
Discus – B Boys
High Jump – A Boys



Track & Field Coach Deadline Reminder

Reminders in preparation for State Track & Field:

1. Remember deadlines:
 - a. Reporting qualifiers—Sunday, May 23 at Noon (Central Time)
 - b. Declaration of athletes—Tuesday, May 25 at 5:00 p.m. (Central Time)
2. Check the web site the evening of Sunday, May 23 to be certain all of your athletes that have qualified for the state meet are listed in all their events.
3. Heat sheets will be posted on the NDHSAA web site Wednesday, May 26. 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.

2010 State Track Housing at BSC

Bismarck State College is offering housing for State Track participants and team coaches only.

Room Rates for Residence Halls

\$10.00 PER BED

Residence Hall Regulations

1. Please call in advance to make a check in time and appointment. Check in with the Residence Supervisor at arranged time. Please call the Residence Supervisor's cell phone upon arrival especially if at a different time than prearranged. Check out time will be 10:00 am. Leave keys with Residence Supervisor in designated area.
Swensen Hall – 391-2611 Werner Hall – 391-2612 Lidstrom Hall – 527-7776
2. The use of alcoholic beverages or legally restricted drugs is prohibited in the resident housing. BSC is a Tobacco Free Zone effective January 1, 2006. Smoking and the use of chewing tobacco are prohibited anywhere in BSC buildings, on BSC property and/or BSC 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.
3. There is a phone and cable jack available in each room. Local calls are free. (BSC does not provide telephones or televisions.) No furnishings shall be removed from the residence housing. Public phones are available in the entryways of the residence halls.
4. Pets are not allowed in residence housing.
5. Meal preparation is not allowed in the resident housing rooms. A stove and microwave oven are available to residents in common areas of the housing.
6. Because of our BSC summer students, quiet hours shall be maintained after 11 pm.
7. Visitor room fee per person, per night does not include linens, blankets or towels. Payment must be made to the BSC Business Office upon billing.
8. Keys will be available the day of check in and given to the person responsible for checking the group in.
9. Keep windows closed at all times during hot weather so that the air conditioner can work properly. (Swensen Hall only) Werner Hall does not have air conditioning.
10. The shower and bathroom facilities are identified on each floor, so Men and Women are posted on all floors. (Swensen and Werner Hall)
11. If you have any questions, please call the Student & Residence Life Office at 224-5464.

FULL BREAKFAST BUFFET MENU

HOT ENTREES

CEREALS

PASTRIES

ASSORTED FRUIT

ASSORTED JUICES

COFFEE



CASH ONLY PAYERS - \$6.00 PER PERSON

LOCATION: Bismarck State College STUDENT UNION

HOURS: FRIDAY, MAY 28 AND SATURDAY, MAY 29

7:00 – 9:00 AM

2010 Track Housing at U of Mary

The University of Mary, 7 miles south of Bismarck, will offer housing for participants and coaches attending the 2010 State Track Meet.

Participants and coaches will be housed at Greg Butler and Hillside Halls on the University of Mary campus for Thursday, May 27th and Friday, May 28th. The charge for housing is \$10.00 per person per night. Participants must bring their own towels, wash cloths and bedding, including pillows. Keys will be issued to coaches. Lost keys will be billed out at \$50.00 each.

Please call Toni Reinbold at 701-355-8089 for reservations.

State A Boys' Golf Information

The A Boys' State Golf Tournament will be a 36-hole event to be held on June 8 & 9 at Riverwood Golf Course, Bismarck with Jim Haussler as manager. NOTE: This is a "soft-spike only" course!

Coaches are asked to call the pro shop at 701-222-6462 for practice times prior to the tournament.

Coaches are to register players by 7:30 a.m. on the first day of the tournament with tournament officials at the golf course. A meeting for rules and interpretations by the club pro will be held at 8:00 a.m. prior to tee-off. Tee-off times are 8:30 a.m. the first day and 8:00 a.m. the second day.

Following the first day, groups will be assigned using the first day's scores.

The tournament manager will assign groups for the first day's play. All #1 players and individual qualifiers will be grouped. All #2 players shall be grouped, all #3 players, etc. Coaches may option to request their players be placed lower than their team position but may not request to be placed higher. Following the first day, groups will be assigned using the first day's scores.

The second day, players shall be grouped so golfers with higher scores shall tee-off from the 10th tee and golfers with lower scores shall tee-off from the 1st tee. No team shall have more than 1 player in a group.

No substitutions will be allowed in the State Tournament. The same six players will play the entire tournament.

The manager may ask coaches to monitor threesomes/foursomes on the course. Coaches shall not be allowed to play either day during the tournament, but may play when tournament play is completed each day.

All rule questions, or possible violations will be judged by the local golf pro during play.

Awards: Team trophy for 1st, 2nd and 3rd place. Plaques will be awarded to 6 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.

Spectator Etiquette

- a. Stay 30 yards from golfers at all times
- b. Remain in the rough
- c. Refrain from communicating with golfers at anytime during the round
- d. No carts are to be used

For further golf information: <http://www.ndhsaa.com/athletics/golf/regulations.htm>

Golf Sportsmanship Reminder for All Golf Tournaments

The following rules of golf etiquette/sportsmanship should be taught to each golfer and covered at every tournament.

1. Be honest; count every stroke.
2. Make sure you know how many strokes to add for each specific penalty. Don't guess; ask the tournament manager or club pro.
3. Don't move, talk or stand too close to a player while he/she is making a stroke.
4. Don't play until the group ahead of you is safely out of the way.
5. Play without delay but stay with your foursome. Leave the putting green without delay with your foursome.
6. Each person should call out his/her score as soon as you have holed out so the score is verified.
7. Replace divots, smooth out bunkers, etc.
8. Don't step in the line of another golfer's putt.
9. Keep control of your temper. Do not use offensive language or throw clubs.
10. Be a lady/gentleman at all times. Do what is proper and sportsmanlike.
11. Electronic devices are not to be used on the course at any time.

State B Girls' & Boys' Golf Info

The State Class B Girls' and Boys' Golf Tournaments will be held on Tuesday and Wednesday, June 1st & 2nd with Greg Johnson and Jim Roaldson as managers.

The tournament manager will assign groups for the first day's play. All #1 players and individual qualifiers will be grouped. All #2 players shall be grouped, all #3 players, etc. Coaches may option to request their players be placed lower than their team position but may not request to be placed higher. Following the first day, groups will be assigned using the first day's scores.

Following the first day, groups will be assigned using the first day's scores.

Coaches are to register players between 7:30 AM – 8:15 a.m. on Tuesday at their assigned courses. A meeting for rules and interpretations by the club pro will be held at 8:15 a.m. prior to tee-off. Play begins at 9:00 a.m. Tuesday local time the first day and 8:00 a.m. Wednesday.

No substitutions will be allowed in the State Tournament. The same six players on each team will play the entire tournament. Coaches may be assigned as marshals. The club manager at each course and the Committee (Coaches' Advisory Members) will be available to help with rule interpretations.

Practice before tee-off time on the days of the tournament will be limited to the driving range and practice green.

*** Schools near the tournament sites should practice prior to the tournament weekend, so tee-times we request on that weekend are minimized. The club members "need some space", so we need to accommodate where possible. Thank you.**

* Practice rounds may be played, but tee times must be made and green fees must be paid. Call the courses to make arrangements for tee times. Boys' coaches contact the Carrington CrossRoads Golf Course, 701-652-2601 or email: crossroads@daktel.com. B Girls' coaches contact the Hillcrest Golf Club at 252-4320.

* Both courses are "soft-spike only"!

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 6). Sudden victory play-offs will break ties for medalist honors, but ties for other individual awards shall not be broken.

Spectator Etiquette

- a. Stay 30 yards from golfers at all times
- b. Remain in the rough
- c. Refrain from communicating with golfers at anytime during the round
- d. No carts are to be used

For further golf information: http://www.ndhsaa.org/athletics/golf_girls/girls_golf_regulations

B Boys' and B Girls' Golf Hotel Information

B Boys' Golf Hotels: The following hotels are available for the state B boys' golf tournament in Carrington. Chieftain Conference Center (701) 652-3131. Carrington Inn & Suites (701) 652-3982.

B Girls' Golf Hotels: A list of Jamestown Hotels/Motels available for state B girls' golf tournament may be found at: <http://www.tourjamestown.com/Wherestay.php>

It is well to remember that the entire population of the universe, with one trifling exception, is composed of others.

– John Andrew Holmes

2010-11 Tournament Sites

BASEBALL	DATE	SITE SELECTED	MANAGER
State A	June 2, 3, 4, 2011	Jamestown	Jim Roaldson
State B	June 2, 3, 4, 2011	Mandan	Lorell Jungling

BASKETBALL - Boys	DATE	SITE SELECTED	MANAGER
Region 1	February 21, 22, 24, 2011	NDSCS	Paulette Stein
Region 2	February 21, 22, 24, 2011	TBD	TBD
Region 3	February 21, 22, 24, 2011	Jamestown	Jim Roaldson
Region 4	February 21, 22, 24, 2011	Devils Lake	TBD
Region 5	February 21, 22, 24, 2011	TBD	TBD
Region 6	February 21, 22, 24, 2011	Minot Audi	Alton Nygaard
Region 7	February 21, 22, 24, 2011	Dickinson Trinity	Rick Gordon
Region 8	February 21, 22, 24, 2011	Williston State College	Hunter Berg
State B Boys	March 3, 4, 5, 2011	Minot State	Rick Hedberg

BASKETBALL-Boys & Girls Combined - A

A Regions			
East	March 3, 4, 5, 2011	Fargo	Ed Lockwood
West	March 3, 4, 5, 2011	Bismarck	Jim Haussler
State A Boys & Girls	March 10, 11, 12, 2011	Fargo	Ed Lockwood

BASKETBALL - Girls

B Regions			
Region 1	March 7, 8, 10, 2011	Fargo Civic	Justin Fletschock
Region 2	March 7, 8, 10, 2011	Grand Forks Betty	John Hutchison
Region 3	March 7, 8, 10, 2011	Napoleon	Kip Schmidt
Region 4	March 7, 8, 10, 2011	Devils Lake	TBD
Region 5	March 7, 8, 10, 2011	Mandan	Lorell Jungling
Region 6	March 7, 8, 10, 2011	Minot Audi	Alton Nygaard
Region 7	March 7, 8, 10, 2011	Dickinson Trinity	Rick Gordon
Region 8	March 7, 8, 10, 2011	Williston State College	Hunter Berg
State B Girls	March 17, 18, 19, 2011	Bismarck	Jim Haussler

CROSS COUNTRY	DATE	SITE SELECTED	MANAGER
State	October 23, 2010	Jamestown	Jim Roaldson

FOOTBALL	DATE	SITE SELECTED	MANAGER
Dakota Bowl	November 12, 13, 2010	Grand Forks	Todd Olson

GOLF -Girls A	DATE	SITE SELECTED	MANAGER
Regions			
East	Deadline Sept. 27, 2010	Fargo (Shanley)	Randy Nelson
West	Deadline Sept. 27, 2010	Jamestown	Jim Roaldson
State A	October 4, 5, 2010	Jamestown	Jim Roaldson

GOLF -Boys A	DATE	SITE SELECTED	MANAGER
Regions			
East	Deadline June 1, 2011	Grand Forks	Todd Olson
West	Deadline June 1, 2011	Dickinson	Calvin Dean
State A	June 7, 8, 2011	Fargo	Ed Lockwood

2010-11 Tournament Sites (Continued)

GOLF Boys & Girls B	DATE	SITE SELECTED	MANAGER
Regions			
Region 1 Girls	Deadline May 21, 2011	TBD	
Region 1 Boys	Deadline May 21, 2011	TBD	
Region 2 Girls	Deadline May 21, 2011	TBD	
Region 2 Boys	Deadline May 21, 2011	TBD	
Region 3 Girls	Deadline May 21, 2011	TBD	
Region 3 Boys	Deadline May 21, 2011	TBD	
Region 4 Girls	Deadline May 21, 2011	TBD	
Region 4 Boys	Deadline May 21, 2011	TBD	
Region 5 Girls	Deadline May 21, 2011	TBD	
Region 5 Boys	Deadline May 21, 2011	TBD	
Region 6 Girls	Deadline May 21, 2011	TBD	
Region 6 Boys	Deadline May 21, 2011	TBD	
State B Girls	May 31, June 1, 2011	TBD	
State B Boys	May 31, June 1, 2011	TBD	
<hr/>			
GYMNASTICS	DATE	SITE SELECTED	MANAGER
State	February 25, 26, 2011	Jamestown	Jim Roaldson
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HOCKEY - Boys	DATE	SITE SELECTED	MANAGER
Regions			
East	February 17, 18, 19, 2011	Grand Forks	Todd Olson
West	February 17, 18, 19, 2011	Bismarck	Jim Haussler
State	February 24, 25, 26, 2011	Grand Forks	Todd Olson
<hr/>			
HOCKEY - Girls	DATE	SITE SELECTED	MANAGER
State	February 24, 25, 26, 2011	Grand Forks	Todd Olson
<hr/>			
SOCCER - Boys	DATE	SITE SELECTED	MANAGER
State	October 14, 15, 16, 2010	Grand Forks	Todd Olson
<hr/>			
SOCCER - Girls	DATE	SITE SELECTED	MANAGER
State	June 2, 3, 4, 2011	Minot	Pat McNally
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SOFTBALL	DATE	SITE SELECTED	MANAGER
State	June 2, 3, 4, 2011	Grand Forks	Todd Olson
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SWIMMING- Boys	DATE	SITE SELECTED	MANAGER
State	March 4, 5, 2011	Grand Forks	Todd Olson
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SWIMMING - Girls	DATE	SITE SELECTED	MANAGER
State	November 12, 13, 2010	Mandan	Lorell Jungling
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TENNIS - Boys	DATE	SITE SELECTED	MANAGER
Regions			
East	Sept. 23, 24, 25, 2010	Grand Forks	Todd Olson
West	Sept. 23, 24, 25, 2010	Minot	Pat McNally
State	Sept. 30, Oct. 1, 2, 2010	Bismarck	Jim Haussler
<hr/>			
TENNIS- Girls	DATE	SITE SELECTED	MANAGER
Regions			
East	May 19, 20, 21, 2011	Fargo	Ed Lockwood
West	May 19, 20, 21, 2011	Bismarck	Jim Haussler
State	May 26, 27, 28, 2011	Minot	Pat McNally

2010-11 Tournament Sites (Continued)

TRACK	DATE	SITE SELECTED	MANAGER
Regions - A			
East	May 21, 2011	West Fargo	Curt Jones
West	May 21, 2011	Dickinson	Calvin Dean
Region - B			
Region 1	May 21, 2011	TBD	
Region 2	May 21, 2011	TBD	
Region 3	May 21, 2011	TBD	
Region 4	May 21, 2011	TBD	
Region 5	May 21, 2011	TBD	
Region 6	May 21, 2011	TBD	
Region 7	May 21, 2011	TBD	
Region 8	May 21, 2011	TBD	
State A & B	May 27, 28, 2011	Bismarck	Jim Haussler
<hr/>			
VOLLEYBALL	DATE	SITE SELECTED	MANAGER
Regions - B			
Region 1	November 8, 9, 11, 2010	Lidgerwood	Mark Wisnewski
Region 2	November 8, 9, 11, 2010	Hillsboro	Mark Rerick
Region 3	November 8, 9, 11, 2010	Ellendale	Matt Herman
Region 4	November 8, 9, 11, 2010	Devils Lake	TBD
Region 5	November 8, 9, 11, 2010	Washburn	Pete Moe
Region 6	November 8, 9, 11, 2010	Minot Audi	Alton Nygaard
Region 7	November 8, 9, 11, 2010	Beulah	Mitch Lunde
Region 8	November 8, 9, 11, 2010	New Town	TBD
Regions - A			
East	November 11, 12, 13, 2010	Grand Forks RR	Todd Olson
West	November 11, 12, 13, 2010	Bismarck	Jim Haussler
State A & B	November 18, 19, 20, 2010	Minot	Pat McNally
<hr/>			
WRESTLING	DATE	SITE SELECTED	MANAGER
Regions - A			
East	February 12, 2011	Wahpeton	Mike McCall
West	February 12, 2011	Mandan	Lorell Jungling
Regions - B			
Region 1	February 12, 2011	Linton	Dan Imdieke
Region 2	February 12, 2011	Larimore	Patti Aanenson
Region 3	February 12, 2011	Rugby	Scott Grochow
Region 4	February 12, 2011	Hettinger	Kevin Morast
State	February 17, 18, 29, 2011	Fargo	Ed Lockwood
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FINE ARTS	DATE	SITE SELECTED	MANAGER
DEBATE - State	February 4, 5, 2011	Fargo South	Gayle Hyde, Jennifer Hess, Shana Haugen
MUSIC - State A			
Vocal/Strings	April 29, 2011	Jamestown College	Rick Walentine, Ben Schneider
MUSIC - State B	May 7, 2011	Minot State	Joe Alme, Cheryl Kremer
PLAYS - State A	March 21, 22, 2011	Jamestown College	Toni Gredesky, Mike McIntyre
PLAYS - State B	November 22, 23, 2010	Grand Forks - UND	Kathleen McLennan
SPEECH - State A	April 16, 2011	Jamestown High School	Sue Anderson, Laura Weis
SPEECH - State B	April 30, 2011	Mandan	Sue Anderson, Annette Bender
STUDENT CONGRESS	November 4, 5, 2010	Bismarck State Capitol	Sue Anderson, Anessa Pfeifer-Johnson

2010/11 NDHSAA Rules Clinic Dates and Locations

Official's renewal are due by July 1 without penalty. Renewals after July 1 will be accepted until the date of the last clinic in each sport, however a penalty will apply. New officials registrations are due the date of the last clinic for each sport. On-site meetings are held at 7:00 p.m. local time unless otherwise noted.

Online exams must be taken each year by every football, volleyball, soccer, swimming, hockey, gymnastics, basketball, wrestling, softball, and baseball official and head coach. Testing windows for each sport along with the schedule for football, basketball, volleyball and softball officials' workshops are listed elsewhere in this BULLETIN.

For organizational purposes a rules clinic schedule of all NDHSAA sponsored sports appears below. Please note that some rules clinics are online with others being on-site. Online rules clinic information will be provided at Regional Administrative meetings in the fall and at the State Coaches' Convention so that attendees can see firsthand how to log in and complete their online clinics.

Rules clinics attendance/completion is mandatory each year for all football, volleyball, soccer, tennis, cross country, softball, swimming, hockey, gymnastics, basketball, wrestling, baseball, track & field officials and head coaches. Officials and coaches may also fulfill attendance requirements by attending any official rules clinic conducted by any of the state associations and having their attendance card sent to the NDHSAA office for credit.

There are no make-up rules clinics. A coach/official must attend/complete one of the clinics or camps/workshops per sport listed in this schedule. A school must pay \$50 for non-attendance or non-completion for a coach at one of these clinics. Each subsequent non-attendance/completion violation by a school in one year would result in a \$100 fee for each subsequent offense.

Tentative 2010-11 NDHSAA Rules Clinics Dates and Sites are as follows: (check NDHSAA website for confirmation)

CROSS COUNTRY - ONLINE

August 1 - September 3

GYMNASTICS (10:00 AM)

October 30 - Bismarck Clinic/Workshop

FOOTBALL, (6:00 PM) & V-BALL (7:15 PM)

August 2 - Grand Forks (South Middle School)
3 - Wahpeton High School
9 - Minot High School (MCC)
10 - Williston High School
11 - Dickinson High School
12 - Bismarck (Horizon Middle School)
16 - Devils Lake High School
17 - West Fargo High School
18 - Harvey High School
19 - Jamestown High School

HOCKEY (7:00 PM)

October 19 - West Fargo
26 - Minot
27 - Bismarck
November 6 - Grand Forks (9:00 AM)

BASKETBALL & WRESTLING - ONLINE

November 1 - December 1

TRACK - ONLINE

February 15 - March 15

SOCCER - ONLINE

August 1 - September 3

BASEBALL - ONLINE

March 1 - April 1

SWIMMING - ONLINE

August 1 - September 3

SOFTBALL, GOLF (7:00 PM)

February 28 - Grand Forks (South Middle School)
March 2 - Minot High School (MCC)
14 - West Fargo High School
16 - Bismarck (Horizon Middle School)
21 - Devils Lake High School
22 - Williston High School
23 - Dickinson High School
24 - Jamestown High School
29 - Wahpeton High School

TENNIS (7:00 PM)

August 2 - Grand Forks (South Middle School)
9 - Minot High School (MCC)
10 - Williston High School
11 - Dickinson High School
12 - Bismarck (Horizon Middle School)
17 - West Fargo High School
19 - Jamestown High School

NOTE: LOCAL registration available in football, volleyball and basketball.
Contact your local Athletic Director for information concerning LOCAL officials.

Starting Dates Set for Fall Activities

For the fall of 2010 each team and each individual must have participated in 9 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 4 days of practice. This rule is inclusive of both junior and senior high sports.

Student congress, debate, and speech seasons only have a start date and end date (State Tournament/Meet).

Specific dates and rules per each fall sport are included below:

Class A Girls' Golf

Season begins August 9
First contest August 13

Football

Opening date August 11
First contest August 24

Volleyball

Opening date August 16
First contest August 27

Boys' Soccer

Season begins August 9
First contest August 20

Girls' Swimming

Opening date August 16
First contest August 27

Student Congress

1st competition date September 1
State November 4, 5

Cross Country

Season begins August 9
First contest August 20

Boys' Tennis

Opening date August 9
First contest August 20

2010 Girls' State Soccer Tournament

The NDHSAA Girls' State Soccer Tournament will be played June 3-5 at Jamestown's Hillcrest Soccer Complex and Jamestown High School's Rotary Field with Jim Roaldson as manager.

The tournament is an 8-team single elimination tournament with a consolation round playing to 5th place.

The bracket and games Thursday are:

- 1 west vs. 4 east 4:00 - Hillcrest Soccer Complex
- 2 east vs. 3 west Approximately 6:00 – Hillcrest Soccer Complex
- 1 east vs. 4 west 4:00 – Hillcrest Soccer Complex
- 2 west vs. 3 east Approximately 6:00 – Hillcrest Soccer Complex



Friday Games:

- Semi-finals 4:00 and Approximately 6:00 – Hillcrest Soccer Complex
- Consolation 4:00 and Approximately 6:00 – Hillcrest Soccer Complex

Saturday Games:

- 5th Place @ 11:30 - Jamestown High School-Rotary Field
- 3rd Place @ Approximately 1:30 – Jamestown High School-Rotary Field
- Championship @ Approximately 3:30 – Jamestown High School – Rotary Field

Admission:	Tourney	Daily
Adult	\$20.00	\$8.00
Student	\$10.00	\$4.00

For further information, please see:

http://www.ndhsaa.org/athletics/soccer_girls/girls_soccer_regulations

Guidelines for Summer Practice

The following are guidelines relative to out-of-season practice and the legal use of gymnasiums. As many people call the NDHSAA office concerning the legal guidelines during the summer months, the following section is copied from page 1, Part Three, of the 2009/2010 NDHSAA Constitution and By-Laws Handbook.

As Schools may open their gymnasiums or facilities for recreational activities during out-of-season periods when in accord with the following guidelines:

1. The gymnasium is open to all students for participation.
2. A variety of activities is available to students and are not limited to one sport or activity on a given date.
3. There is no coaching or instruction in the skills and techniques in any sport that is "out-of-season" under NDHSAA regulations.
4. There shall be no group pre-conditioning exercise practice prior to the start of the season. However, an individual can do this by himself/herself, but not with the coach.
5. Participation is voluntary and is not required directly or indirectly for membership on a high school squad.
6. Comparable opportunities are afforded both sexes.
7. The school administration assumes the responsibility of making certain that there is adherence to these guidelines.

Guidelines for NDHSAA Cooperative Applications

Guidelines for NDHSAA cooperative sponsorship applications were approved at the January 24, 2009 meeting of the Board of Directors and are effective beginning the 2009/10 school year. The revised coop application form will be available on the NDHSAA website beginning June 1, 2009. Coop applications made on or after June 1st must be made on the new form as old forms will no longer be accepted beginning June 1, 2009. The NDHSAA Board of Directors must approve all cooperative sponsorship applications and dissolutions.

Complete guidelines for cooperative sponsorships were printed in our March BULLETIN and are available on the NDHSAA website.

NDHSAA Eligibility & Participation Reports

Reminder: If your school used MVP to report all sport & activity rosters for students in grades 9-12 this school year, that data may be downloaded from MVP to complete your annual eligibility report and your participation reports. Please email Brenda Schell your school and email address if you would like these reports sent to your school for your completion and submission.

Send request to: brenda.schell@sendit.nodak.edu

2010/11 NDHSCA Calendar Information

North Dakota High School Coaches Association Information & Activities:

- | | |
|------------------|---|
| October 1, 2010 | Postmark deadline for NDHSCA Fall Sports' head coaches to join NDHSCA for Fall Sports' NDHSCA Awards eligibility |
| February 1, 2011 | Postmark deadline for NDHSCA Winter Sports' head coaches to join NDHSCA for Winter Sports' NDHSCA Awards eligibility |
| May 2, 2011 | Postmark deadline for NDHSCA Spring sport head coaches to join NDHSCA for Spring Sports' NDHSCA Awards eligibility |
| July 18, 2011 | NDHSCA Coaches' Convention registration deadline (Registrations postmarked after that date have a \$25.00 surcharge) |
| July 25, 2011 | Application deadline for application for appointment to NDHSCA Sports Advisory Committee to NDHSAA; NDHSCA Executive Committee appoints Committees at July 29th meeting |
| July 26-29, 2011 | NDHSCA Coaches' Convention at the Seven Seas Best Western Inn in Mandan, ND |
| July 27-29, 2011 | NDHSAA Rules Round Table Discussion Meetings for coaches in the sports of basketball, cross-country, football, golf, soccer, swimming & diving, tennis, volleyball and wrestling |
| July 27-29, 2011 | NDHSCA Sports Advisory Committee Planning Sessions at NDHSCA Convention for the sports of basketball, cross-country, football, golf, soccer, softball, swimming & diving, tennis, track & field, volleyball and wrestling |
| July 28, 2011 | NDHSCA Coach of the Year and Hall of Fame Banquet as a part of NDHSCA 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) |

Dave Zittleman, NDHSCA President, Bismarck HS

Dave_zittleman@bismarckschools.net; 701-471-1557-cell phone

Gelaine Orvik, NDHSCA Executive Secretary, Fargo

gorvik@cableone.net; 701-367-8282-cell phone

2010 Cross Country Regulations

New regulation as approved by the NDHSAA Board of Directors:

1. Mandatory rules clinics will be conducted on line for all head cross country coaches.

The Cross Country Advisory Committee requested a survey to be sent to cross country programs concerning the state meet schedule (see below for results).

Cross Country:

1. The beginning date of the season is set by the Board.
2. The date for the first allowable meet is set by the Board.
3. There shall be at least 9 daily practice sessions prior to the first meet. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
4. The season ends with the State Cross Country Meet.
5. 5000 meter run for boys; 4000 meter run for girls.
6. Each individual participant is limited to competing in two cross-country meets per calendar week.
7. Cross-country participants cannot compete on two consecutive days.
8. 7th, 8th and 9th grade students involved in cross country may compete at either the junior high or senior high level the entire season but may not compete in more than two meets per week.

State Cross Country Meet on October 23, 2010

The 32nd Annual Girls' State Cross Country Meet and the 50th Annual Boys' State Cross Country Meet will be held on Saturday, October 23rd in Jamestown, Jim Roaldson, Athletic Director for the Jamestown Public Schools, will be the manager. Separate meets will be held for the Division A girls' and boys' teams as well as the Division B boys' and girls' teams.

SCHEDULE:

The Division B girls' event will begin at 12:00 p.m., the Division B boys' event will begin at 12:45 p.m. Awards will immediately follow the completion of the B Division. The Division A girls' event will start at 2:15 p.m. and the Division B boys' event will start at 2:45 p.m. with awards ceremony for the B Division immediately following the two races. The girls will run a 4000 meter course and boys will run a 5000 meter course. Provisions will be made to walk the course at 10:00 a.m. 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 Division A or B school submitting an entry form which will be electronically provided to the school administration. Submit this registration form no later than Monday at 10:00 a.m. prior to the state event. Both the boys' team and the girls' team may be submitted on the same entry form. Entries submitted after the 10:00 a.m. deadline up to 4:00 p.m. that same day must be accompanied by a \$25.00 late entry fee. **NO ENTRIES WILL BE ACCEPTED BEYOND THAT TIME (4:00 p.m. Monday).**

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.

Article 1...Each competitor's uniform shall consist of:

- a. Shoes;
- b. Full-length cross country jersey and cross country shorts issued by the school;
 1. Shorts may vary in length and style, but must be the same color for all team members.
 2. Loose-fitting, boxer-type shorts are permitted for boys and girls and closed-leg briefs/shorts are acceptable for girls. The waistband must be worn above the hips.
 3. The jersey (singlet) and shorts may have school identification and the jersey may have the competitor's name.
 4. The jersey shall not be knotted or have a knot-like protrusion.
 5. Bare midriff tops are not allowed.
 6. A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of apparel.
 7. The American flag, not exceeding 2 x 3 inches, is permitted.
 8. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. The visible item under the jersey and the visible item worn under the shorts do not have to be the same color.

2010 Cross Country Regulations (Continued)

9. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, abbreviated briefs (French or high cut) and similar apparel may be worn under the shorts, but not in lieu of shorts.
10. Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform (religious medals) or in a visible area (medical medals).

PENALTY: (All articles) For illegal uniform, the competitor is disqualified from the event.

STARTING LINE: Each space recommended be a minimum of 2 meters wide. At the starting line, lanes will be left vacant when 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.

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.

SCHOOL PAYMENTS: Participating schools will receive a payment based on the team payment formula. Checks will be sent to schools after the completion of the school year.

ADMISSION: Adults - \$6.00 / Students - \$4.00

For more information on girls' cross country: http://www.ndhsaa.org/athletics/cross_country_girls
For more information on boys' cross country: http://www.ndhsaa.org/athletics/cross_country_boys

2010/11 Boys' Tennis Information

The boys' tennis regulations for 2010/11 will be available on the NDHSAA website after July 1, 2010. Rules clinics will be held at locations around the state in August.

TENNIS (7:00 PM)

- August 2 - Grand Forks (South Middle School)
- 9 - Minot High School (MCC)
- 10 - Williston High School
- 11 - Dickinson High School
- 12 - Bismarck (Horizon Middle School)
- 17 - West Fargo High School
- 19 - Jamestown High School

Below you will find the dates for the boys' tennis season.

Boys' Tennis

- Season begins: August 9, 2010
- First contest: August 20, 2010
- Deadline to post picture, cutline, roster and schedule: August 30, 2010
- Deadline for Regional Entries: September 15, 2010
- Deadline for team play-in: September 20, 2010
- Region Tournament: September 23, 24, 25
 - East - Grand Forks - Todd Olson, Manager
 - West - Minot - Pat McNally, Manager
- State Tournament: September 30, October 1 & 2, 2010 - Bismarck – Jim Haussler, Manager
- Check the NDHSAA website for updated information. http://www.ndhsaa.org/athletics/tennis_boys

2010 Class A Girls' Golf Regulations

No new recommendations were adopted by the NDHSAA Board for 2010 season:

2010 CLASS A GIRLS' GOLF REGULATIONS

1. The beginning date of the season is set by the Board and concludes with the State Tournament.
2. Practice sessions shall start at least 4 days prior to the first competition and there shall be at least 4 daily sessions. Individuals must have participated in 4 daily practice sessions before being permitted to participate in an interscholastic contest.
3. Summer rules will be in effect.
4. Golfers participating in any summer tournaments/competitions may advance and continue to play in any Junior Golf events including state, sectionals, regionals, nationals, even if these events take place after the start of and/or during the high school season. Participating in these events will not be a violation of the NDHSAA rules. Participants will not lose eligibility for high school meets, nor will it prohibit the participants from playing in high school events.
5. Collared shirts are required for competitors.
6. All Class A schools are eligible to enter the regional as assigned.
7. Teams shall consist of 6 players with the four low scores from each day counting for team scores. The fifth best score from each day will be used to break ties. If still tied, the sixth remaining score from each day will be used to break the tie. NOTE: Should there be a team that does not have a fifth/sixth score, the other tied team will win the tie breaker provided they have a fifth/sixth score.
8. Region registration shall be handled individually by each regional tournament manager. Coaches are requested to submit each participant in order (#1, #2, etc.) as an aid to the manager in arranging the foursomes. Schools may enter a maximum of six players, with the four lowest scores from each day counting as the team score. The fifth score will be used to break ties. If still tied, the sixth score will be used to break ties. Note: A team may not substitute a player on the second day of the tournament.
9. Competitors in each assigned group are required to sign (attest) all score cards within their group.
10. State Qualifiers: Team qualification for the state tournament will be determined by advancing the top two-thirds of the complete teams that participate and post a team score at each of the regional tournaments. If 2/3 of the teams in a given region is an uneven number, the higher number of teams will advance. Example: 2/3 of 11 teams is 7.33, therefore 8 teams would advance. Also, individuals may qualify for state by one of the following:
 - a. Top ten individuals (ties included) from regional play will advance to state plus any individual that scores 15 strokes above medalist or fifteen strokes above par, whichever is higher.
 - b. The top ten all-conference selections from regular season play in their respective regions.
 - c. Each regional site will designate one invitational tournament that will allow individuals to qualify for state. Qualifying mark will be 15 strokes above medalist or fifteen above par, whichever is higher.Note: The maximum number of strokes that a player must take on a hole will be 10. Picking up will cause ineligibility for "all-state" awards, but player is still eligible to contribute toward team score.
11. The State Class A Girls' Golf Tournament will be held at Jamestown, October 4 & 5, 2010 with Jim Roaldson as manager. The tournament will be a two-day, 36-hole event.
12. After the first day of play, groups will be reassigned according to the first day score. Care will be made to not have more than one athlete from a school in a group.
13. NEW AS OF 2008 SEASON: Class A golf coaches may coach "through the green" as per below:
 - a. Each team shall designate ONE COACH who will be able to offer advice at any point during a round (Exception: as stated in #2 below). A coach is defined as a member of the institution's coaching staff.
 - b. Before the day's play, the designated coach must be identified to the games committee by signing in and wearing the appropriate credential (designated coach) at all times.
 - c. The designated coach will not be allowed on the tee, within 10 yards of the green or bunker during play.
 - d. The coach does not give advice to or ask for advice from another team's player or coaches.
 - e. The advice is given in a private manner that does not disrupt play.
 - f. Coaches will be allowed contact with players following play of a hole between the green and the next tee box.
 - g. Players receiving advice during a hole will still be bound by the 40-second time limit to play a shot.
 - h. Each tournament shall have a tournament manager who has the authority to enforce the slow play rule and oversee the coaching rule.
 - i. Coaches using carts – 90 degree rule, no carts on fairways, carts 30 yards from all players
 - j. Penalties
 - By a coach—two-stroke penalty with a maximum of four-stroke penalty to a team, followed by a team disqualification.
 - By a player—two-stroke penalty with a maximum of four-stroke penalty to a player with final disqualification.The tournament committee/manager is responsible for assessing the penalties.
14. Practice rounds may be played prior to the tournament provided it is held on a day where none of the team's schools are in session. There will be no practice on the course prior to the starting time on the days of the tournament.
15. Players shall exchange score cards.

2010 Class A Girls' Golf Regulations (Continued)

16. USGA official cards with the perforated card will be used for the state meet.
17. A player is to be assessed a 2-stroke penalty for using a cell phone or other electronic communication device during any round of play.

2010 REGION SITES (deadline for region play is September 27, 2010):

East Region – Fargo (Shanley)

West Region – Jamestown

2010 STATE SITE:

Jamestown, Jim Roaldson, Manager

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

2010 NDHSAA Football

Board approved recommendation for 2010 season:

New:

4. Nine daily practices (counting only one per day) are required for teams and individuals prior to the first interscholastic competition. The first three days for each individual are for conditioning and while shoulder pads and helmets can be worn, there shall be no inter-player contact.

- Up to three non-contact conditioning practices may be excused if an individual misses those days of practice due to attending basic military training. Six days of conventional practice in pads are required before inter-scholastic competition.

11. The higher seeded team will be designated as the home team. When like seeds play, the odd number region will be designated as the home team in odd numbered years and vice versa. When like seeds and regions play, the top line on the bracket is home in odd numbered years and the bottom line on the bracket is home in even numbered years.

17. The order of games played the first day (9-man division & A Division) of the Dakota Bowl is to be alternated annually.

2010/11 NFHS Football Rules Changes

The following are the major changes approved by the 2010 NFHS Football Officials Manual Committee for the 2010 and 2011 high school football seasons:

1. The Five-Man Mechanics come before the Four-Man Mechanics in the NFHS Football Officials Manual.
2. By state association adoption, officials have the choice of wearing white or black officiating shorts. The entire crew shall be dressed alike.
3. By state association adoption, foul weather, full length, lined black pants with a single 1 ¼ inch white stripe down each leg may be worn in place of the standard, all-white tapered knickers if worn by the entire crew.
4. The Back Judge shall carry two different color bean bags; one for marking the end of the kick and one for marking first touching.
5. The Back Judge and Line Judge bring approved game ball from each team to the coin-toss if footballs are being run off of both sidelines.
6. The Referee's normal starting position be moved to one that is visible to the clock operator, approximately 10- yards deep and 5-yards wide of the huddle when marking the ball ready-for-play on scrimmage downs.
7. The Line Judge temporarily move to nine-yard marks (top of the numbers), as receiving team is lining up for a free kick. (Four-Man Mechanics)
8. The Referee's scrimmage kick position be adjusted to 3-5 yards outside the tight end and 2-3 yards behind the kicker, on line judge's side of the field.
9. If the football falls or blows off tee just prior to free kick, Back Judge sounds whistle to prevent action and moves to kicker to give instructions.
10. The Back Judge assists with relay of the football in side zone from wing official to Umpire.
11. The Referee's position changed to 3-5 yards outside the tight end and 2-3 yards behind the kicker, on kicking-leg side on scrimmage kicks.
12. The Back Judge's position changed to 10-12 yards wider than and 2-3 yards behind the deepest receiver on linesman's side of field on scrimmage kicks.
13. The Referee's position changed to 2-3 yards to rear and 3-5 yards to side of potential kicker, facing holder and able to see holder receive the football on field goal attempts or trys.

2010 Volleyball Regulations

Recommendations approved from fall, 2009 advisory for 2010 season:

1. Colored Volleyball
 - a. May be used during regular season only by mutual consent of teams involved.
 - b. If agreed, must be blue/gray/white in color.
2. White volleyball must be used for post-season play

2010 Volleyball Regulations:

1. Season begins on the date set by the Board and concludes with the State Tournament.
2. There shall be at least 9 daily practice sessions prior to the first match. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
3. The season for each team is 16 regular season matches plus 2 tournaments or 14 matches plus 3 tournaments or 12 matches plus 4 tournaments. (No team or individual may play more than four regular season tournaments.)
4. Individuals shall not compete in more than 6 sets against one opponent school team on any one calendar day except in tournament play. Also the individual set limitation is six times the number of allowable matches plus tournament play.
5. Adopt the following warm-up procedure for varsity
 - a. Following the JV match, set clock at 25 minutes
 - b. Start the clock upon release of JV players from end line at end of match
 - c. Blow whistle to start the warm-up at 20 minutes (clock will not be stopped)
6. Deadline for regular season play will be the Saturday prior to the regional tournaments.
7. In the event a host team does not use the libero, the visiting team will be responsible to supply a tracker (by prior mutual agreement)
8. The libero player will be allowed to serve in one of the six rotation positions.
9. First place from each Class B region shall advance to the State Tournament.
10. All Regional and State play will be best-of-five-set matches with rally scoring.
11. Officials will be contracted by the NDHSAA. Assignment of officials for regional matches may be made by the NDHSAA or the tournament manager. Officials working the State A Tournament will be the top three selections from each region. Officials working the State B Tournament will be the top selection state-wide from Regions 1, 3, 5 and 7 plus two at-large officials. Assignments of these officials for State Tournament matches are made by the NDHSAA office one week prior to the tournament and officials will then be notified of their specific assignments. Only NDOA and reciprocity officials are eligible to work regional tournaments and only NDOA officials are eligible to work the state tournament.
12. A floor captain, statisticians, desk officials, ball return workers, ticket takers and sellers, ushers, etc., are to be obtained by the tournament manager. Desk officials are required to wear distinguishing uniforms so they can be readily identified.
13. It is recommended that registered officials be used as line judges. The NDHSAA will attempt to contract local officials for the state tournament as no mileage or per diem may be paid. These officials will receive two tournament passes plus a per-match fee.
14. No practice will be allowed at the Regional Tournament site on the day prior to the start of the tournament or any time once the tournament has begun.
15. In Regional and State Tournaments, schools may have a 15 player roster and the maximum number of players dressed for a match is also 15. If disciplinary action of a player is taken by a coach removing a player because of violation of any Association rules, a player may be replaced by someone else for the tournament. If disciplinary action is taken by the coach for reasons other than NDHSAA rules and regulations, a player may not be replaced. Any changes in the roster must be cleared with the tournament manager beforehand. It is not necessary to use the same players in Regional and State Tournaments.
16. Regulations prohibit the use of video equipment by schools except for the match they are playing. This does not prohibit stations that have contracted for the televising of tournaments from video taping or filming for delayed telecasts. Private individuals may use video recorders at NDHSAA-sponsored events provided they do not interfere with other people's view of the game. Tournament managers will determine if individuals are causing any viewing problems.
17. Junior Varsity matches are best of 3 set matches. In the event a team wins the first two sets, the third set may be played by prior mutual agreement of the competing schools and the officials have been informed of this possibility in advance.
18. Junior Varsity warm-up shall be standardized.

JUNIOR HIGH REGULATIONS:

1. The junior high volleyball season shall be no longer than the high school season and each school may set their own starting time. Season must be completed by April 1.
2. Matches shall be 2 out of 3 set matches.
3. Teams shall play a maximum of 12 matches and no tournaments or 11 matches and 1 tournament or 10 matches and 2 tournaments or 8 matches and 3 tournaments.
4. Registered Association officials shall be provided in all cases possible. Non-registered high school students shall not be used as referees.
5. There shall be at least 9 daily practice sessions prior to the first match. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.

2010 Boys' Soccer Information

The boys' soccer regulations for 2010/11 will be available on the NDHSAA website after July 1, 2010. Rules clinics will be held online August 1 - September 3

New Board approved recommendations for 2010 season:

State tournament format:

Girls' and boys' play an 8-team single elimination tournament with a consolation round playing to 5th place.

Below you will find the dates for the boys' soccer season.

Boys' Soccer

Season begins: August 9, 2010

First contest: August 20, 2010

State Tournament: October 14, 15, 16 in Jamestown with Jim Roaldson, tournament manager.

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

NDHSCA Coaches Convention Planned

Plans for the 2010 NDHSCA Coaches Convention have developed rapidly and will rival the 2009 gathering with outstanding clinic sessions. The NDHSCA Office is confident that the confirmed speaker list has provided our coaches with an awesome collection of presenters. The Convention sessions will be held at the Fargo Doublewood Inn Convention Center July 27th through July 30th. Tennis sessions are scheduled for Courts Plus. Some of the other sport sessions will be held at venues to enable speakers to use courts, tracks, or fields in their presentations.

As of April fifteenth, clinic speakers are nearly complete for basketball, cross-country, football, golf, soccer, softball, tennis, track & field, volleyball and wrestling. Specific speakers can be viewed on the Association's website, beginning May first.

The NDHSAA Board of Directors directed the staff to begin implementation of online rules clinics for 2010. A trial rules clinic was begun with baseball this spring. Other sports will be added as the 2010-2011 school year begins. Online clinics will be held for:

Fall - Cross-country, swimming & diving, soccer

Winter - Basketball, Wrestling

Spring - Baseball, Track & field

Therefore, traditional rules interpretation sessions will be held at the convention for football, golf, softball, tennis and volleyball. A round table discussion on rules and the state of sport will be held for baseball, basketball, cross-country, swimming & diving, soccer, track and field and wrestling.

In addition to the rules interpretation clinics, the sports' round tables, Brenda Schell will present several sessions to lead coaches through accessing online rules clinics through MVP. This will also be another opportunity for coaches to learn about MVP.

For the third year, Pat Weber and staff from Universal Athletics will sponsor the social on Wednesday night. Last year they introduced our coaches to an interesting and exciting race program. The golf scramble results will be shared with the prizes for appropriate scramble contests. This proved to be an unbelievable event last year. Universal Athletics has offered to provide a percentage of the prize to the Gelaine Orvik Scholarship Fund.

Pat informed NDHSCA that Universal Athletics was planning for 200 coaches to attend the social. The attending coaches far exceeded the plans. With a taco bar and beverages provided by Universal Athletics, the coaches were very happy to attend. The afternoon golf scramble will be held at the Rose Creek Golf Course in south Fargo. Only seventy spots exist for the scramble and obviously, those who pay early and register at the golf desk on Wednesday morning first, receive tee times.

The Banquet is held on Thursday evening with the Coach of the Year awards, Assistant Coach of the Year awards, Junior High School Coach of the Year awards, Scholarships, Awards of Merit, Special Recognition awards and Hall of Fame Plaques and rings being presented. This is one of the most prestigious evenings of our Association's activities.

The speaker and topic schedule will be entered on the website on May first. Additional speakers and topics will be added to the schedule as speakers confirm their topics.

All coaches are urged to register and register early. NDHSCA has not sent confirmation of mailings in the past and plan to continue that procedure. A receipt will be attached to each registration. Since registration includes \$1,000,000 liability insurance, coaches are urged to request financial assistance from their school. Please contact Gelaine Orvik if you have any questions. Home and cell phone numbers as well as email address are found on page two of the Dakota Coach. The NDHSCA website is www.fargo.k12.nd.us/ndhsca. Plan now to attend! And register early!

NDHSAA/US Bank Distinguished Student Selections Underway

The North Dakota High School Activities Association and US Bank are proud to announce the finalists for the 2010-2011 Distinguished Student Award. These students have been selected from an outstanding group of juniors from across the state. These six will be interviewed on Friday, May 7th. The final results will be announced at a noon luncheon that day.

The six interviewing for the Distinguished Student Award are:

David Lunde	Griggs County
Kayla Haugen	North Star
Adam Boe	Fargo South
Julia Scherbenske	Kidder County
Janna Johnson	Northwood
Elizabeth Ryan	Ray



The NDHSAA Distinguished Student program was developed to recognize deserving young people who are the “backbone” of inter-scholastic 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 their school and community.

The NDHSAA Distinguished Student recipient receives a gold medallion and a US Bank sponsored \$2,000 scholarship to the college of his/her choice. He/she is invited to be the Grand Marshall of the NDHSAA “Parade of Champions” as well as participating in other activities such as serving as the NDHSAA spokesperson for High School Activities Week, promoting the values of activity programs and participating in awarding of trophies at major NDHSAA state contests. The runner-up will receive a silver medallion and a \$1,000 scholarship. The other four finalists receive a silver medallion and a \$500 scholarship to the college of his/her choice. Also, these six students will be given the opportunity to attend the National Federation Student Leadership Conference in Indianapolis in July. Along with the Distinguished Student, all finalists are featured in the September issue of the NDHSAA publication the Bulletin as well as other functions in connection with NDHSAA events.

The following students were honored as their school’s 2010-2011 Distinguished Student and submitted to the NDHSAA for consideration as the State Distinguished Student:

Danni Askew, Bismarck	Sarah Grimm, Hazen	Katelyn Webster, Our Redeemer’s
Kayla Graber, Bottineau	Brady Stallman, Hillsboro	Taylor Schlenk, Park River
Noelle Braaten, Carrington	Erin Bjerke, Hope-Page	Regan Christenson, Parshall
Wendlin Berger, Center-Stanton	Julia Scherbenske, Kidder County	Samantha Jorgenson, Powers Lake
Taylor Kraft, Central Cass	Ben Pelton, Killdeer	Elizabeth Ryan, Ray
Jessica Henningsgard, Central Valley	Justine Simonson, Lakota	Zachary Rummel, Richardton-Taylor
Jessica Steinwand, Century	Dylan Crockett, Langdon	Nathan Joraanstad, Rolla
Braydon Gourneau, Dakota Prairie	Jake Abel, Larimore	John Breker, Sargent Central
Matthew Davy, Des Lacs-Burlington	Clancy Hennessy, Lewis & Clark	Adam Boe, South
Lacey Harper, Devils Lake	Moriah Skroch, Lidgerwood	Amanda Wentz, St. Mary’s
Clare Geinert, Edgeley	Lyndsey Person, Litchville-Marion	Geena Leschisin, Stanley
McKenzie Betting, Ellendale	Tyler Ust, May-Port CG	BriAnna Menge, Thompson
Justin Bartholomay, Enderlin	Aaron Moser, Medina	Amy Lee, Turtle Lake-Mercer
Taylor Palmer, Finley-Sharon	Philip Schanilec, Midway	Tamara Heidelberger, Underwood
Jennifer Erickson, Grand Forks Central	Paige Tompkins, Milnor	Alison Anderson, Valley City
Ryan Christianson, Grand Forks Red River	DeLayna Bueligen, New Salem	Josh Sandy, Velva
David Lunde, Griggs County	Larissa Reck, North Border	Tyler R. Flatland, Watford City
Kelsey Fike, Harvey	Kayla Haugen, North Star	Cambria Slaubaugh, Wolford
Lindsey Voller, Hazelton-Moffit-Braddock	Hope Erickson, Northern Cass	Dani Buskohl, Wyndmere
	Janna Johnson, Northwood	

Board Regulation: Intent to Sponsor an Activity

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

- Fall sports: June 1, prior to the start of season
- Winter sports: September 1, prior to the start of season
- Spring sports: January 1, prior to the start of season

Any member school not having declared intent in writing to the NDHSAA office by the deadline date and therefore not included in a statewide schedule may compete with an independent schedule but shall not be eligible for post-season competition that season.

All NDHSAA and NFHS rules and regulations shall apply to all teams sanctioned by NDHSAA and sponsored by the member school.

Approved by NDHSAA Board, October 21, 2009

Fundamentals of Coaching Softball Course Now Available

INDIANAPOLIS, IN (March 11, 2010) — A new coach education course – Fundamentals of Coaching Softball – is now available through the National Federation of State High School Associations (NFHS) at www.nfhslearn.com. This course is the newest addition to the NFHS Coach Education Program.

Fundamentals of Coaching Softball is a skills and tactics course developed in partnership with the Amateur Softball Association of America (ASA), the national governing body for softball in the United States, as well as USA Softball. Mike Candrea, the former head coach of USA Softball national and Olympic teams and the current head coach of the University of Arizona softball team, leads coaches through the course's six units: Basic Skills, Offensive Skills, Position Play, Team Defense, Developing a Practice Plan and Coaching Tips. The course also includes printable resources and reference Web sites.

The NFHS Coach Education Program was started in 2007, and more than 140,000 coaches have taken the core course — Fundamentals of Coaching. Forty-five of the 51 NFHS member associations have adopted the course.

The NFHS offers coaches the ability to become Level 1 certified as an Accredited Interscholastic Coach. In addition to the Fundamentals of Coaching course, coaches must complete NFHS First Aid for Coaches, or its equivalent, and one of the sport-specific courses or Teaching Sport Skills, and then can apply for certification online.

All NFHS coach education courses are available at www.nfhslearn.com.

State Class B Baseball Tournament

The Class B State will be held at Minot's Corbett Field June 3-5, with Pat McNally as manager. If inclement weather prevails, the tournament manager shall postpone the tournament as necessary.

Tournament games will begin daily at 11:30 with the 3rd game beginning at 4:30. Thursday's pairings are:

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

* Between games, if field conditions and time allow as determined by the manager, each team may have a 10-minute warm-up on the playing field, but no batting practice will be allowed on the main diamond between games.

* 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.

* Pitching regulations are as follows: An individual may pitch a maximum of 14 innings in any seven-day period. A player may pitch only 12 innings or make only three appearances as a pitcher in a one-day or a two or three consecutive day tournament. Each pitcher will have a full complement of innings for the state tournament providing there is a minimum of four days rest prior to the state tournament.

* Team trophies will be awarded for places 1 - 7 and 16 individual awards per team. Extra awards may be purchased through the NDHSAA office.



Admission:	Tourney	Daily
Adult	\$20.00	\$8.00
Student	\$10.00	\$4.00

For other baseball information: http://www.ndhsaa.org/athletics/baseball/baseball_regulations

NDHSAA May, June, July Calendar

5/1/10	STATE B MUSIC FESTIVAL, MINOT SU
5/1/10	SAT National Test Date
5/3/10	Speech Advisory Committee Meeting, Valley City, 10:30 a.m.
5/3/10	Picture, Cutline, Roster, Schedule Due: A Boys' Golf
5/5-7/10	NDAESP Convention, Aberdeen, SD
5/7/10	NDHSAA Distinguished Student Interviews, Valley City SU Student Center
5/9/10	Mothers Day
5/12/10	Deadline for Submitting Girls' Regional Tennis Entries (Noon)
5/15/10	Member High Schools' Athletic & Fine Arts Surveys Due
5/17/10	Girls' Regional Tennis Team Play-In Deadline
5/17/10	Music Advisory Committee Meeting, Valley City, 10:30 a.m.
5/20-22/10	Girls' Regional Tennis Tournaments
5/22/10	Deadline for B Regional Golf Tournaments
5/22/10	A & B Regional Track Meets
5/23/10	Deadline for Submitting State Track Qualifiers, 12:00 Noon (CDT)
5/29/10	Deadline Date for B Regional Baseball Tournaments
5/27-29/10	GIRLS' STATE TENNIS TOURNAMENT, GRAND FORKS, May 27-29
5/27/10	Fine Arts Review Committee Meeting, Bismarck
5/28-29/10	STATE TRACK MEET, BISMARCK, May 28-29
5/29/10	Deadline A Regional Baseball Tournaments
5/29/10	Deadline Girls' Regional Fast Pitch Softball Tournaments
5/29/10	End Regular Season Girls' Soccer
5/31/10	Memorial Day
6/1-2/10	STATE B BOYS' GOLF TOURNAMENT, Carrington, June 1-2
6/1-2/10	STATE B GIRLS' GOLF TOURNAMENT, Jamestown, June 1-2
6/2/10	Deadline A Regional Boys' Golf Tournaments
6/3-5/10	STATE A GIRLS' FAST PITCH SOFTBALL TOURNAMENT, MINOT, June 3-5
6/3-5/10	GIRLS' STATE SOCCER TOURNAMENT, JAMESTOWN, June 3-5
6/3-5/10	STATE A BASEBALL TOURNAMENT, MANDAN, June 3-5
6/3-5/10	STATE B BASEBALL TOURNAMENT, MINOT, June 3-5
6/5/10	SAT National Test Date
6/7-11/10	State FFA Convention, NDSU-Fargo, June 7-11
6/8-9/10	STATE A BOYS' GOLF TOURNAMENT, BISMARCK, June 8-9
6/9/10	NDHSAA Athletic Review, Valley City
6/12/10	ACT National Test Date
6/14/10	Flag Day
6/15/10	Annual Eligibility Forms Due
6/20/10	Fathers Day
6/21-22/10	NDHSAA Board of Directors Meeting, Valley City
7/3-9/10	FCCLA National Leadership Conference, Chicago, IL, July 3-9
7/4/10	Independence Day
7/6-10/10	NFHS Summer Meeting, San Diego, CA July 6-10
7/16-19/10	NFHS National Student Leadership Conference, Indianapolis, July 16-19
7/27-30/10	NDHSCA Convention, Fargo Doublewood, July 27-30



Have a GREAT Summer!